



July 2018 newsletter

General Notices

Race weekend update 30th June and 1st July

Following one of our most successful race weekends the figures have all been added up, we made a substantial profit of £1,666 which will go towards our canoe equipment fund. Well done to all those members who volunteered to run the event and also to those members that raced which helped bring in the income.

Learn to Paddle courses

For the July course, although 15 people signed up, we only averaged 11 on the water over the three sessions. There were surprisingly very few capsizes. From the course, there are 2 or 3 people wishing to continue with their paddling and become members. The fourth course starts on 30th August with 15 paddlers wishing to attend and a few people on a waiting list. The coaches are Stan, Mike, John E. and assistant coaches are Simon K and John K.

Coaching Matter Event – 8th September at the Melksham Adventure Centre – for all those members wishing to be more involved in coaching or for existing coaches to add a further foundation course to their qualifications.

Workshops to include: an introduction to SUP, rescue and skills, coaching girls and boys, and sprint racing supporting module. Please see attachment.

Boat Storage We are very nearly out of spare boat racking spaces. It's vitally important that you notify Simon Kay if you need a space or have issues regarding racking. There will normally be a racking plan posted on the club notice board. If your name is missing or in the wrong space, then please tell Simon. An updated plan will be posted soon.

Welcome to new members:

Ben – A junior member who attended our June LTP course.

Laszlo – From Hungary, a senior member has some kayaking and Canadian canoe experience.

Geoff – From Australia, a senior member has some kayaking and rowing experience.



For Sale/Wanted/Free!

If you have any equipment/boats to sell, give away for free or want something e-mail Vicky to have your items added here.

Stan M has a number of V bars and roof rack bits that he would be happy to donate to some of our newer members and parents with roof racks.

For the younger paddler – I have a neighbour (ex BOA member) clearing out his garage who wants to get rid of a general purpose canoe in excellent condition, not suitable for racing! For details contact Mike – mike@purchas.co.uk



Weekly Training Sessions

Monday: Paddle on the water at 5:30pm

Tuesday: Paddle on the water at 5:30pm

Wednesday: Run at 5:00pm (6km) and 5:30pm (3km), then paddle on the water at 6:00pm

Club 5km Time trial - 1st Wednesday of every month

Thursday: Gym/Paddle at 5:30pm (at the clubhouse)

Below is the Google Docs link to the weekly training plan:

https://docs.google.com/document/d/1dVJN9_3yqalpg3X1B8AP7bCroOMpbaAOODnNVIPMFqs/edit

The two club sessions are still Saturday at 9am and Wednesday at 6pm, the plan is to do some mixed ability K2 sessions on Wednesday evenings all members are welcome. For paddlers wanting to be involved in the Wednesday training sessions should be down changed and ready to take part by 5.50pm for either K2 or K1 sessions. Those members wishing to run prior to paddling should be down for 5pm for the Turleigh run and or 5.30 for the Avoncliff run.



Race/Event Reports

Inter-club sprint regatta

On 7-8th July, nine BoACC members went up to represent the club at the Inter-Club National Sprint Championships. The Senior Women's K2 crews of Alana P/Sarah K and Hannah S/Vicky B put in some impressive performances in Women's D and teamed up in the K4 200m finishing 6th- the first full BoA women's crew for a long time!

In the Men's categories there were some good performances from Joe S, finishing 2nd and 4th in the Men's D 500m and 200m. James E/Arthur U(Royal CC) managed two 2nd places in the Men's B K2 500m and 1000m and Tom S/Rob B claimed a 4th place in the Men's A K2 1000m. Tom/ James/ Steve/ Rob also put in a strong performance in the Men's A/B K4 500m finishing 6th.

Overall, a great weekend's racing finishing a creditable 16th place. Hopefully a strong turnout next year will place us in the top 10 clubs in the country!

Full results below.

Men's Racing:

Joe S: 4th Men's D K1 200m, 2nd K1 200m

Steve D: 9th Men's C K1 1000m

Rob B: 11th Men's A/B K1 200m

Tom S: 6th Men's A K1 500m, 7th Men's A K1 1000m

Joe/Steve: 5th Men's C/D K2 200m, 7th K2 500m

Tom/Rob: 6th Men's A/B K2 200m, 5th K2 500m, 4th K2 1000m

James/Steve: 9th Men's A/B K2 200m

James/Arthur: 2nd Men's B K2 500/1000m

Tom/James/Steve/Rob: 6th Men's A/B K4 500m.

Women's Racing:

Hannah S/Vicky B: 6th Women's D K2 200m, 8th K2 500m, 4th K2 1000m

Alana P/Sarah K: 7th Women's D K2 200m, 7th K2 500m, 5th K2 1000m

Alana/Vicky/Hannah/Sarah: 6th Women's C/D K4 200m

National Marathon Championships.

Paddlers from over 50 clubs and with almost 1200 entries over the two days, gathered on the Thames during the weekend 21st / 22nd July for the National Marathon Championships, hosted by Reading Canoe Club.

This was an open event, where anyone can enter and line up against the top competitors in the country.

Congratulations to all our team members who raced at the national championships in very competitive races. Results were as follows:

- Stan , **Silver**, in the over 54 men's K1
- Stan and John , **Gold**, in the over 54 men's K2
- Mike , **Bronze**, in the over 69 men's K1
- Tom , 5th , in the senior men's K1



- Tom and Rob, 5th, in the senior men's K2
- In the open mixed K2 event with over 80 plus boats James E and Vicky K. came 8th.
- Stan and George came 36th in the mixed K2.
- John and Alana came 46th in the mixed K2.
- A special mention to Georgia competing for the first time in major national event, came 21st in the U14 junior ladies K1.



Great weather for Surf Skiing!

A few intrepid members went to Porthcawl for a spot of summer surf skiing on Saturday 28th July.....that was the day our hot summer finished and they were faced with force 5 seas, horizontal rain and concern that the roof rack and boats might not make the journey over the Severn Bridge!

It took a few coffees, in a hotel overlooking the raging sea and the need to overcome the safe environment of 'sitting in the car' - but eventually they made it out into huge waves whilst being spotted by the local RNLI station staff, safe in the harbour (....look at those irresponsible idiots out there?! – Stan checked his membership and it was up to date!!) but after a few hairy moments, an encounter with a surprised seal (not sure who was more surprised the seal, or Tim) a frantic 1.20hr of superb paddling and wave riding took place - before Marks equipment failed under the pressure of one big decent down the face of a wave....as he lost his rudder and went for the inevitable swim!



Racing Calendar

Dart Circuit Hasler Race - 19th August

This is the last Hasler race of this season. We need as many people as possible to race here to help secure our place at the Hasler Finals. Race details will be sent out shortly. Please speak to James for any more info.

Sunday 19th August	Dart Circuit Hasler Race Southwest race
Sunday 9th September	Pangbourne Hasler Race Poole Harbour Race
Sunday 16th September	Gloucester Hasler Race Southwest race
Sunday 30th September	Hasler Finals Norwich

Canoe Committee Members 2018/19

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