



Our next few races:

14 September Henley*
20 September BCCC Hare & Hounds
5 October Elmbridge*
12 October Windsor*
18 October BCCC Hare & Hounds
19 October Longridge (Marlow)*
26 October Banbury*
2 November Cokethorpe
15 November BCCC Hare & Hounds

* These races are part of the Hasler Series and there will be Lightning races for juniors under 10 and under 12 at each race.

You can find out more about the Hasler Series and Lightning races by going to <http://www.marathon-canoeing.org.uk> and clicking on "Domestic Racing".

Look at the way this paddler is sat in his boat.



We will talk about this at the Mini Series.

2008 AUTUMN MINI SERIES

Every Saturday in September and October

Arrive for 9:30 a.m.

Be on the water for 10:00

30 minutes coaching plus

time trial to Kings Head Bridge

OR a 500m sprint

Finish by approx 11:00 a.m.



Aims :

- To introduce club members to racing boats
- To improve the boat skills and speed of those already racing
- For juniors to gain sprint and marathon awards
- To encourage more members to come racing.

Details from Brian Gandy. 01252 622630
gandy@adslmail.newnet.co.uk

Name:

Daily programme:

Arrive by 09:30

- Allocate and sort out boats + on land instruction/warm-up
- On water **BY 10:00**
- Approx 30 minutes instruction on the water
- At approx **10:30** time trial for all
- Sessions to finish by approx 11:00

What to wear

Whilst the weather is not likely to be too cold and the water should remain fairly warm well into October you should come prepared.

Always bring with you:

A full change of dry warm clothing, warm coat or cagoule, woolly hat, dry socks and footwear AND a towel.

For canoeing wear as a minimum:

- A thermal top or vest
- Light weight shorts
- Neoprene footwear or plimsolls
- A light weight cagoule (if wet or cold)

You may also consider wearing thermal long-johns or lightweight jogger bottoms

Do not wear cotton vests or shorts.

Do not wear jeans.

When you come off the water GET CHANGED quickly: do NOT go home in wet clothes.

Record your own times

Kings Head Bridge Time Trials 2.4 Km		
Date	Time	
	Minutes : Seconds	+/-
6 Sept		
20 Sept (H/H)		
4 Oct		
18 Oct (H/H)		

Sprint Time Trials 500 m		
Date	Time	
	Minutes : Seconds	+/-
13 Sept		
27 Sept		
11 Oct		
25 Oct		

Racing Awards (Mins:Secs)	Marathon K1	Sprint	
		Male	Female
Green	-	4:00	4:20
Blue	24:00	3:30	3:45
Bronze	21:36	3:05	3:20
Silver	19:12	2:45	3:00
Gold	16:48	2:30	2:45