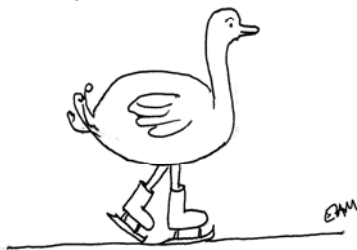


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The Canal
Feb 2009



From the Chair

Hopefully we have now seen the last of the icy weather. The previous winters have been fairly mild and we have only lost the odd day of paddling because the canal was frozen so it was a bit of a shock to the system to lose nearly 2 months of paddling due to ice. Melt waters on the Thames meant that was also out of bounds and so our racers must be congratulated on using running, swimming and circuit training to good effect to keep fit and bring in good results for the Waterside and Thameside races. Good luck to those who are racing from Devizes to Westminster at Easter.

I have spent the past weeks putting together the Paddlepower programme for the coming season. It has highlighted to me how much we rely on a few volunteers to provide all our coaching. We desperately need some new faces to help out or next year there won't be the opportunities for you and your family to learn to paddle or try out different canoes or kayaks. I'm not just going to sit back and moan though, the Club is prepared to run a Level 1 coaching course (details inside). We now just need the participants to make it happen. To misquote John F Kennedy "Ask not what your Club can do for you; ask what you can do for your Club".

See you on the water soon.

Liz

**If you use club equipment - please note it in the diary:
bring it back promptly.**

Registration date for Paddlepower is Tuesday 31 March: you can post your application. First come: first served. See p 6 for details.

Website: www.b3c.org.uk

Devizes to Westminster International Canoe Race

Known to all canoeists as "the DW" this race is run each Easter from, as its name suggests, Devizes in Wiltshire along the Kennet & Avon Canal and the river Thames to Westminster. This will be its 61st year.

It is a challenge. The race is 125 miles long and has 77 portages. The first 52 miles are on the Kennet & Avon and the next 55 miles are on the Thames with the last 17 miles being on the tideway from Teddington, through Richmond, Kew and Putney to Westminster.

There are five classes. The Senior Doubles with crews of two adults race non-stop from start to finish. There are three other classes of doubles that race over four days, as do Senior Singles.

The 4 day events start on Good Friday with a canal section of 34.5 miles to Newbury. The second day is 35.5 miles from Newbury to Marlow. Easter Sunday is from Marlow to Teddington a distance of 37.5 miles down the Thames. The last 17.5 miles is paddled on Easter Monday on the tidal Thames from Teddington to Westminster and this last section of the race will start at or about high tide at 5:50 in the morning.

The senior Doubles race is the longest non-stop canoe race in the World. Crews may start between 07:00 and 20:00 on Easter

Saturday and are timed straight through from start to finish. They may, of course take a break or have a sleep, but most aim to race continuously through to the finish. Their start time will be determined by their assessment of how long it will take them to get to Teddington, where they join the tideway. They have a four hour window as they cannot join the tideway until 30 minutes before high tide and must join it no later than 3 hours 30 minutes after high tide. If they arrive too soon they have to wait – and thus waste time – if they arrive too late they have to wait approximately 8½ hours until the next tide to continue.

The fastest crews will aim for 18 hours or less. Most crews will finish between 20 and 25 hours. It is a race that needs careful planning and months of dedicated training if it is to be completed successfully. All crews must finish and vacate the finish site at St. Thomas's Hospital by 10 a.m. on Easter Monday.

Good preparation is key to get physically fit, to know your boat and to be comfortable in it and to know the route. Even so you never quite know what is in store over the course of the race as last year proved when Easter dawned with sub zero temperatures and the Thames flowing fast. 58 of the 119 Senior Doubles crews retired.

The DW 10 – 13 April 2009

Runners and riders in BCCC colours for this year's race

Jamie Cox /Derek Campbell (Senior Doubles)

Jamie has teamed up with Derek who is a member of Leighton Buzzard Canoe Club. They will be racing in the Senior Doubles event and aim to get down in one piece with a target time of 22 hours. They will be setting off about 10 a.m. on the Saturday morning and all being well will finish around 7 – 9 a.m. on Sunday morning. They are competing in the Waterside Series where they are presently lying in 5th place after three of the four races. They have paddled together over the past year or more in both sprint and marathon events and look to be in good form.

Ian Evans/ Toby Williams (Senior Doubles)

Ian and Toby have recently joined the club. Dark horses, I think, in the true sense of the dictionary definition. They are both doctors and I understand come from a background of endurance events. They are putting in training when work permits and recent results indicate to me that they are a good bet to finish.

Isobel and Naomi Smith (Junior Doubles)

Isobel and Naomi will be starting from Devizes sometime between 8 and 9:30 a.m. on Good Friday on the longest canoe journey of their young lives. Mark you, if you have followed their progress on the web site you will know the huge number of miles and training they have put in. Given a fair wind you can bet Isobel and Naomi will be giving most of the boy crews a run for their money. They can't wait to get going!

Brian Biffin/ Mike Rees-Clark (Veteran/Junior Class)

Brian and Mike will be competing in the Junior/Veteran class in a touring Canadian canoe. They have been training over the last couple of months and have raced in the Waterside Series and have canoed parts of the Thames to gain knowledge of the course. They can start from 9:30 to 10:30 on Good Friday on the first leg to Newbury. Go for it, guys.

Ian Mattison/Bernie Boyles (Endeavour Class)

Ian and son-in-law, Bernie, will be racing in the Endeavour class in a K2 over the four days. Endeavour have drawn the short straw as they have to start at Devizes between 7 and 8 a.m. Ian and Bernie completed Waterside B in 3hrs 54 minutes – their first race together in a K2. They have a simple race plan: to get there!

Tracy Rees-Clark (Senior Singles)

Having had a taste of the DW last year in a K2 with Liz and having had to retire not far from Teddington, after some appalling weather, Tracy is toying with doing it this year in a single. She is debating in her mind whether she has done enough training. She raced three Watersides races and finished with good times. Waterside D is still to come and she tells me she will make her decision on finishing that race.

Fund raising

Every year competitors in the DW raise money for charity through sponsorship. Three of our crews this year are seeking sponsors for their individual charities:

Brian Biffin and Mike Rees-Clark's for Phyllis Tuckwell Hospice in Farnham.

You can support them at <http://www.justgiving.com/briansdwmrathon>

Jamie Cox and Derek for the MS Society

You can support them at http://www.justgiving.com/jamie_derek_dw2009

Ian Mattison's for The Army Benevolent Fund

Ian's link on the Just Giving web site is <http://www.justgiving.com/ianmattison1>

You can, of course, send your donations to the paddlers or direct by post to their charity.

Please give generously: they are all good for an each way bet.

Good luck to all of the crews. Each of our crews will welcome your support along the route, so please try to get to see them at some point. You can find much more information about the race on the DW web site (see below). I expect you will find their entry number and the website is up-dated on a regular basis throughout the week-end to show the progress of all crews. <http://www.dwrace.org.uk>

Website

A slightly longer version of this report with photographs can be seen on the club's website along with other reports and photos. And it is all in colour!

If you are on line, keep abreast of club events and activities by regularly visiting the website:

www.b3c.org.uk

It's a site to see.

**If you use club equipment – clean it and bring it back promptly:
put it in its proper place.**

Thameside 2 or "Flying on the Thames"

The Thames had been on red boards most of the week and so we were convinced we were going to fly down the River. Reading CC was taking no chances and requirements included pre-flight questionnaires as well as boat inspections. Going with the theme of the day, we fitted a black box flight recorder to the Mirage that Andrew and Paul Jeffs were planning on flying that day. Here are some excerpts from that flight recorder for that 19 mile flight from Reading to Marlow:

- 0.1 miles:** "River's highish - easier to get in." Hello Tamsin, not paddling?" "Hi girls - good luck."
- 0.0 miles:** "Don't move right to the front it's crowded' (bossy Dad)." "Where's Jamie?" "Attention!" Huge splashing sounds as everyone starts.
- 0.1 miles:** Caversham Bridge "Hey that wasn't bad." "Why did you stop paddling back there Dad?"
- 0.2 miles:** "Look we can still see the twins."
- 1 mile:** Caversham lock. "Go long." "Blimey I don't remember the run being this long on Thameside 1." "Ouch, get that boat out of my head." "Look we can just see the twins."
- 1.1 miles:** River after Caversham lock. "Big splash" (boat in water again). "Splash, splash, splash." Lots of paddle splashes from now on.... (edited out!).
- 3 miles:** Dreadnought Reach. "Look Marsport!" "Wasn't that where I almost turned downriver on Thameside 1 Dad?" "Yes', I can just see the twins in the very distance." "Are you sure?"
- 4 miles:** "Remember coming up here in January when the canal was frozen?" "My pogies froze to my paddle then!" "Blimey it's getting windy."
- 5 miles:** Sonning Lock. "We've been here before." "Take it easy." "Spectators getting in the way don't help."
- 6 miles:** "You alright?" We shout to Mainprize crew, emptying their K2 by a bridge.
- 7.5 miles:** "Straight across the island and use the pontoon." "They're going to get stuck getting in there." "That Richmond crew took their time."
- 8 miles:** "Why does that crew keep stopping?"
- 9.7 miles:** Marsh Lock. "That worked well." "Blimey how long is this bridge over the weir?" "These energy gels taste foul – ughhhhh!" "Sugar! That was my paddle." I shout as I clatter the bridge over the weir. "Hi, Charles." "Keep running - get in here." "Go! Go! Go!" "Reckon this boat seat needs padding."
- 11 miles:** Henley. "Keep to the left at the bridge." Slop, slop, slop.. "Oi, you! Can you slow down - you're swamping us?" "If you're going faster than we are you're breaking the limit." "Thank you!"
- 13 miles:** Splash, splash, blow, blow. "Hi Tamsin" (near a pub)
- 14 miles:** Hambledon. "Go short." "No – it's a higher bank." "You let them get in front Dad" "I'm sorry"..... "Watch for the weir stream." "Tree!!"
- 14+ miles:** "Left or right?" "Follow the navigation arrow." "Blimey, Dan and Owen are going fast down that shortcut."
- 14.5 miles:** "We're not going straight!" "The rudder's not responding." "It must be wash." "What wash?"
- 15 miles:** "This is getting worse!" "B*!*#."
- 15.5 miles:** Hurley Lock. "Hi Charles there's something wrong with the rudder, it's all loose." "Well, you'll have to steer by leaning." (For the next quarter mile the GPS plot of the Mirage shows it doing circles).

- 15.75 miles:** End of Hurley island. "This is painful." "We'll have to stop." "Ouch, nettles." "The rudder bar's totally off the rails." "You alright - need any help?" the Mainprize crew ask as they pass. "We'll be ok, thanks." "This is a stretch." "Need spare nut." "That seat has two."... splash as the boat re-enters the water.
- 16 miles:** "It's still not right Dad." "We'll cope." "I'm hard left with this wind."
- 17 miles:** Temple Lock. "These gels really, really taste terrible!" "Uggggghhh."
- 18 miles:** "That's the Marlow sports centre. I'd forgotten how wide the river is here." A gale howls.
- 18.5 miles:** "We're very close to that weir, Rew!" "I've got the rudder hard left." "Ooooooh."
- 18.7 miles:** "Marlow weir. Remember the briefing? Go left!" "Go right", says another paddler, "Go right!" "You can go right if you want!" "He hit me in the face with a paddle" another K2 paddler says, referring to a K1 paddler. Sound of heavy, heavy rain.
- 18.8 miles:** Keep to the right now" "The current caught us then."
- 19 miles:** "The finish is under the bridge." "Hooray!" "Hi Ali." "Hello Hayley."

The tape finishes with the sound of pouring rain. Isobel and Naomi flew into second place in the junior ladies K2 in 2h 15.59. Jamie and Derek came 10th in the senior men K2 in 2h18.10. Debbie landed her K1 in 3h 21.03. Andrew and Paul flew into in first place in the Junior/Veteran class with 2h 42.44.

Post flight debrief and learning. Strawberry & banana energy gels are foul. Always check all the boats nuts even if you can't see them. Try and remember to check your time. If you've come first in your class you've probably forgotten to pick up your prize. Oh and waterlogged shoes are better than no shoes at all.

Paul Jeffs



More on Thameside 2: 8th March 2009.

Having had all my K2 partners fall by the wayside, I know one has emigrated to The U.S.A. but I don't think that was to do with my paddling, I decided that if I was going to take part in the 19 mile, 8 portages Reading to Marlow race, I would have to go it alone. As my boat is fairly heavy, I borrowed a light stable K1. I asked Charles and Katie if they would like to be my back up crew.

As the river was running fast and the forecast was for strong winds we had to fill in a questionnaire. I had to give myself points for each question. How well do you know the river? How experienced are your support Crew? (I gave 5 out of 5 for that). How likely are you to fall in? etc. I did ask if I could give myself extra marks for knowing what the men's changing room was like in The Leander Club, but this wasn't allowed. I was pleased with my high score, but disappointed there was no prize.

The slow K2 start first then slow K1. Later fast K2 and fast K1. The start at Reading is always bumpy and this was no exception. As I headed off towards Caversham Lock I was pleased I was not left behind, I am told that when portaging the boat should never stop. I know all the theory, but somehow I don't put it into practice. Never mind I portage in front of some others and most importantly I don't fall in. Charles and Katie were at Dreadnought Reach to cheer me on, as the current and strong wind whisked me past. The portage at Sonning has been improved as the steep steps down have nearly all been replaced by a slope. No support crews are allowed at Shiplake. I am still in front of another K1 coming into the portage. As we run across the island somehow he gets in front. Never mind.

I waited as he put in and then he falls in. I paddle past, but I do make sure he gets to shore safely. The river continues to flow, as I looked forward to seeing my crew at Marsh Lock. I portaged the long bridge with out knocking over any passers by. I was told that another K1 paddler was just in front. Charles had mended her rudder for her. Charles directed me to a good get in, while Katie gave me food and drink. I headed off towards Henley Bridge wondering if there was going to be a standing wave. Luckily for me the wind was behind, so my passage under the bridge was uneventful. I surfed down Henley straight and on to Hambleden. The marshal was helpful warning me of swirling water ahead. I braced as I passed the weir, and on to meet my crew at Hurley. Unfortunately for Charles and Katie I was not one of the faster paddlers. The weather had deteriorated and hail was coming sideways. I battle on and find my crew somewhat damp waiting for me. Two more portages to go and we could all be in the warm and dry. By Temple I had actually caught up with a K2.

The paddlers were wondering if they should swap their plastic bathtub for something a little lighter for the D.W. My boat was light compared to theirs yet somehow it was difficult to carry. Marlow comes in to sight. I kept well away from the weir and portaged the last lock. I finished in 3 hrs 21 minutes. Charles and Katie were there to carry the boat. Well done to all those Basingstoke Paddlers who finished before me. 19 miles and 8 portages is enough for me. Good luck to all those who are entering the Devizes to Westminster Race. Thanks to Charles and Katie, and if you are wondering how I know what the men's changing room in The Leander Club looks like, well that is another story.

Debbie Carpenter

The other BCCC paddlers and their times were:

Jamie Cox/Derek Campbell(LBZ) Senior Men's K2	2:18:12
Ian Evans/Toby Williams (paddling for ACU) Senior Men's K2	2:10:06
Isobel and Naomi Smith Junior Ladies K2	2:15:59
Paul and Andrew Jeffs Junior/Veteran K2	2:42:44

Paddlepower 2009.

Spring is coming and with it the ever popular Paddlepower programme. This will be the 6th year that we have run the scheme and every year we try to improve it. This year we will be offering courses in 6/7 week blocks and extending Paddlepower into September and October using Saturday mornings. There will be 3 separate enrolment days spread through the season; this will enable families who join the Club after the first enrolment day to join in the fun. Another difference is that children will be able to choose courses more aligned with their interests. Last year we found that some children didn't want to be in some boats and so spoiled the learning experience for others. We have also dropped the Regatta evenings as these were poorly attended. There will not be any coached sessions during the school holidays, except for marathon race training.

We have also introduced a minimum age of 8 years old on or after 1st Sept 2009 - current school year 3 and above. The BCU Guidelines for Paddlepower have a minimum age of 8 but we wanted children with summer birthdays to be able to join with their friends. Your BCCC membership must also remain current for the duration of the course so that you are covered by our insurance policy. Each course will cost £10.

Enrolment for Course 1 will be on Tuesday 31 March 2009 from 5.30 to 7pm at Mytchett. You can enrol by post by sending your Enrolment and Consent form to Karen Dyer (address is below) to arrive by the morning of 31 March 2009

SO YOU WILL HAVE TO ACT FAST.

Course 1 will run from Tuesday 21st April until Tuesday 9th June excluding half term – a total of 7 weeks.

On offer will be Beginners; Improvers; Cadet Leader; Recreational Canoe; Marathon Race training, Placid Water Kayak; Introduction to moving water, and Slalom

Enrolment for Course 2 will be on Tuesday 2nd June (7pm -8pm) with the course running from Tuesday 16th June until Tuesday 21st July (6 weeks, but the evenings are warmer and longer).

On Offer will be Beginners; Recreational Canoe; Competition Canoe; Marathon race training; Introduction to moving water; Slalom and Polo.

Enrolment for Course 3 will be Saturday 5th September from 9.15 to 9.45 am at Mytchett. The course runs from Saturday 12th September to Saturday 17th October (6 weeks).

Only Beginners course and Placid water Kayak confirmed so far.

Beginners' Course

For those with no prior experience.

Improvers' Course

For those who did a beginner's course last year but did not achieve the standard required to complete Paddlepower Level 5.

To take part in the following courses you must be at Paddlepower Level 5 or above. Specialist equipment will be provided but we expect you to have your own personal kit including buoyancy aid and paddle.

Recreational Canoe

Introduction to paddling a canoe: this may include a trip offsite to experience moving water.

Introduction to moving water

More advanced techniques using spraydecks. Introducing rescues and will include trip offsite to experience moving water.

Placid Water Kayak

Using stable racing boats with large cockpits the aim is to get you paddling faster and further.

Slalom

Your introduction to an Olympic sport. Learning how to paddle fast and cleanly through "gates" hung over the water. This, too, may include a trip offsite.

Competition Canoe

You must be able to paddle an open canoe confidently to take part. Expect your balance and flexibility to be tested to the limit.

Polo

A fast team game, five a side.

Cadet Leader

You must have completed Paddlepower Level 8 and be 13 years old to take part. It is your introduction to becoming a coach. We expect you to own a complete set of paddling kit including boat (and spraydeck if a closed cockpit craft.).

Marathon Race training (Free)

The next step from placid water kayak. A structured training programme with the aim of competing in races. Brian G or Richard will assess if you are good enough to join.

Send applications to:

Mrs K. Dyer, 16 Holland Gardens, Fleet, Hants, GU51 3NE
Email: kazdyer@hotmail.com

Go on! Try something new

Paddlepower gives you the chance to try some different kinds of canoeing and kayaking. But there are many other opportunities in the Club outside of Tuesday evenings where you can try new skills and where you will be made very welcome. For example:

The Pool Sessions. A clean, warm and friendly environment to practice many skills and to try canoe polo. See details on page 10.

Canadian Canoeing. I am sure Brian Biffin will be running some courses. If you don't see them advertised, ask him.

Racing. Coaching sessions are run three or four times a week from Mytchett. Details are on page 12. All sessions are free and coaching and help can be given to beginners and competent racers alike. It is not all

about 26 mile races. For many it is our recreation and has led to enjoyable times and friendships within and outside the club.

There are just three examples: come and give them a try. Sea kayaking is another popular activity. You have not been? Don't be put off: sometime it was the first time for everyone.

Ed.

If you use club equipment – please keep the boatshed tidy.

Level 1

Coaching Course

The BCU Level 1 Certificate in Coaching Paddlesport is appropriate for individuals new to coaching, who have some knowledge of paddlesport, and wish to learn how to help others enjoy paddling. The qualification is appropriate to individuals who want to coach any of the various paddlesport disciplines. Level 1 Coaches will build skills during the course that will continue to develop as they start to coach under the guidance of a more qualified coach.

This course is designed for a range of people, for example:

- A non-paddling parent of a child in a club
- A paddler who wants to help out in their local club
- Someone who wants to work in an activity centre

We want to encourage more people to become coaches and help deliver structured canoeing activities to our members. Local coach provider Kayakojacko is prepared to run a new UKCC Level 1 course for the club if we have enough people interested. The dates would be **25/26 July** and **15/16 August**. You need to attend for both weekends. The cost of this course will be £300 per head. Some financial support is available from both BCCC and BCU Southern Region.

(BCCC is prepared to offer financial support of up to 50% of course fees (subject to a maximum of £75) towards coach training and assessments (per person, per annum). The applications should be made in advance to the Treasurer and supported by an invoice for the course. We do of course expect you then to take part in regular coaching for the club when you have qualified. Additional money is available from the BCU Southern region, similar terms and conditions apply, see <http://canoesouth.org/uploads/Coaching%20Grants%20-%20Jan08.pdf> for details.)

If you would like to take part then please contact Liz on 01276 514766 by Easter.

The following are pre-requisites for the Level 1 course

- Be at least 16 years old.
- Hold the Foundation Safety and Rescue Course (Contact Lisa Wardle for dates 01252 511813).
- For Boat Based coaches hold the new BCU 2 star award (or old 2 star in kayak and canoe). Contact Liz if you need to arrange this.
- There is an option to be a bank based coach which does not require the 2 star award.
- Register with Canoe England.
- We would expect you to have a CRB form to work as a volunteer coach. Brian Biffin is the person to contact for this. 01252 616692.



Mike Rees-Clark and Brian Biffin

Cardington 2009 **1st May to 4th May 2009**

Cardington is a two full days of whitewater fun. Please let me know as soon as possible if you want to come. Cardington is a 120m artificial course, used for both competitive events and for training. We can control water flow and obstacles to make an enjoyable course for all skill levels.

Booking in: The course will be set up on Friday afternoon evening so your help will be needed. Please arrive for booking in for 9.00 am on the both days. (We'll accept people being late but you'll miss the whitewater fun.)

Help: We will need help with car-park security, moving boats, and course breakdown. Please come prepared to help.

Suitability: Having people in the water and the controllability of the course means we can safely accept a wide range of abilities. Please ensure you are confident capsizing, preferably with a spraydeck.

Team preparations: Please ensure you bring paddling gear and buoyancy aids, food and plenty to drink. If you have whitewater boats, helmets etc. please bring them. Please ensure you have appropriate consent forms for juniors - this should carry appropriate permissions for any youngsters, especially those who come without their parents. I attach a copy of our own BCU-derived club form, which you are welcome to use.

Directions: Most people will take the M1 north, leaving at junction 13 on the A421 North towards Bedford. The course is then accessed from the A421 Bedford Southern Bypass at the Cardington Cross exit. Take the second exit from the roundabout 'Stannard Way'; straight at the mini-roundabout and then left until you reach the southern entrance to Priory Country Park. See 'Parking' below. See attached map.

Parking: We have to limit parking by the course. Please drive through the gates and over the first bridge, bear left and go over the next bridge, following the river. Please drop participants and gear off at the course and then return to park in the public car park at the entrance to the site (200m from the course). Parents will each be asked to do a spell of 'car-park security'.

Camping/Staying Over: You are welcome to come and camp with BCCC the night before the event, beside the course. Please let me know as soon as possible if you want to do this. Other alternatives include the Bedford Travelodge. We will have loos on site.

Coaching & Safety: Brian Biffin is our designated level 3 coach for the weekend and his word

on safety is final.

Cost: £8 per person per day for using the course
£5 per tent per night
£8 per caravan / Camper per night

Lee Matthews
www.b3c.org.uk
Telephone: 07809 628699

To reserve your places please send attached booking form to me as soon as possible with a cheque for full amount, made payable to 'Basingstoke Canal Canoe Club' to Lee Matthews, Travellers Rest, Curtis lane, Headley, Bordon, Hampshire, GU35 8PH as we have limited places and tight finances. Payments are non-refundable! Please mark the back of the cheque 'Cardington 09' so I know what it's for!

Ideally all paddlers attending should be at one star standard or have gained their Paddlepower One including capsized award and be capable of swimming 50m in canoeing gear. The event is intended as a controlled introduction to moving water so some capsizes will occur. There will always be staff within easy reach to help. Participants should be able to capsize confidently with spray decks. If you are not confident, bring a spraydeck along to a pool session and arrange some practice before you go! If you have a young paddler with a lower level of ability - let us know before committing so our coaching team can make an assessment!

Thanks,
Cardington Team 2009

What's On?

Pool Sessions at RAF Odiham

The pool session on 29 March is from 6 p.m. to 8 p.m. split into three 40 minute sessions. From 26 April the sessions will be from 5 p.m. to 7 p.m. The cost of each 40 minute session is £3. You may use your own equipment but it must be clean before putting it in the pool.

To book and if you have questions, contact Lee Matthews: email baggycanoe@gmail.com

Dates for 2009: 29 March: 26 April: 17 May: 7 June: 21 June: 12 July

Various trips and away days on the horizon

18 April - Open Canoe trip on the Upper Thames from Cricklade to Lechlade: 11 miles.

1-4 May – Week-end camp at Cardington: see below.

30 May - Sea kayaking: Dorset coast between Studland and Swanage including Old Harry Rocks.

6 June – Open Canoe pub paddle on rivers Cherwell and Thames. Contact Murray* or Brian.

13 June - Sea kayaking from Lulworth Cove: more of the beautiful Dorset coast.

Contacts for all trips: Brian Biffin brian.biffin@gmail.com *Murray murray.jones@tesco.net

Cardington Week-end camp

1-4 May – a week-end at the artificial white-water course on the river Ouse near Bedford. A fun week-end with plenty of opportunity to practice your whitewater skills.

Your contact is Lee Matthews: full details are in the attached information sheet.

Family Boating day on the Thames, 7th June 2009

Murray Jones is inviting BCCC members for a family-oriented day on the Thames at Runnymede. The Wraysbury Skiff and Punting Club have, on Sundays, dragonboat training at 10:00, children's (6-16) boating in Canadian canoes, small dinghies and double skiffs. Members also go out training for the regatta season. The clubhouse is new and comfortable, with a bar and changing facilities.

The reach of water allows for a long marathon paddle, (about 9 miles), and shorter distances. There is also an interesting backwater with a round trip of about 1½ miles. A BBQ will be set up for lunch, and members will have a chance of trying out skills in the dragonboat, as well as poling in Canadians.

Put this date: **7th June**, in your diaries. Contact murray.jones@tesco.net with names, please.

Club French holiday

27 July to 9 August - a holiday with canoeing, cycling and sight-seeing in it. This year we are in the sun on the river Cele, south of the Dordogne. A holiday for the family: you have flexibility to take part or not in activities and also flexibility on the dates that you attend.

For more information contact Mike Simpson 01252 621183 or Charles Hicks 01252 850657.

More info in the calendar and look for up-dates on the website www.b3c.org.uk

Racing dates for your diary in 2009

Hare & Hounds

18 April; 16 May; 20 June; 18 July; 15 August; 19 September; 17 October;
21 November; 19 December

Southern Region Hasler Races

17 May	BCCC Hasler
24 May	Reading
21 June	Oxford
12 July	Pangbourne
19 July	Thames Valley
9 August	Southampton
13 September	Henley (To be confirmed)
11 October	Windsor
25 October	Banbury
8 November	Longridge

Other Hasler Races

14 June	Royal (To be confirmed)
28 June	Wey Hasler race, Guildford
4/5 July	National Sprint Regatta, Nottingham
2 August	Bradford-on-Avon, South West Region
4 October	Elmbridge, London South East Region

National Events

9/10 May	National Sprint Regatta, Nottingham <i>[book by 20 April]</i>
6/7 June	National Sprint Regatta, Nottingham <i>[book by 18 May]</i>
4/5 July	National Sprint Regatta, Nottingham <i>[book by 15 June]</i>
29/30 August	Marathon National Championships, Longridge
5/6 September	National Sprint Regatta, Nottingham <i>[book by 17 August]</i>
27 September	Hasler Finals, Reading

Other races

10/13 April	Devizes to Westminster
12 April	Elmbridge Junior half-marathon

19 April	Marathon K1 Assessment race, Chester
2 May	Marathon K2 Assessment race, Worcester
30 May	Windsor Vets
30 May	Marathon K2 Assessment race, Nottingham
11 July	Royal Junior Sprint Regatta
25 July	Reading & Wokingham Sprint Regatta
8 August	Marathon K2 Assessment race, Southampton
15 August	Marathon K1 Assessment race, Elmbridge

Other events of interest

19 April Southern Region training @ Mytchett for under 13's



Ladies in waiting before the March Hare & Hounds

Calendar

Date	Event	Contact	Phone
10-13 April	Devizes to Westminster		
12 April	Elmbridge Junior half marathon	Brian Gandy	01252 622630
16 April	Introduction to moving water: River Wye	Brian Biffin	01252 616692
18 April	Hare & Hounds	Gavin Branch	01252 641567
18 April	Open Canoe trip: Cricklade to Lechlade: 11 miles on Thames	Brian Biffin	01252 616692
19 April	Southern Region Training day, Mytchett: under 13's	Richard Somerset	01252 783584
20 April	Last day to book sprint Regatta with Howard	Howard Smith	01252 341654
1-4 May	Cardington Trip	Lee Matthews	07809 628699
9-10 May	Sprint Regatta, Nottingham	Howard Smith	01252 341654
16 May	Hare & Hounds	Gavin Branch	01252 641567
17 May	Basingstoke Canal Hasler Race	Gavin Branch	01252 641567
18 May	Last day to book June sprint Regatta with Howard	Howard Smith	01252 341654
23 May	Marathon K1 Assessment Race, Reading	Brian Gandy	01252 622630
24 May	Reading Hasler Race	Gavin Branch	01252 641567
30 May	Windsor Vets	Gavin Branch	01252 641567
30 May	Sea trip: Old Harry Rocks: 3 miles	Brian Biffin	01252 616692
30 May	Marathon K2 Assessment race, Nottingham	Brian Gandy	01252 622630
6-7 June	Sprint Regatta, Nottingham	Howard Smith	01252 341654
6 June	Canoe trip: rivers Cherwell and Thames	Brian Biffin	01252 622630
7 June	Family boating day on the Thames	Murray Jones	murray.jones@tesco.net
13 June	Sea trip: from Lulworth Cove	Brian Biffin	01252 622630
14 June	Leighton Buzzard Hasler Race	Brian Gandy	01252 622630
15 June	Last day to book July sprint regatta with Howard	Howard Smith	01252 341654

20 June	Hare & Hounds	Gavin Branch	01252 641567
21 June	Falcon club, Oxford Hasler race	Gavin Branch	01252 641567
27 June	"Shindig" – a fun regatta	Brian Gandy	01252 622630
28 June	Wey Hasler	Brian Gandy	01252 622630
4-5 July	Sprint Regatta, Nottingham	Howard Smith	01252 341654
11 July	Royal junior sprint regatta	Brian Gandy	01252 622630
12 July	Pangbourne Hasler	Gavin Branch	01252 641567
18 July	Hare & Hounds	Gavin Branch	01252 641567
19 July	Thames Valley Hasler race	Gavin Branch	01252 641567
27 Jul/9 Aug	Club camping holiday. River Cele, France. Families welcome.	Mike Simpson	01252 621183
29/30 Aug	Marathon National Championships, Longridge	Brian Gandy	01252 622630
27 Sept	Hasler Final, Reading	Gavin Branch	01252 641567

In addition to the events in the calendar, there are the following regular racing sessions at Mytchett unless stated:-

Monday 18:30 6k time trial (all welcome) – contact Richard Somerset 01252 783584

Tuesday 09:30 Introduction to Placid Water - contact Liz Murnaghan 01276 514766

Thursday 09.30 from Crookham Wharf race training - contact Charles Hicks 01252 850657

Thursday 17:30 race training/coaching – Richard Somerset 01252 783584 or Brian Gandy 01252 622630

Saturday 09:00 race training/coaching - Richard Somerset 01252 783584 or Brian Gandy 01252 622630

Saturday 11:00 beginners sessions in racing (most Saturdays) – Contact Brian Gandy 01252 622630

Local white water trips –contact Keith Ambrose for more information

Keep up-to-date. Look on the website <http://www.b3c.org.uk/home/index.html> for up-to-date info on courses, trips and any changes to advertised events.

And finally

To All Members- another reminder of the Club's policy on using equipment

Membership of BCCC entitles you to borrow a boat for your own use to paddle at your own risk. Boats must be booked out after checking that no one else wishes to use it and details must be filled in the diary. Members should endeavour to return the boat as soon as possible after use. Any damage must be recorded in the book and the Quartermaster (Lee Matthews 07809628699) informed. Safety is your responsibility and members are advised to wear a buoyancy aid and never paddle alone. Children should be supervised by a parent or other responsible adult.

Members are not allowed to borrow more than one boat at a time or loan out Club equipment to their friends

If you have friends or acquaintances who would like to try canoeing then they can take part in a free taster session at one of the regular Club meetings subject to availability of equipment and a qualified person to instruct them. Members who are qualified BCU coaches may at their discretion run taster sessions for interested groups for which there is a minimum charge of £3 per person payable to BCCC.

Members are also asked to return all equipment to its allotted space

Buoyancy Aids and spraydecks rot and go mouldy if not hung up to dry. It costs a few seconds of your time to look after kit properly, it costs £40 to replace a buoyancy aid that has been abused and £25 to replace a spraydeck.

In brief

- put it in the diary
- bring it back promptly

- make sure it is returned clean and dry
- put it back in its proper place
- KEEP THE BOATSTORE TIDY

For Sale

Thule roof bars – 110 cm to fit car with roof rails: lockable. Donation to club funds.
Brian Gandy 01252 622630

Waterfront

There were just a couple of articles in this edition but it was packed with lots of info for the canoeing you could be doing in the coming months. I rely on you for articles for the newsletter, so if you are planning a trip let me know and we can publicise it and if you have been on a trip, please send me a brief report and any photos you have.

Next copy date: Friday 26 June 2009

Send your articles to Brian Gandy: gandy@adslmail.newnet.co.uk

I also get articles, photos and forthcoming events put onto the website. So look on the website <http://www.b3c.org.uk/home/index.html> for up-to-date info on courses, trips and any changes to advertised events.

