

## National Marathon Championships, Worcester 2008



*Naomi Smith (right) Under 14 Women's K1 National Marathon Champion and sister Isobel, runner up.*

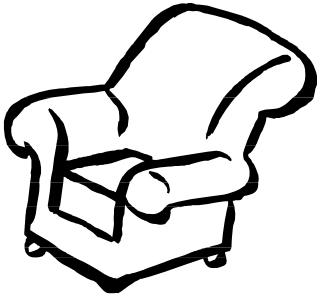


*Pub crawl – arriving at the Barley Mow*

## The quarterly newsletter of the Basingstoke Canal Canoe Club

Website: [www.b3c.org.uk](http://www.b3c.org.uk)

### From the Chair, Sep 08



It has been another fun packed summer. The helpers social earlier this week was a good opportunity to catch up with the many people who volunteer their time to make events happen for the club. A big "thank you" to all of them. We have successfully managed to qualify for the Hasler Finals this year: there have been an increased number of paddlers taking part in sprint racing; on the coaching front we have delivered the new Paddlepower syllabus and star tests. Socially, there have been a number of events, the most recent being a pub crawl along the canal; don't be surprised if it becomes a regular feature in future.

This winter there are white water trips to look forward too, Paddlesport Challenge for the juniors and training for those long distance races. Home made cake was one of the incentives to take part in the Watersides races last season, if you can't wait until February to get your hands on some then you will have to come to the AGM on Friday 21<sup>st</sup> November.

Liz

### Grants

The club wishes to encourage more people to take coaching qualifications. The club already runs both 2 star and Foundation Safety and Rescue courses which are the pre-requisites for becoming a Level 1 coach. We are also prepared to offer financial support of up to £75 or 50% of course fees 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 to take part in 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.

### Waterfront – a communications survey

When I first joined the Canoe Club everyone received Waterfront by post and the membership secretary sent out about 60 copies each quarter. After the club moved to Mytchett the membership grew and now stands at about 160 members. With the widespread use of personal email it was felt that we could save money by sending Waterfront out electronically to those that wanted it. About 2/3rds of the Club membership chose electronic copies, and so the membership secretary had to post out over 50 copies and email out a further 110. These have to go out in small groups so that the spam filters don't reject them. Further problems are created by people changing email addresses and not notifying us. I also suspect, but can't prove, that electronic copies are not so widely read as paper ones. A paper issue can be left in the loo or on the coffee table for the whole family to read whilst electronic ones need to be read on screen or printed off (which negates the saving trees argument!). The last issue of Waterfront was sent out by post to everyone, these two issues are a trial run to get you thinking about how you get information on club activities and how we can improve our communications with you. Please fill in the enclosed survey which you can return electronically to [chair@b3c.org.uk](mailto:chair@b3c.org.uk) or post it in the box in the barn at Mytchett or by post to Chairman, BCCC, Canal Centre, Mytchett Place Road, Mytchett, GU16 6DD

Liz

### Keith Green

We regret to report the death of Keith on 2nd July following a dive in beautiful Loch Pooltiel off the Isle of Skye with friends from the Guildford Diving Club. Keith was an experienced, advanced diver with over 900 dives and had also enjoyed kayaking and canoeing during the last five years. He is pictured (see *page 12*) on an open canoe course in April 2007 and fellow club member Bob Hamilton says, "with no disrespect to his daughter Helen, who is sitting in the front of the canoe, Keith would have told you that he was the handsome one in the back".

On behalf of the Club we extend our deepest sympathy to Keith's wife, Anne and to their son and daughter, Richard and Helen.

## Sea Trip: a beginner gets hooked

### Kimmeridge to Lulworth Cove and back 28 June 2008

It was with the promise of cream teas, fossil hunting and a days paddling along the beautiful Dorset Jurassic coast that Brian, Anne, Debbie and I jumped into the Biffins' Bongo and headed off to Kimmeridge. A couple of hours later and we're catching our first glimpse of the sea, Brian starts to get excited when he spots white peaks out in the sea, Debbie and I aren't sure if this is a good thing or not. We arrived at the car park to find Merry with Tom and his parents waiting for us. We unload the trailer and start packing the kayaks

Merry was a little worried that the spraydecks may not fit the two Carolinas. Merry was right to be worried, only one fitted, but he decided to give it a go without a deck and hoped it didn't get too choppy. Brian gave him the pump just in case it did! The six of us (Brian, Anne, Debbie, Merry, Tom and I) launched into the bay. It's a bit rougher than the canal, my stomach told me as we paddled out towards open water, not sure if sea kayaking is going to be my cup of tea. Once out in open water the swell got bigger and I actually started to enjoy myself, with waves breaking over the front of the boat we headed along the coast.

After an hour or so we realised that we hadn't covered as much distance as we'd have liked and with the tide changing soon, Brian suggested we head in closer to the shore as any help the tide had given us would now be negligible. Realising that Lulworth Cove would have to wait for another day we started to look for somewhere to have lunch. A little bay was spotted and Tom and I headed in first. Tom made it look so easy as he surfed in threading his way through the rocks to beach gently on the pebbles. I on the other hand spent ages manoeuvring my kayak so that I could bounce off several rocks before finally hitting the beach! Everybody else managed to get in with ease and the boats were dragged up a bit as the tide was now coming in. Whilst the rest of us tucked into our lunches, Merry spent the next few minutes emptying the water out of his boat.

Brian wanted to get back on the water by about 2pm and said it would probably take us longer to get back due to 'weather cocking' (apparently it's when the wind stops you from going in a straight line and you have to keep correcting your course). However, after looking at the sea getting rougher over lunch, Brian decided that it would be unsafe for us to attempt the return journey and after explaining the situation we all agreed to call it a day and abandon the return journey.

We'd landed at a place close to Tyneham village, which has quite a history attached. It was 'commandeered' by the army in 1943 to provide a training area. The villagers were given a month to move out never to return. Their houses can still be seen along with the church and school, although the houses are now just ruins creating a 'ghost' village in the woods. Well worth a visit if your down that way. There's a car park by the village: unfortunately it's about a mile from the beach where we'd landed. We decided to carry the kayaks up to the car park, once we'd got them past the tank traps on the beach the path was nice and wide and we could double up and carry two kayaks between us. Not too bad I thought, after all, just how heavy can a kayak be! 50 yards later I'm looking for the concrete block that must be hidden in the Anas Acuta, another 50 yards and I'd swear the Carolina had one as well!

Fortunately an American guy stopped and he asked us if we needed a hand, so before his girlfriend could persuade him otherwise, we had him trudging up the track carrying the ends of a couple of kayaks behind Anne and Debbie.

After a while we did feel sorry for him so we let them go on their way. Eventually we get to the car park, but the van's back at Kimmeridge, so Debbie's on a mission to get Brian a lift back and starts accosting motorists as they leave the car park. Luckily she succeeds and soon Brian was back with the van and no sooner had he stopped, Anne had the kettle on ready for a brew. Tea and cake followed, before finishing off loading the kayaks.

Merry had finally made contact with Tom's parents, who came down to pick them up, so we said our goodbyes, and after dropping off the club's Carolinas at the Paddle Sport weekend we headed back to Fleet.

All in all a very enjoyable trip, OK, so no cream teas or fossils and my arms are now two inches longer, but we had a great paddle out, along a beautiful part of the coast and we got to look around Tyneham village as well.

Thanks Brian, I'm hooked and I'll see you on the next one.

Carl Veness

Carl's article was first published in **Waterfront Online** just days after his trip. Keep up with events by logging in to Waterfront Online at <http://www.b3c.org.uk/home/index.html>

[www.b3c.org.uk](http://www.b3c.org.uk)

**A site to see**

## A Fond Farewell to Marathon Racing

Whilst I fully agree with those who believe I still look young enough to be Paul Jeffs younger brother, I'm afraid my body bits are revolting, making it necessary for me to take early retirement from marathon racing at the tender age of 57 + a year or two.

I retire with fond memories of the muddy Tuesday evening scrambles at Fleet wharf when we were based there. Getting up at the crack of dawn, hoping it wasn't going to rain, to clear cow-pats and dig latrines, under the guidance of Brian Gandy, in the farmer's field near The Barley Mow so we could hold our Hasler marathon there. Memories too of the TC2s (Touring-Class Canadians) of those intrepid paddlers, Lynn and Colin Cox and Julie and Peter Merriman, who, while TC2 was a separate racing division, won us so many valuable points, and not forgetting the C1 of James Lee, paddling for our team in division 3 and also for his country. We were Southern Region Champions in 1992-3 and came 8th in the Hasler final that year. We were Southern Region Champions again in 1997-8, and jointly held the Hasler final with Windsor Canoe Club at Windsor that year. Bill Sparks, cockleshell-hero, batman to Major Hasler in the

Bordeaux raid, joined us for the day, had a short paddle in a K2 and later presented the Hasler Trophy and medals, a very brave grand old gentleman. Now that the paddling strength of the club has more than doubled, with faster boats and super training, unlike the single Tuesday evening at Fleet wharf, I'm sure you will regain the Southern Region championship and vie for a top-ten place at the Hasler final in the near future, I wish you well.

As a last thought I wonder how many of you have paddled any distance past Mychett lock, it's a very different world out there. In 1993 and 1994 we were able to participate in time trials from King John's Castle to the Wey, 32 miles and 27 locks, arranged similarly to the Waterside series, but arguably a much sterner test with 26 locks in the last 12 miles. With the considerable increase in numbers taking part in the DW perhaps a revival of the canal trials may be considered by the club?

Alan Coleman



**1993  
Hasler  
Final**

**FLEET-BASED** Basingstoke Canal Canoe Club were placed eighth in the National Hasler final on the River Avon at Evesham.

Over 500 canoeists took part, representing the country's top 30 clubs.

### **RACING SEASON**

In the K1 singles classes there were promotions for Simon Forrest to division three and Simon Artal and Paul Kuyser to division six.

There were podium finishes for the dynamic duo of Daniel and Nigel Cane-Honeysett in the K2 class, and Lyn and Colin Cox in the Touring Canadian class.

In a marathon racing season, Basingstoke finished in the top 24 clubs in the country.

Some of the 23-strong Basingstoke Canal Canoe Club are pictured, back row, from the left: Paul Stearn, Lisa Coleman, Simon Forrest, Paul Kuyser. Middle row: Alan Mansfield, Brian Gandy, Nigel Cane-Honeysett, Charles Hicks, Alan Coleman, Peter Reeve. Front row: Daniel Cane-Honeysett, Elliot Steel, Arran Steel, Simon Artal, Debbie Carpenter.

## “Shindig” – a sort of fun regatta

If you take your racing seriously then you must go to the Sprint Regattas at Nottingham.

If you can't be bothered to travel that far and your idea of a good time involves a BBQ and messing about on the water then I can wholeheartedly recommend Brian Gandy's Summer Shindig, a fun regatta with the emphasis on FUN!

Over a BBQ Brian carefully sorted a disparate bunch of athletes into five teams. There was a mix of young and old, experienced paddlers and relative beginners. Our first challenge was to come up with a team name, these varied from the very prophetic “Wet, Wet, Wet” to the egotistical “Winners” and included a sprinkling of “Green Bogeys” for good measure.

The standard race distance was a whopping 25m round a buoy and back again. The difficulties lay in how to paddle the course. 25m takes on a different perspective in a racing boat if you have to paddle it with your hands, or backwards or Canadian style on one side only.

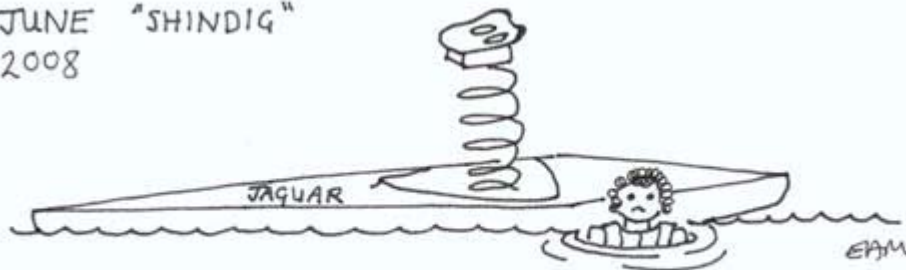
It was a hot sunny day, which led to a large entry and so not everyone had their first choice of Club boat (i.e. the most stable ones). This had predictably wet consequences for some paddlers. We had a boat emptying competition and a relay race round Potters Island in K1s and K2s. More short races inspired by Barn dancing had us doing the “Do-Si-Do” and spins around buoys. If you weren't wet after all that then you could try standing up in your boat or with a friend in a K2. Yes, it can be done, although not by everyone (especially if you are over 40).

The “Winners” didn't, not that it mattered, everyone had lots of fun and chocolate prizes at the end. Thanks must go to Brian and his helpers for running such a fun event.

Any takers for another one in December?

Liz

JUNE “SHINDIG”  
2008



Jason didn't tell his Dad about the ejector seat....



"Are you sure the portage is this way?"

## Racing résumé

Since the last edition of Waterfront the racing section has been busy with training and time trials, for many that is up to four times a week, and with races which have been well attended.

### Sprint Regatta Nottingham 5-6 July

Whilst Isobel and Naomi Smith have regularly attended the sprint regattas since last year, the July meeting was the first for several of our paddlers. The regattas are two full days of racing over 200, 500 and 1,000 metres and the July regatta had 277 individual races – heats and finals.

The team acquitted themselves well. Three gold medals were won by Isobel and Naomi in K2 and the 500m K4 races. They also won a silver in the 1000m K4 race and Naomi won silver medals in both the 500m and 1000m under 14 Girls K1 races, in which Isobel won the bronze medals. For our first-timers, there were bronze medals for Jason Dyer and James Taylor in the U14 Boys 500m K2 race; James Freemantle in the Men's C 1000m event and Richard Somerset in the Masters B 200m event.

### Pangbourne Marathon 13 July

Pangbourne – a beautiful spot by the Thames to watch the racing and have a picnic. We had a team of twenty six paddlers and came second in the points table. There were some very good individual performances with Andrew and Paul Jeffs winning div 8K2, a second for Emily Branch and Ryan Truesdale in the junior K2 race and a third place for Tim Truesdale and Debbie Carpenter in div 9K2.

### Thames Valley Marathon 20 July

One week on and the team has grown to 35 again on the Thames this time on the outskirts of Reading. Again our second place in the overall points table reflected some excellent individual efforts. James Freemantle – second in div 4K1. James Taylor – fourth in div 7 K1 and narrowly missing promotion. Katie Lambert took sixth place in div 8K1 and Nick Boreham fifth in div 9K1 and both gained promotion. In the doubles there were wins for Mark Dyer and Alan Taylor (div 8K2); Alan Ebbage and Caroline Clayton-Jones in 9K2 and also for Emily and Ryan in the junior race.

### National Marathon Championships, Worcester 23-24 August

This year the Nationals were held at Worcester on the River Severn on the Saturday and Sunday of the August Bank holiday week-end. It is an excellent venue for racing, spectating and for camping, which is on the racecourse adjacent to the canoe club. The weather was kind. The river levels thankfully dropped in time for the races but there was still a strong current. We even had TV to watch the men's and women's Olympic 500m sprint finals courtesy of Worcester CC who were excellent hosts.

All the 16 BCCC paddlers who attended enjoyed their racing. Everyone raced well in tough conditions.

### **Naomi Smith won her K1 race to be crowned Under 14 Women's National Kayak Marathon Champion of Great Britain.**

Following in her wake just two seconds behind was twin sister Isobel.

Sunday saw them enter the K2 race which they won by five seconds to become the Under 14 Women's K2 National Champions and to be presented with The Espada Cup in addition to their gold medals. Well done, girls: these were great results.

James Freemantle paired up with James Keeble of Wokingham to win the division 4/5/6 K2 race by a comfortable margin from a Worcester crew – well it looked comfortable from the bank. Charles Hicks raced well to come third in the Over 64 Men's K1 race and win a coveted bronze medal. The under 14 boys all gained some valuable experience in their K1 and K2 races.

Overall BAS – as we are known in racing circles, came 11th with 232 points.

## Sprint Regatta Nottingham, 6-7 September

The last regatta of the year is the Inter-club Regatta. The winning club was Wey Kayak with 461 points and who narrowly beat Richmond to take home the MacGregor Paddle. BCCC were joint 21<sup>st</sup> with 243 points a good achievement from our small team.

The successes this time came from the boys. Freddie Oliver in his first regatta won the boy's "D" 500m final in 2:15.71 a time that would have put him in fourth place in the "C" final so it is no wonder he has been promoted to "C". Jason Dyer and James Taylor made the second final, which Jason won. Jason won boy's "D" 1000m final in 4:38.14 and is also promoted to "C". Jason and James Taylor won the 500m Boy's "D" final in 2:13.10 with Freddie and Michael Truesdale 8 seconds behind in 5<sup>th</sup> place. All four boys (Freddie, Jason, James and Michael) got together in a K4 and won the 500m final in 2:03.40.

Naomi and Isobel are now both racing against tougher competition in Girl's B but, to their credit, Naomi made the second final in the 500m and both made the second final in the 1000m.



I guess this is a sick note. With apologies to whom it may concern.

# What's on?

## *Sloe Paddle : 12 October* Pooh, the forager, Sticks

I hope there will be some to pick but I am not too confident.

Meet at Odiham, Grid Ref. 748 516 (the far end of the car park for easy access to the water) by about 10:30 to be on the water by 11:00.

Bring: your LUNCH: containers for the Sloes.: usual flat water canoeing kit (nettle and bramble proof): a good stable boat for picking from - if you are going to fall in the water make sure you have a change of clothes.

P.S. You don't have to paddle, you can walk or cycle the tow path and heckle or otherwise give vocal encouragement to the intrepid tree strippers.

Contact: Chris Belton 01252 377 821

## *Pool Sessions at RAF Odiham Swimming Pool*

All sessions are from 6 p.m. to 8 p.m. split into three 40 minute sessions. The last session each evening will be for rolling and support stroke practice and instruction.

Your contact is Lee Matthews: email dusty.leemathews@tiscali.co.uk

Pre- Christmas dates:      14 and 28 September  
                                         12 and 26 October  
                                         9 and 23 November  
                                         14 December

## *Marathon Racing*

Lots of activity: see the calendar for races.

If you aim to do the longer races this winter, especially the DW, come and speak to us: get advice: start training now and whenever possible train with our groups.

Contact: Richard Somerset 01252 683584 or Brian Gandy 01252 622630

## *Hare & Hounds: Keep your paddling going all winter*

Held every month over approx 2, 4 or 6 miles the longest established event in the BCCC calendar.

It is open to all. It is open to you. Come along to improve your fitness and your times.

Arrive Mytchett about 9 a.m.

20 September  
18 October  
15 November  
20 December

## *BCCC Annual General Meeting: Friday 21 November 2008*

American Supper from 7:15 p.m.

AGM 8 p.m. at: Frimley Baptist Hall,  
Balmoral Drive, Frimley,  
Surrey, GU16 9AR

### *White water trips on the horizon*

**20/21 Sep** - Tryweryn: Targeted at our more experienced younger paddlers.  
Contact Paul Jeffs (01252 615 412) for more information.

**10/14 Oct** - Scotland: One place left on the 5-star training weekend. If a few more experienced paddlers would like to come up with us for some recreational paddling that would be great.  
Contact Merry Williams. (01252 819928).

**7/9 Nov** - Tyne Tour: Massive annual event based at Hexham.  
More details at [www.tynetour.co.uk/](http://www.tynetour.co.uk/).

**27/28 Dec** - Barle: A day trip to the Barle for a bit of post Christmas reinvigoration almost a tradition now. Contact Merry if you would like to join in.

**24/25 Jan** - Usk: Our most popular trip of the year. Once again we are booked at the bunkhouse in the Cynon Valley; plenty of space (for non-paddlers too). An ideal next step on from the Barle. Contact Merry.

### *Boxing Day Paddle*

Meet at Crookham Wharf 10.30 for a gentle paddle, followed by mulled wine and then watch the Mummers play at 12 noon. Fancy dress please, or at least wear a silly hat.

### *Use of club equipment - a reminder of the Club's policy*

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 will 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.

**Remember – put it in the diary**

**- bring it back promptly**

**- make sure it is returned clean and dry**

## **From Dunkers and Dippers to Snappers and Snakes.....**

B3C takes part in the BCU's Southern Region Paddlesport Challenge, a fun series of events held from September through to May/June.

B3C's teams for 2007/8, the Dippers and Dunkers came 6<sup>th</sup> and 8<sup>th</sup> respectively overall. The season's highlight was a series of nailbiting polo games won by the Dippers. At the last event – a sea paddle and camp – we were well represented by the entire Thomas family (including dog) who took to the water in Poole Harbour. We hear great but strenuous fun was had by all. This 2007/8 season comprised 11 events and involved 11 teams with 109 young people from across the Southern region. Polo as usual was the most popular event, with 68 entries. Other 2 new popular events were the triathlon and Sea kayaking/ camping weekend.

The first event in the new 2008/9 season is a James Bond inspired triathlon (swim, paddle, jog, shoot... rescue..) organised by Reading, now rescheduled for 27 September 2008, depending on river conditions. B3C will organise the polo as usual.

Events cater for a wide age and skill range and vary from marathon through slalom to water polo. The club normally fields two teams - this year the **Snappers and the Snakes**. A small (£2.50) charge is made for most events. This is open to juniors only under 16 on the 1st Sept 2009 and over 8 years at the same date (i.e. born between 1st Sept 1992 and 31st Aug 2000). However, if we cannot make up a team of 10 immediately we will add additional names during the season until we reach 10. We expect participants to attend a reasonable number of events as it is team based and we have limited numbers. We cannot accept entries for just the polo – you must join the team and participate before then.

**Please let me [pjeffs@ntlworld.com](mailto:pjeffs@ntlworld.com) know as soon as possible if you wish to participate this year.**

The **provisional program** (ALL dates and venues to be confirmed except September) so far is:

- September 27 (rescheduled) - Triathlon - Reading (Saturday at Reading CC from 1.30pm)
- October - Orienteering event in open canoes at Pangbourne (moved)
- November 9<sup>th</sup> (tbc) - Dragon boat – Wokingham (moved)
- December - possibly a pool event at Hungerford
- January - Polo - B3C at Willink- 17, 31 Jan and 7 Feb
- February 28 - Generation Game (land based multiactivity) - Sea Scouts at Pangbourne
- March/April ( hopefully after Easter ) K4 and Sprints at Reading
- May - Nene - Whitewater day
- June - Slalom event hosted on a large outdoor pool by Blackwater CC
- End June / early July Sea Kayak weekend

Any questions please ask. This is a great opportunity to take part in new activities and gain experiences. You do not need to be the greatest paddler - willingness to take part and enthusiasm counts for more!

Paul Jeffs - Paddlesport Challenge Coordinator - Basingstoke Canal Canoe Club  
www.b3c.org.uk - home telephone: 01252 615412 - home email: [pjeffs@ntlworld.com](mailto:pjeffs@ntlworld.com)

## **Provisional Southern Region race training days**

Over 13's: land based training, 23 November at Reading. Water based, 22 March 2009 at Mytchett  
Under 13's: land based, 7 December at Reading. Water based, 19 April 2009 at Mytchett.  
Dates to be confirmed.

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

## Calendar

| Date        | Event                                    | Contact             | Phone               |
|-------------|------------------------------------------|---------------------|---------------------|
| 9 Sept      | Buffet Supper Mytchett 8 p.m.            | Liz Murnaghan       | 01276 514766        |
| 14 Sept     | Henley Marathon                          | Gavin Branch        | 01252 641567        |
|             | <b>First Pool Session of Autumn term</b> | <b>Lee Matthews</b> | <b>0780962 8699</b> |
| 28 Sept     | Hasler Final Burton-on-Trent             | Gavin Branch        | 01252 641567        |
|             | Pool Session, RAF Odiham                 | Lee Matthews        | <b>0780962 8699</b> |
| 4 Oct       | Reading K4                               | Gavin Branch        | 01252 641567        |
| 5 Oct       | Elmbridge Marathon                       | Gavin Branch        | 01252 641567        |
| 12 Oct      | Windsor Marathon                         | Gavin Branch        | 01252 641567        |
|             | Sloe Paddle, Colt Hill Wharf Odiham      | Chris Belton        | 01252 377 821       |
|             | Pool Session, RAF Odiham                 | Lee Matthews        | <b>0780962 8699</b> |
| 19 Oct      | Longridge Marathon                       | Gavin Branch        | 01252 641567        |
| 26 Oct      | Banbury Marathon                         | Gavin Branch        | 01252 641567        |
|             | Pool Session, RAF Odiham                 | Lee Matthews        | <b>0780962 8699</b> |
| 2 Nov       | Cokethorpe Marathon                      | Gavin Branch        | 01252 641567        |
| 9 Nov       | Avon Descent                             |                     |                     |
|             | Pool Session, RAF Odiham                 | Lee Matthews        | <b>0780962 8699</b> |
| 21 Nov      | BCCC AGM – See notice in this newsletter |                     |                     |
| 23 Nov      | Pool Session, RAF Odiham                 | Lee Matthews        | <b>0780962 8699</b> |
| 30 Nov      | Ross Warland Challenge                   |                     |                     |
| 14 Dec      | Pool Session, RAF Odiham                 | Lee Matthews        | <b>0780962 8699</b> |
| 4 Jan 2009  | Frank Luzmore K2                         |                     |                     |
| 15 Feb      | Waterside A                              |                     |                     |
| 22 Feb      | Thameside 1                              |                     |                     |
| 1 March     | Waterside B                              |                     |                     |
| 8 March     | Thameside 2                              |                     |                     |
| 15 March    | Waterside C                              |                     |                     |
| 22 March    | Royal K1/K2                              |                     |                     |
| 29 March    | Waterside D                              |                     |                     |
| 10-13 April | Devizes to Westminster                   |                     |                     |

**In addition to the events in the calendar, there are the following “regular” sessions - all at Mytchett unless stated:-**

**Monday 18:30** 6k time trial (all welcome) \*

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

**Tuesday 17:30** racing training/coaching [**19:30** from 4 November]\*

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

**Thursday 17:30** race training/coaching [until 30 October]\*

**Thursday 19:00** circuit training **from 6 November\***

**Saturday 09:00** race training/coaching\*

**Local white water trips** –contact Keith Ambrose for more information

\* contact Richard Somerset 01252 783584 or Brian Gandy 01252 622630

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

***If you have any articles you would like published in Waterfront, or events, sessions and courses you want advertised, please contact the Editor: Brian Gandy: 01252 622630 gandy@adslmail.newnet.co.uk***

***Articles for the next edition must be with me by 1 December 2008, please.***



*Alan doing a hands on job at the Shindig*



*Chris plays keepie uppie*



*James and Michael T test the stability rating of a K2*



*Start of the Lightning race, Wey marathon*



*Helen Green with dad, Keith at an open canoe course in April 2007*