



Bradford on Avon Canoe Club

Nov/Dec 2015.

Although the weather has remained very mild with plenty of rain there has been very little happening on the racing front over the last few weeks. Some of the juniors have been attending race training days in various locations and those thinking about the serious marathons (watersides) have starting their training. Waterside entries should be in by now ready for the early start in January.

In 2016 both the National marathons (Reading) and the hasler finals (Worcester) are within easy driving distance for us but we will need to work hard if we are to qualify for the Hasler Finals again in 2016.

Stour Descent 2nd December.

A good turn out from the club for the annual Stour descent, although we had plenty of rain in the few day before the race the river level was disappointingly low but the weather was unusually warm. Harry had a good race in junior K1 and finished first, while Ed paddled in w/w racing class and also finished first.

Richard Lewis in vet K1 was 2nd, James & James were 1st senior K2. Stan & Joe had a very good run down the course beating fellow club paddlers Bo & Mark, Tim & Harriet and John & Georgina. Stour Valley CC's excellence refreshments at the end were more than welcome.

CLUB NOTICES

Circuit training on a Tuesday evening at St Laurence School gym from 6-7pm, cost £2 per session. These sessions are suitable for all ages, shapes and sizes and are an excellent way to stay fit over the winter and improve core strength. All welcome. No need to pre-book – just turn up on the night. If you would like any further information about this speak to Mike Purchas.

Wednesday 23rd December no evening paddle for novice juniors.

Saturday 26th (boxing morning paddle) 9.00am as usual.

Saturday 16th January 2016 Annual club walk and meal. (see Mike's details.)

Saturday 23rd January 2016 River Wye Training paddle (15 miles details to follow.)

UPCOMING EVENT Stour Descent 6th December 2015

DATE	EVENT
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26th December.	Boxing morning paddle.
3rd January 2016.	Frank Luzmore K2.
31st January 2016.	Waterside A.
14th February 2016.	Waterside B.
21 st February 2016.	Training Day.
28th February 2016.	Waterside C.
13th March 2016.	Waterside D.
27th March 2016.	Devizes to Westminster.