



September 2017 newsletter

General Notices

For new members, useful canoeing links for clothing and general information. Thermal tops and base layers can also be bought from most outdoor shops.

For further advice on clothing etc. just have a chat with the experienced canoeist.

<https://www.peakuk.com/>

<http://www.chillcheater.com/>

<http://www.marsport.co.uk/>

<http://www.marsport.co.uk/marsport-neoprene-box-pogies-2-4>

<http://palmequipmenteurope.com/#>

<https://www.britishcanoeing.org.uk/>

Learn to Paddle Courses

We have now completed another very busy season of 'Learn to Paddle' Courses. We had an overwhelming response from people wanting to learn how to canoe. All four courses have been fully booked and enjoyed by all those taking part. A very successful series earning the club in excess of £2,200 for our equipment fund, and also gaining many new members.

A big thankyou to Stan, head coach, John E, and assistance from Simon and John K.

Taster Session Saturday 16th September proved very successful, with 14 people attending, six of whom are signing up to become members.

V-bars for sale Robust fixed V-bars including clamps. Highest offer accepted. Starting price £10.00. All proceeds will go to club funds. Contact Simon Kay on 07833 521736 or simon@geoprize.com





Weekly Training Sessions

Club Paddling Sessions:

Monday - 5.30pm

Wednesday 6pm - all welcome

Saturday 9am - all welcome

Sunday 9am - Staverton session - usually mixed K2's

Morning paddling sessions - Tuesdays and Thursdays at 8.30am. Speak to Mike for more info

Winter training

The clocks change on 29th October. After this date weekly training is as follows:

Tuesday - Circuit training (St. Laurence school starting on Tue 31st October)

Wednesday - Paddling session **for experienced paddlers**

Saturday 9am - All welcome

Sunday 9am - Staverton session - usually mixed K2's

Safety rules:

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.

A important reminder for the Avoncliff stretch. When sharing the river with the Rowers can at times become very crowded. All canoeist and rowers **MUST** keep to the **right hand side of the river**, and be aware of each other's presence.



Bradford-on-Avon Duathlon Series 2017

Venue: Bradford on Avon Canoe Club

Dates: Saturday 7th October, Saturday 2nd December and Saturday 3rd February

Time: Check in opens 8:15am
Check in Closes 8:45am
Start 9:00am Sharp

Race Courses:

Batch A: Run 1 = 1.5km
Paddle = 10.5km
Run 2 = 6.5km

Batch B: Run 1 = 1.5km
Paddle = 7km
Run 2 = 4km

Batch C: Run 1 = 1.5km
Paddle = 3.5km
Run 2 = 1.5km

Entries: Entries will be free and available to enter on the morning. However, in order for us to run the series on time and smoothly, it would be greatly appreciated if you could email James Escott escottboa752@gmail.com a day or so before the event in order to create a pre-entry list (if you are sure you will be attending).

Additional Information: The race will start off the water (the first run), and will be a mass start for everyone taking part. Please ensure you have appropriate running shoes and paddling kit as it may be cold and/or windy/rainy. Any athletes participating from visiting clubs please ensure you bring your own boats and paddles.



Time trial Results 2017

Here is a round-up of this year's time trial results. Thanks to James Escott for organising and everyone who has helped with timing etc.

Names	April	May	June 5.5km	July	August	Septmeber			
Abbie						26:46:00	only 3.5Km		
Georgia						28:53:00	only 3.5Km		
Sarah Kelly	34.40	-	-	-					
George				33:25:00					
Andrew L	33	31.5	34.2	33:12		36:15:00			
Joe Rimmer						32:22:00			
Matt Neal						33:38:00			
Tristan Pilkington						33:00:00			
George Stevens	32:45	-	32:39	31:10		41:59:00			
Simon Kay	31:55	31:12	-	30:45		30:28:00			
John Kent	29:51	29:08	31:37	28:38		29:50:00			
Tim Ellis	-	-	32:58	30:26					
Chris Ellis				29:45		30:00:00			
Ben Leighton	-	-	32:20			39:15:00		Stopped to help a swimmer	
Alan Abrahams	-	28:42	31:31	27:36					
Connor Withers	29:40	28:10	-	30:20					
Joe Stevens	28:10	-	-						
Harry Stevens						36:38:00			
Tim & Jonny Ellis K2						30:40:00			
Andrew Phillips	27:36	26:34	-	25:45		26:12:00			
Harry Richardson			31:11	27:14		27:34:00			
Kevin Littlehales			29:07						
Nigel Unwin	27:35	27:10	29:25	27:27		28:13:00			
Mike Purchas	27:16	26:20	28:17	26:08		26:48:00			
Luke Escott			28:37	25:25					
Vicky Swallow	27:08	-	28:05	26:20		27:36:00			
Bo Stevens						27:05:00			
John Escott	26:53	26:05	28:01	27:08		29:22:00			



Mark Escott						26:39:00			
Harriet Quigley	26:04	25:04	27:47			27:10:00			
Callum Gingell	-	24:51	26:00	23:44					
Stan Missen	24:35	23:57	-	24:05		24:07:00			
James Webster	24:33	25:04	25:23						
Jamie McMurtie	-	23:54	-						
James Escott	-	23:58	26:00						
Tim Escott	-	23:28	-			24:22:00			
James Missen	23:19	-	-						

Race Reports

Bude Awesome Foursome

The Bude Awesome foursome is a gruelling Quadrathlon held in the Cornish seaside town of Bude consisting of a 800m Sea Swim, 30km Cycle along hilly coastal roads, 10km Kayak along the Bude canal and finally a 10km run through fields and costal paths. 3 of our members travelled down to compete in the event, most notably 2-time winner of the event Nigel Unwin. The weather for the event was overcast and rather breezy, this led to what Nigel described as the choppiest sea swim he had completed in at this race. Nigel had a good swim through the cold and choppy water followed by James Escott 10 seconds behind and Simon dark 2 minutes back. Nigel got off to a flyer on the bike, posting the quickest cycle of the day, chasing down those who had beaten him on the swim. James however suffered a puncture and was put back into last place after lack of experience meant he wasn't carrying a spare inner tube. Simon had a good cycle, challenging for the top 5 in the Over 40's. Next followed the 10km kayak which obviously all 3 were looking to use to pull themselves up the rankings. Nigel managed to move into first position and hold that position even with Ian Smith chasing hard. Simon had a good paddle, as to be expected, holding his 5th position in the over 40's. When James started his paddle, he was so far behind at this point from his puncture that all hopes of a good finish had gone, however he still managed the fastest kayak time of the day. Nigel managed to hold his lead on the run to take the overall win, winning for the Third year in a row. Simon unfortunately suffered slightly on the run, losing a place to a competitor from the Army to finish 6th in the Over 40's Men. James had a decent run however due to the puncture he suffered, jogged home as 5th Senior male. Congratulations to all 3 athletes, however massive congratulations to Nigel for his third consecutive win.

Pangbourne Hasler

This year's Pangbourne hasler took place on Sunday 10th September and 4 intrepid athletes from BOA took part in this major hasler race. This tends to be one of the biggest hasler races of the year with paddlers coming from all over to race on the Thames. Our 4 paddlers worked hard and came away with some good results.

James Escott 4th Div 2 K1



John Escott 7th Div 4 K1

Vicky Knee 2nd Div 4 K2

Harriet Quigley 2nd Div 4 K2

Hasler Finals

For the third year in succession Boa managed to qualify for the biggest club event of the year, the Hasler Finals. Unfortunately, only 7 paddlers from BOA took part in this enormous event this year, which took place in Richmond. As always, the entry list was the biggest of the year with big numbers in every division. Despite the tough competition there were good results for out paddlers.

James Escott 6th Div 2 K1

Stan Missen 3rd Div 3 K1

Vicky Knee 20th Div 4 K1

John Escott & Bo Stevens 6th Div 4 K2

Mike Purchas & Simon Kay 30th Div 4 K2

Well done to all who took part in the Hasler finals, and those who helped the club qualify through the season.

Gloucester Hasler

We had a brilliant turn out for the first race of the new hasler season. We came 2nd closely behind the hosts Gloucester! Congratulations to all our members who completed their first race. John Kent has taken some brilliant photos which can be accessed from this link:

<https://drive.google.com/drive/u/0/folders/0B2zIlCck5D0bUE51cGIOQ0tDSkE>

New member Kath Norton has written this report:

"After approximately 5 weeks in a racing boat (and to be fair 5 years in various other boats!!!), some quite intense coaching from John K and a whole load of optimism on my part I entered my first Hasler race in Gloucester!

As I am not quite as brave as Bethan who went out on the choppy, windy water in a Raven instead I opted for a much more sedate TT - that's middle age for you. Lots of respect to Bethan though that must have been tough.

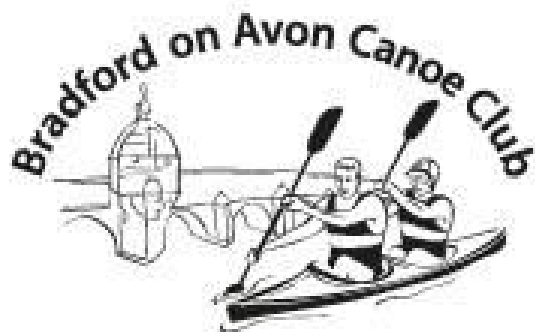
Having accumulated lots of advice from the experts such as 'canoeing is not an arm sport' (my good friend Ivan Lawler), 'imagine you have a pair of inflatable balls under your arms' (one of our female paddlers!) and 'Ready' is when you 'Go' (Vice Commodore) there was nothing to lose.

I am definitely not a competitive person but I have to confess I did enjoy 'picking' people off as I overtook them. I only overtook 3 people though and as I think they all actually counted as children its probably not really anything to shout about!

Anyway after 40 something minutes I crossed the finish line - no swim and not last - result!

I might even give it another go once I have got to grips with a Raven.

Thank you everyone who gave advice and encouragement it was really appreciated"



Results:

<p>Tim Escott - 1st Division 2 K1 James Webster - 4th Division 2 K1 Stan Missen - 1st Division 3 K1 Simon Dark - 2nd Division 3 K1 Paul Kingman - 3rd Division 3 K1 Andy Phillips - 5th Division 3 K1 Harry Stevens - 5th Division 5 K1 Joe Rimmer - 7th Division 7 K1 Andrew Lyall - 14th Division 7 K1</p>	<p>Kath Norton - 5th Division 9 K1 Bethan Irwin - 9th Division 9 K1 James & John Escott - 1st Division 2 K2 Joe & George Stevens - 2nd Division 5 K2 Tim & Jonny Ellis - 1st Division 7 K2 Simon & Alex Kay - 6th Division 7 K2 Matt Neal & Tristan Pilkington - 2nd Division 8 K2 Abbie Leighton & Georgia Kay - 4th Division 9 K2 James & Florence Augusztinyi - 5th Division 9 K2 Charlotte Phillips & Holly Kingman - 7th Division 9 K2</p>
--	--

Racing Calendar

Saturday 14th October	BOA Duathlon
Sunday 29th October	Fowey Hasler Race South west region
Sunday 5th November	Avon Descent 10 mile descent race Stratford upon Avon
Saturday 2nd December	BOA Duathlon
Sunday 3rd December	Stour Descent race

Canoe Committee Members 2016/17

Mike Purchas – Commodore

Contact: mike@purchas.co.uk Tel: 07875278329

James Escott – Vice Commodore

Contact: escottboa752@gmail.com Tel: 07712675637

Vicky Swallow – Canoeing Representative

Contact: vixieswallow@gmail.com Tel: 07949418395

Simon Kay – Canoeing Representative

Contact: simon@geoprize.com Tel: 07833521736

Stan Missen – Vice Chairman, BOARC main committee

Contact: Steve.Missen@monahans-fsl.co.uk Tel: 01225 862000

Derek McKeever – Membership Secretary BOARC main committee.

Contact: .derekmckeever@live.co.uk . Tel: 01225 865392



Winter Training starts on 31st October.

Keep Fit, Get Fit, Join In, Canoeing and Rowing Land based Circuit Training.

Date: First session starts 31st October 2017 until 20th March 2018.

When: Tuesday Nights 6 p.m to 7 p.m

Where: St Laurence School Gymnasium.

Cost: Just **£2**

Who can attend: Anyone from ages 12 upwards, Including parents to come along and join in. Numbers limited maximum 25.

Type of circuit:
Three to four circuits consisting of up to 48 exercises:

- Sit-ups
- Press ups
- The plank exercise.
- Bench push.
- Arms bent holding onto ropes
- Squat / Stride jumps
- Bunny hop jumps
- Back exercise using the medicine ball
- Tri-cep press or bench dips
- Pull ups using the parallel bars
- Step ups using the bench.
- Running, using the length of the gym.
- Other exercises include stretching and basketball.

Each exercise is from 30 to 45 seconds long. This will vary from time to time.

For further details contact Mike Purchas – mike@purchas.co.uk

