



January 2019 newsletter

General Notices

Damage to club boats Sitting in club boats when on dry land can damage them. To prevent this we would like all paddlers to use the measuring sticks in the boat house to set up their seats and foot rest positions. The measuring sticks are marked in centimetres, measure from the centre of the foot rest to the front edge of your seat. For advice on setting up your ideal position speak with a member of the committee.

Saturday 13th April, river clean up part, of the BOA Plastic Free Campaign.

On Sunday the 24th March the rowers are organizing their river clean up from the Packhorse Bridge down to Avoncliff and on Saturday morning 13th April we are organizing our river clean up, possibly from the town weir down to the Packhorse Bridge. We are looking for as many volunteers to come along and help out. Bin bags will be supplied.

Club Surveys - A reminder to fill in the surveys Mike has sent round recently by 31st March.

BOACC Club Kit. See Mike.

New stock - BOACC crew tops (hoodies) £30.00 – Sizes: **S, M, L and XL**

New stock - Black BOACC Fleece Hats £8.00 – Size S/M (from mid-February)

New stock - Red BOACC Sport caps £8.0 (from mid-February)

Red BOACC tee shirts £5.00 only S and 12/13 sizes.

Black BOAC tee shirts mainly large only a few left. - £5.00)

For the BOACC racing vests, various sizes see [James Escott](#).

Saturday 27st April Free Canoe Taster Session 10:00am to 1:00pm for anyone interested in 'Paddle Sport'. Bring your friends along for them to have a go.

Please see attachment

Our aim is to attract new members. We would welcome up to 9 volunteers to help out. Please see Mike. Tasks to include:

Bank duty: consent forms, taking donations, marshalling boats, fitting & checking buoyancy aids, boat handling & safety instruction. **Min. 3 persons.**

On the water: safety and rescue. **Min. 4 persons.**

Refreshments tea, coffee, soft drinks and a cake stall. **Min. 2 persons.**

Easter Monday 22nd April – for an hour we would welcome a few volunteers to help round up ducks, from the annual BOA town duck race. Please contact Simon K who will be coordinating this.

We welcome any articles / reports, photos, canoes and canoeing equipment for sale etc.! Just send / email Vicky: vixieswallow@gmail.com,



Weekly Training Sessions

A mandatory club safety rule.

1. Buoyancy aids must be worn by all novice and junior members, (being of div 9-7 standard, juniors being those under 18 years).
2. Buoyancy aids must be worn by all paddlers when on the water in the dark.
3. All juniors, irrespective of experience, to wear buoyancy aids between October and March to tie in with the dates the BST ends and begins.
4. Lights are compulsory for all paddlers when on the water in the dark. Please paddle with a light that does not dazzle others on the water, but is bright enough to be seen by other water users.

Advice for new and younger members - The weather is finally starting to turn and as well as some cold weather coming, we are starting to see river levels rise. Reminder about adequate kit. Pack your kit bag with enough kit for cold weather/wind. It's often warmer at home and you don't realise how cold it is in the valley on the river until you arrive at the boathouse. If you are not wearing adequate kit then it is quite possible that you will not be allowed to paddle as venturing out onto the water and not being properly prepared can lead to problems that won't just affect you, but also those that have to rescue you. Remember, your equipment (boat, paddles or rudder) could fail and you may be some miles away from the boathouse and take considerable time to get back, so be prepared. Your kit bag should have, as we go into winter, a **hat, long leggings, waterproof jacket or wind proof cag** at least, **hand mitts** and a **spray deck make paddling a lot more enjoyable in cold weather**. Spare kit to change into when you get back to the boathouse is also essential – just in case you have ended up swimming. If you haven't got your own there are a few old spray decks and cags lying around the boathouse you might be able to use, but it's a bit of kit *you should have and own yourself at this time of the year*. Ask one of the senior members what to buy mitts and deck wise. Some may have spare kit themselves that they will donate (or even give) to you until you get sorted out. Email a committee member if you need some advice or kit to use – until you get your own for Christmas!

Remember – with the river starting to flow faster its essential that you **DO NOT turn just above a bridge arch**, as you will quickly be travelling side wards as you make the turn and could get pinned on the arch!. Paddle at least 50mtrs up past the bridge arch so that you can turn around fully before coming back down through the arch.

Always ware a buoyancy aid – its not only a safety device, it also can help retain body temperature when paddling into a cold wind.



Winter Training Format

STARTING WEEK BEGINNING 29th OCTOBER

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
5.30 running session @ club 6.15 Gym @ club *	9am Paddle (Run by Mike) 6pm Circuits @ St Laurence	6pm paddle (mixed K2's) **	9am Paddle (Run by Mike) 5.30pm Paddle machine/ ergo/ slider session	Rest	9 am paddle	9 am Long paddle (10-20km) ***

Notes: *Mixture of exercises run by Rob/Tom/James

** Please arrive at the club by 5:50pm so that Mixed K2s can be arranged prior to the session.

Paddling in the dark is not for everybody, if you wish to join please speak to one of the coaches.

***Div. 6 paddlers and above (paddlers below Div. 6 may be able to attend but this is at the discretion of the coaches)

Saturday Session format

<u>Saturday of the month</u>	<u>Session</u>
1st	1. 5km TT 2. Efforts in groups
2nd	Short efforts in training groups
3rd	1. 5km Handicap race 2. Efforts in groups
4th	Longer efforts in training groups

Training Groups:

Groups will be based on handicaps from 5km TT. (If you are yet to do a 5km TT please speak to Tom or James so that you can be put in the correct group).

Groups and coaches	Handicap
Barton (Rota)	60-41
Packhorse (John Escott/Harry Stevens)	40-15 (Maybe split into two depending on numbers)
McKeever (Tom/James/Rob)	14-0



Events Reports

Annual club walk, Saturday 02 February

Unfortunately, owing to the heavy snow conditions across the county and concerns about travelling to the Brecon Beacons, an alternative walk was organised at the last minute. A 12 mile walk along the Ridgeway from Avebury to Barbury Castle and return. All booted up a group of 10 of us set off just after 9am and headed up to the Ridgeway in very snowy conditions. A few of the shorter legged members of the group had to be helped out of snow drifts!

Fantastic visibility, not a cloud in the sky, a little bit nippy, but great walking conditions on fresh snow, the Ridgeway having only been criss-crossed by deer and other wild life the night before.

After a very enjoyable walk we returned to Avebury around 4pm and retired to the Red Lion.

The Missen family did make it up to the Brecon Beacons and had a very memorable walk around the peaks





Racing Calendar

For more information on the upcoming waterside series see the website:

<http://www.watersideseries.org.uk/>

The annual River Axe Race Sunday 24th March 2019. The race is suitable for all paddlers of all ages to have a go. For further details please contact John Kent he will be going down.

See: <https://www.axevalecc.co.uk/Events/River-Axe-Race/river-axe-race.htm>

Date	Event
Sunday 10th March	Waterside B Newbury to Aldermaston and back. 17.5 miles 19 portages
Sunday 17th March	Thameside 2 Reading to Marlow. 19 miles 8 portages.
Sunday 24 March	Waterside C Pewsey to Newbury. 23 miles 35 portages
Sunday 24 March	River Axe Race Suitable for all abilities https://www.axevalecc.co.uk/Events/River-Axe-Race/river-axe-race.htm
Sunday 7th April	Waterside D Devizes to Newbury. 34 miles 35 portages
19th-22nd April	Devizes to Westminster