



# Waterfront

Issue110

Jun07

*Oi! Tell the family don't just keep me to your self*



## From the Chair...

From the Chair

Summer is here, well at least the Tuesday evening Paddlepower sessions are in full swing. Anyone camping over the Bank holiday weekend at Cardington or elsewhere may have something choice to say about the weather! There is however more to paddling than Tuesday evenings. We had another successful club marathon with over 200 paddlers. The 2006/7 Paddlesport Challenge has now concluded. The Eskimos came third in the K1 & K4 sprints at Reading and fifth overall. Our youth team were runners up in the 2007 Southern Region Bellboat Championships. We have also had representatives at sprint races, Isobel and Naomi Smith have had good results at Nottingham and Mike Lambert was a member of the GB squad for the Gent Regatta in Belgium.

Thanks must go to all the coaches, parents and helpers who put in the time to enable these events to happen. I'd like to take the opportunity to recognise and reward all our volunteers, and so there will be a social on Tuesday 11<sup>th</sup> Sept. See below for more details.

See you on the water soon.  
Liz

The Chair cordially invites  
all those who have volunteered time and services to  
the club in the past year  
to a buffet supper to be held at Mytchett  
on  
Tuesday 11<sup>th</sup> Sept  
From 8:00pm

RSVP to Mad Chair by 31<sup>st</sup> August

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## THE COMMITTEE

**Madam Chairman**  
Liz Murnaghan

**Secretary**  
Jon Mudd

**Treasurer**  
Dave Horner

**Committee Members**  
Brian Biffin  
Charles Hicks  
Paul Jeffs  
Tracey Rees-Clark  
Merry Williams

## Forthcoming Events

"Pooh Sticks" is sixty soon - August 11 2007, something is planned to mark the occasion. Be warned home brew should be in evidence. See Chris B. nearer the date.

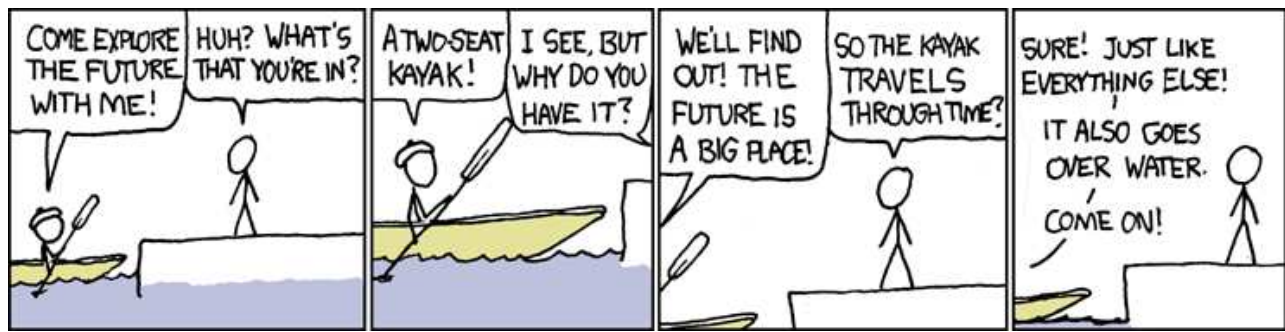
### Trips

**Henley** Sunday 8th July leave Wargrave 10.30 am. Canadian canoes are recommended as it is easier to hold the Pimms. Don't forget the picnic. For further info contact **Debbie C.**

**Touring on the River Hamble** Swanwick to Botley and return via Curdridge.  
on Sunday 8th July 2007

**Touring Trip on river Itchen** Woodmill to Northam Bridge  
on Sunday 5th Aug 2007

Flatwater boats or large cockpit kayaks  
for further info contact **Paul Batchelor** 01256-762058



### AGM 2007

Constitutionally we are obliged to advise the membership of the AGM date at least three months before the meeting.

The 2007 AGM will take place on Friday the 9th November as usual at Firmly Baptist Church.

### August

Currently no organised or supervised Paddlepower activities are scheduled for August. The Snack Bar is also planned to close for the duration of the school holidays.

The final Paddlepower Regatta of 2007 will be on 4<sup>th</sup> September and is for all PP1 and PP2 registrants. See how much you have improved over the year. This will be the final Paddle power session and snack bar of 2007.

Marathon training continues through year, August included.

### Disclaimer

Some of the trips/events advertised via club publications are 'private' trips/events rather than 'official club' trips/events. In either case the trip organiser is responsible for safety on the trip.

# Read All About It - BCCC Out and About

## Our Marathon

# THANK YOU!

A **big thank you** to all who helped run our Marathon event on the 6th June this year. We raised about £500 for the club! Well done and thank you again.

We had 188 competitors in the Haslar race proper; 28 in the Lightning and Fun Race. So, 216 PADDLERS IN ALL, including 32 from BCCC. Large numbers in division 9 K1 meant we had to do three starts and overall large numbers in the lower divisions made for a bumpy ride for the entire four miles. Richards' Thursday night practice start sessions paid off handsomely in keeping our team upright.

Special mention must go to Richard who stayed in this year to come 4th in Div 5. Naomi managed to hang on to her fastest club lady crown coming fifth in Div 6, just 30 seconds ahead of Isobel.

At the other end, Zbigniew catapulted himself from division nine to seven in his first race for the club, being first by well over a minute, and Ryan Truesdale came second in the Lightnings.

In doubles we had two second-places with Charles and Robin in division nine and Pete and Liz in division 7/8.

A very successful team effort puts us in contention for a place in the Haslar finals as we start the summer race season.

But, we could do with more racers!! Come and give racing a try. If you want to start come along at 10:30 on a Saturday morning for starter sessions with Brian Gandy. Contact Brian for more details.

Date for your diaries: 11th May 2008 - For the next one!

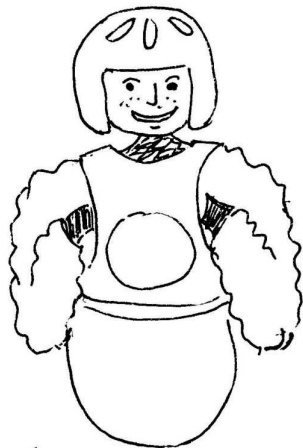
Howard

## The club Info booklet

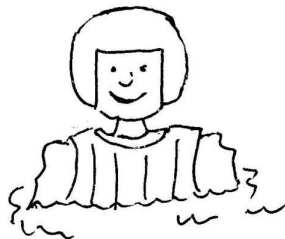
There is a new version of the club Info booklet available on the website on the membership page. For those who have not seen it here are a few excerpts to whet your appetite!

- **The BCCC has always been a family centred club**, encouraging **the whole family** to have fun and participate. Members are encouraged to try all forms of the sport and we have expertise in most disciplines.
- **Boat Licences** You will require a licence to paddle your own boat on the canal. Please contact the Basingstoke Canal Authority (BCA) on 01252 370073. Alternatively you could join the British Canoe Union (BCU) which will give you access to the canal and many other rivers and waterways throughout the UK. All club boats are licensed to be used on the canal.
- **Buoyancy aids** are compulsory for under 18's and strongly recommended for all adults when on the water.
- **Wear something to protect the feet**, just in case you fall in!
- **Those under 18** may attend club events if accompanied and supervised by an adult.
- **There is a need to book out equipment borrowed** by leaving details at the boathouse. *Please check the book first even if you are only planning to be gone an hour. The equipment you are taking may be reserved.*

## 3 reasons to wear a buoyancy aid...

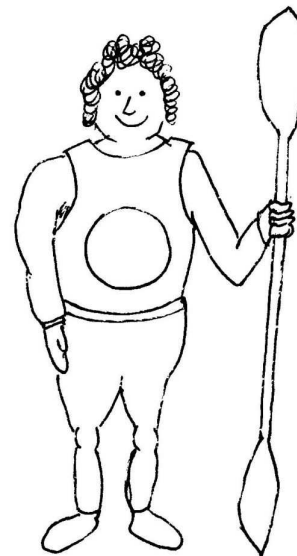


Warm your hands  
in winter.



Keep you afloat  
when swimming

am.



Hiding your belly!

### On a related topic

The Committee wish to remind you all of a number of issues relating to etiquette and good practice. For reasons of health and safety, and to avoid damage to equipment or people, they would ask that all the normal swimming pool rules are observed by those on or near the water on Tuesday evenings. Rules like, **No running, No Jumping in, No splashing** (*unless a coach says you can*).... Parents are reminded that they are to take responsibility for their children's behaviour when the children are not under instruction from one of our coaches. This applies even if your child is a teenager!

### An insight into Committee meetings

The committee had a meeting at our house a while ago and liked the cake I made. I've attached the recipe for Waterfront

Based on a recipe in 'Best kept secrets of the Women's Institute'

115gms	butter	40gms	cocoa powder
175gms	caster sugar	1 tsp	bicarbonate of soda
2	large bananas, peeled and mashed	5 tbsp	boiling water
2	eggs	115gms	chopped walnut pieces
60gms	plain flour	175gms	chocolate chips
60gms	wholemeal flour		

- In a large bowl beat the butter and sugar together until light and creamy. Beat in the bananas and then the eggs.
- Fold in the flours, cocoa powder and bicarbonate of soda. Stir in the boiling water to produce a soft mixture.
- Gently fold in the walnut pieces and chocolate chips.
- Spoon the mixture into a greased, lined 900gm loaf tin and smooth the top.
- Bake at Gas mark 4/electric oven 180°C, fan oven 160°C for 1-1 1/2 hours until well risen
- Leave the cake in the tin for 10mins before placing it on a wire rack to cool.

Anne Biffin

## Freshwater Seahorse populating the canal

Freshwater Seahorses have been seen populating the canal in and around Great Bottom Flash during the first week of June. The sighting was made by a postgraduate biologist from Surrey University. The news has caused much excitement with local freshwater ecology specialists, as this is only the second location where freshwater Seahorses have been discovered nationally.

There is also much excitement as the particular Seahorse found is unlike native species and may have evolved as a sub species due to specific conditions around the Flash being affected by the recent unusually high global temperatures.

The club has been contacted to support ongoing population studies with the request that any sighting should be notified to Surrey University.

Please contact - [don.tseetuwel@surreyuni.org.uk](mailto:don.tseetuwel@surreyuni.org.uk)

## The Monnow

My New Years resolutions are all positive, fun things to do - that way I want to keep them. Paddle three new stretches of water was on the list again. I love paddling on white water however with a family there are limits to how much you can do. The hunt was on for somewhere that was day trippable. The Monnow was selected. A quick blast down the M4, over the old Severn Bridge, drive up past Tintern Abbey and into Monmouth where the Monnow discharges into the Wye.

We met at Paul Jeffs' house at early o'clock. It felt even earlier, the clocks had just changed. The other paddling option that day was WatersideD, a 6am start from Devizes. I tried without success to sell the Monnow as a lie-in but no one was having it. The Biffo bus was late arriving, Mike RC had to finish his newspaper round, but it gave us time for a coffee. We set off for Anne's "Land of my Fathers", collecting Paul Kaine en route and found our way to the car park at the take out. On a new river, knowing where to get out is as important as knowing where to get in. The recce revealed a large car park, toilets and a choice of eateries nearby. There was some interesting driving to the put in - narrow roads, grass up the middle and a "I hope Brian isn't taking this shortcut" comment from my navigator.

There was the usual faffing about to get changed. Fortified by elevenses those lucky enough not to be doing the shuttle got to play on the broken weir by Skenfrith Castle. Reunited we were off downstream to play. There were little rapids, mostly grade I, but a few at grade II every few hundred yards. However as a new river no one knew that so every feature got thoroughly explored. We came to a narrow bit with trees blocking most of the way. It was an opportunity for Alan to show how much kit you can fit into an old kayak. Out came a saw for a bit of tidying up. Evidence of much higher water levels reached up to 10' above the current water level and debris in trees was plentiful, mostly bits of plastic but also the odd sheep.

Paddling with teenagers meant it wasn't long before they were asking for food. We started to look for a suitable lunch site. Easy access and egress - check. Sunny, sheltered position - check. Fallen logs to sit on - check. Bushes a discreet distance away - check. Dead sheep - check. Oh well it will do!

A broken weir and some riffly bits entertained us downstream. And before long it was time for afternoon tea. The rapids disappeared as the valley opened out. It seemed like a long slog to the distant houses. Round the corner and the reason for the flat stuff became clear, a massive weir! The weir pool was full of islands, trees and a fisherman. The considered opinion was to sneak down the left. Kayaks first and then the Caption and finally Anne and Nick in the Coleman. The bows buried and Anne got wet. The river threaded through some narrow channels, small rapids appeared and the old town walls of Monmouth towered above us. We passed under the old bridge to take out on the left. Those who carried on another 100 yards to shoot the final weir regretted it as it was a bump and scrape (scratches on my new plastic boat!). Safely reunited with cars and kit it was time for home. Same again next year please.

Liz

## [A pictorial guide to the Nottingham Sprint Regatta's](#)

Sprint racing is the “other” Olympic canoeing discipline – slalom of course being the one more featured on the telly. And, with Dorney Lake at Eton being the 2012 venue, and possibly a “practice” World Cup event next year we can expect considerable local interest in the event, particularly as team GB has been having some success recently. And of course our own Michael Lambert has now raced as an international junior. So here is a very short pictorial guide to Sprint racing.

### **Weights and measures**

Sprint boats have to meet strict weight criteria or you will be disqualified!



Typically boats are brought up to weight using lead or bags of stones tied to the seat.

### **The races**

Long thin tippy boats (k1/c1, k2/c2 and k4/c4) are raced over 1000m, 500m and (for males only) 200m. In addition “long distance” races of 2.5 (juniors) and 5k are held. A separate set of lightning/hody/min k4 races are also held as well as a “paddability” event. Races are divided by age/ability and the regatta is therefore a truly inclusive event.

Apart from the long distance races all events are laned using up to nine lanes numbered, unsurprisingly from one to nine. A slightly mysterious lane zero also exists but is hardly ever used. A regatta will have about 300 separate races!

Races are usually timed with the fastest from the heats going through to first and second finals. If you make the finals you can expect to be racing up to six times a day. You will need to bring lots of kit with you.



A 500m girls K2 lines up at the start gates. Be careful not to anticipate the start or you'll get an official warning!



A 500m K4 race get underway.



The entire course is accessible to parent and coaches. Just be careful on the path when this lot come tearing down the course looking sideways! Shouting encouragement is very much part of the race.



K2 Chaos at the start of one of the long distance races. Don't get caught out by the starter though!

## Fancy a Go?

There's a lot more to the sprint regattas than I've covered here. But I hope this has given you a very brief flavour of the races.

If you've not tried a K1 before and fancy your chances at Olympic glory then why not start by talking to one of the marathon coaches? Going forward fast is what it's all about!

## Training

### Canoe Safety Test Courses

The aim of the CST is to provide paddlers with rescue skills and safety awareness for themselves and others. It is also an essential qualification to become a coach. The course is open to those over 14 and with BCU kayak 2 star.

CST dates for 2007 are Sundays 8<sup>th</sup> July & 9<sup>th</sup> Sept

For more information or to book, either speak to Lisa Wardle on Tuesday nights or call 07798 562562/01252 511813 or email me on l.wardle@virgin.net.

*(Even if you never intend to be a coach this course is worth considering. ED)*

## Hare and Hounds

The remaining Hare and Hounds dates for this year are:

July 21st	Sept 15th	Nov 17th
August 18th	Oct 20th	Dec 15

Hare and Hounds results are online, you can check the latest scores and series points at.

<http://homepage.ntlworld.com/richard.somerset/results.html>

## Free Training

Come and Learn how to run the Snack Bar! No experience required. Free Elaine to do some Coaching. Enquire to Waterfront@B3C.org.uk or in person at the Snack Bar.

## Pool & Polo

### **Pool Dates for 2007 at Odiham:**

8th July

**No pool sessions in August**

e-mail: [Keith.ambrose@ntlworld.com](mailto:Keith.ambrose@ntlworld.com)

Times: 6.00pm - 6.40 pm Canoe Polo

6.40pm - 7.20pm training/fun session

7.20pm - 8.00pm Training session

## MARATHON

### **The year so far (end May)**

Our team of 22 paddlers did very well at Thames Valley on the late May Bank Holiday Sunday, in the pouring rain. Robin Lees won Div. 8, and was promoted to Div. 7; Neil Matthews was fifth out of thirty-eight in Div. 9 and promoted to Div. 8. Jon Mudd, who was fifth in Div. 8, narrowly missed promotion.

Peter Wigg and Ruth Smith were second in Div. 9 K2, with Katie Lambert and Jason Dyer only 7 seconds behind them in third place. In the Under 10 Lightnings, Ryan Truesdale came first, 40 seconds ahead of his nearest competitor.

At the BCCC race on 6 May, our club finished third, behind Reading and Southampton, out of the fourteen racing clubs in Southern Region. At Thames Valley we again finished third, this time behind Reading and Banbury.

With six races in the current season behind us (Henley, Pangbourne, Windsor, Banbury, BCCC and Thames Valley) and three still to come (Oxford, Reading and Southampton) we are lying fifth, one point behind Falcon CC, and two behind Wokingham CC. The first four clubs in our Region go forward to the Hasler Final. Reading and Banbury are so far ahead that we are unlikely to be able to catch them, but Wokingham and Falcon may well be catchable, if we can achieve consistently good turnouts for the remaining three races. And, unlike last year, the clubs behind us, Pangbourne and Southampton, are six and eight points behind us respectively. So it's everything to play for over the next three races.

There have been good performances right across the team. A particular highlight has been the progress of our juniors. Isobel and Naomi Smith have been promoted to Division 6, Michael Truesdale is now going very quickly in Division 9, and several other juniors are going fast enough to threaten us slower adults with their performances. Thanks in particular to Brian Gandy and Richard Somerset for all their development work with young paddlers. It's heartening too to see so many people out training.

Our list of racers in the club has grown to well over 40 and it is good to see how many of the participants are families with mum or dad and children racing.

Recruitment of yet more paddlers and family members to the team, continuing promotions (so as to give a more even distribution of paddlers across the divisions) and continued development and training of new young people (as well as the existing racers, young and old) are all needed to improve our ability to take on the best specialist racing clubs in the region, and beat them!

Charles Hicks

## **Marathon Race Dates**

**July 29 -- Southampton**

**September 9 – Henley (2008 season)**

**September 16 – HASLER FINALS AT PANGBOURNE**

**Some other races (non-Hasler) for your diaries are:**

**July 24 - Reading K4**

**August 18/19 NATIONAL CHAMPIONSHIPS AT WOKINGHAM**

## **Classified Adds**

### **Wanted**

Does anyone have a Gym ball/Swiss ball lying around unused? Anne Biffin would gladly take it under her wing to use on a Tuesday evening to help train young and not so young paddlers. She can be contacted bouncing about on a Tuesday evening at Mytchett, or on 01252 616692.

### **Situations Vacant**

**Youth Coordinator** required by friendly family orientated Canoe Club.

A while ago it was announced that our Youth Leader, Paul Jeffs, also wished to stand down and a replacement is being sought. You do not need to have been a long time member to volunteer. Please remember that the only reason you and/or your children are able to join in the activities, (either on a Tuesday evening, or indeed the other days of the week when courses are run, or things like the 'Hare and Hounds' on a Saturday), is because another club member has volunteered their time to organise it. Without such members volunteering you wouldn't have an activity to attend.

We are a family club run by its members - we are not a local service or amenity who charge for the services we offer. We are not a crèche where you can leave your children for the evening. We are a group of people who like to paddle a canoe or kayak, and those who have more experience are willing to pass on that experience to other less experienced members. You don't have to have any experience of paddling to do this job. As the Youth leader you would be an organiser - we have numerous coaches and experienced paddlers that volunteer their time to run the activities.

So please volunteer your time - it won't be for ever. Applications to Liz Murnaghan, our Chairlady on Chair @B3C.org.uk.

**Snack bar tycoon** No Canoeing experience required.

After 3 years of running the snack bar it is time for me to get back on the water and do some coaching. The club will be looking for someone to take on the role of Snack bar tycoon next season. Could this be you? Have you always wanted to play shops? Come along and find out on Tuesday. Enquire to [Waterfront@B3C.org.uk](mailto:Waterfront@B3C.org.uk) or in person at the Snack Bar.

**Committee members** Now is the time to start thinking about what job you will volunteer for at the AGM in November. Why not join the committee? Or you could be Treasurer! The possibilities are endless (well OK, almost endless). Think it over, Talk it over, and then, in November, do it.

## Editors bit

The editor's prize last issue for the first person to correctly identify the number of times the Club Hasler on May 6<sup>th</sup> was mentioned was not claimed. Too late now!

Copy date for the next issue is 14<sup>th</sup> September Email articles to me at [Waterfront@B3C.org.uk](mailto:Waterfront@B3C.org.uk)

Now, while you are on-line, why not check out the rest of the club web site and don't forget the youth site.

**In addition to the events listed on the calendar, don't forget the following "regular" sessions:-**

Tuesdays 9.30am Mytchett Introduction to Placid Water (term time only) - Contact Liz Murnaghan 01276 514766

Tuesdays 7.15pm Mytchett For Marathon training - Contact Charles Hicks 01252 850657

Thursdays 9.30am Marathon training - Contact Charles Hicks 01252 850657

Saturday Mornings at Mytchett **Flat water coaching** - Contact Brian Gandy 01252 622630 and **general paddling** contact Jon Mudd 01252 629800

Saturday Trips to local weirs or Nene Whitewater Centre - Contact Keith Ambrose 01252 523579

## A few dates for the calendar.

Jul 07			
8		CST	Lisa W
8		Touring Trip - River Hamble, Swanwick to Botley and return	Paul B
8		Touring Trip - Henly	Debbie C
8		Pool at Odiham	Keith A
21		Hare and Hounds	Richard S
24	X	Reading K4	Charles H.
29		Hasler - Southampton	Charles H.
Aug 07			
5		Touring Trip - River Itchen, Woodmill to Northam Bridge	Paul B
18		Hare and Hounds	Richard S
18/19		National Marathon Championships, Reading	Charles H.
Sep 07			
9	X	CST	Lisa W
9		Hasler - Henley (2008 Season)	Charles H.
15		Hare and Hounds	Richard S
16		Hasler - Finals at Pangbourne	Charles H.
Oct 07			
6		Reading K4	Charles H.
7		Hasler - Elmbridge (2008 Season)	Charles H.
14		Hasler - Windsor (2008 Season)	Charles H.
20		Hare and Hounds	Richard S
21		Hasler - Marlow (2008 Season)	Charles H.
28		Hasler - Banbury (2008 Season)	Charles H.
Nov 07			
4		Cokethorpe time trials	Charles H.
9		<b>AGM</b>	
17		Hare and Hounds	Richard S
18	X	Exe Descent (19 miles, 9 weirs; Tiverton – Exeter; over 16 only)	
Dec 07			
2	X	Stour Descent (15 miles for any boat on Dorset Stour)	
15		Hare and Hounds	Richard S

Items **NOT** suitable for younger paddlers are marked with an **X**

Charles Hicks 01252 850657	Richard Somerset 01252 683584
Merry Williams <a href="mailto:avme79@dsl.pipex.com">avme79@dsl.pipex.com</a>	Brian Biffin 01252 616692
Kieth Ambrose <a href="mailto:Keith.ambrose@ntlworld.com">Keith.ambrose@ntlworld.com</a>	Paul Jeffs 01252 615412
Lisa W 07798 562562 / 01252 511813	Liz Murnaghan 01276 514766

**Following a recommendation from the BCU we must draw your attention to the following statement: “Canoeing and Kayaking are “Assumed risk”- ”Water contact sports””**



# TRANQUILITY

WHEN THE SOFT CARESS OF THE MORNING MIST MEANS WAITING AN HOUR AND A HALF FOR GIRLS D K2 500M HEAT 2



# SWIMMING

IF I GIVE UP NOW I CAN EAT ALL THE BACON BUTTIES.