



ELMBRIDGE CANOE CLUB

NEWSLETTER: FEBRUARY 2009

KEEP ELMBRIDGE GREAT!

Just before we look forward to our new season, let's look back to our past and remember that according to our club constitution, our aim is excellence. From amongst our talented and focused young members we aim to produce top level competitors. If you look at the honours boards in the clubroom you will see that over the years we have had members achieving International success in British Teams.

Elmbridge has produced almost half the competitors selected for major British Teams for the last 25 years.

Last year Tim Brabants achieved the ultimate honour, an Olympic Gold Medal, and Edward Rutherford's highlight of the year was two gold medals at the Junior World Marathon Championships, followed by a gold medal at the Australian Youth Olympics. These are just two recent examples.

Where do we go from here? That is up to you. We have some of the best coaches in Britain if not THE best. Let's make the most of it and KEEP ELMBRIDGE GREAT ... as well as Britain.

WELCOME TO THE NEW RACING SEASON!

Here we are again, at the beginning of another racing season and it's time for everyone to be getting into the racing habit.

If you've been avoiding the **10 @ 10** on Sunday over the winter, then now is the time to put those New Year resolutions into practice. Ivan is keen that his group all take part, Pam has been encouraging all over the winter and if you're in the beginner group then talk to Di or Diane about whether it is suitable for you. Obviously, if you are in Roland's group you have been taking part anyway!

For those who haven't tried it, this is a handicap race comprising two or three laps of Desborough Island, with the possibility of lowering your handicap number if you do really well.

Frank Luzmore K2 Results

Senior Men

Ben Brown/John Schofield 1st
Nathan / Glenn 2nd

Under 14 boys

Harry / Alex 2nd

Under 14 girls

Maddie / Elise 1st

SPRINT RESULTS

Australian Youth Olympics January 2009

Edward Rutherford

Gold Medal 500m

Bronze Medal 1000m

RACING HANDBOOK

If you want to know everything about sprint and marathon canoeing throughout the coming year then you need a copy of the Racing Handbook.

This contains a calendar of races, ranking lists for sprint and marathon, details of Nottingham sprint regattas, assessment races and lots more, - all for the bargain basement price of £4.50!

Copies are available from Diane from mid February

MEMBERSHIP FEES

If you have not renewed your membership yet this year, please let Mary have a cheque now. Her address is 31 Long Lodge Drive, Walton-on-Thames KT12 3BY or you can give your money to any coach or member of the committee.

If you haven't yet paid, then remember that you now owe a surcharge of £5 for late payment.

RACING AWAY FROM HOME MARATHONS

The only good excuse for not doing the 10 @ 10 is that you are competing in a race away from the club on a Sunday. We've already had the Frank Luzmore, but that was such a cold day that only a few were hardy enough to try it.

The 2009 calendar is now on the racing board, so you can plan your own diary.

Remember to keep an eye on the competition board at the top of the stairs where you will find details of what is available. There will usually also be a Sign Up Sheet on the board for each race.

The procedure is as follows:

1. You want to race (and you are sure you are able to).
2. Ensure Diane has an up-to-date copy of your BCU card.
3. Sign yourself up on the sheet in the appropriate class - check with your coach if you are unsure.
4. Diane will then put in an entry and pay with a club cheque. This allows paddlers to take advantage of pre-entry rates.
5. Team Leader on the day will then sign all paddlers in at the venue and make any changes necessary.
6. Pay entry money to Team leader and collect race number.
7. Have a good race!
8. N.B. If you fail to turn up to race you will have to pay the entry fee anyway.

RACING AWAY FROM HOME - SPRINTS

As with marathon racing, you need to keep your eye on the competition board at the top of the stairs. Rosemary Illinesi will put sign up sheets for the National Regattas at Nottingham about a month before the event. These are suitable for those above Pam's group. Local regattas are suitable for all.

The procedure is as follows:

1. You want to race and have checked that you can race.
2. Sign up on the sheet put up by Rosemary. Tick what races you want to do in the appropriate class, talk to your coach about crew boats.
3. Pay Rosemary fees due as soon as she asks you for them – this will be before the event.
4. Check with your coach what boats you need to transport to the event – some K2 sharing will be necessary.
5. Check timetable to see when your first race is.
6. Enjoy your weekend!

LOCAL REGATTAS - BEGINNERS

For your first taste of competitive paddling there are a series of regattas held in our local region. They have races over 200m and 500m, mostly in K1, sometimes in K2 as well. These are suitable for almost everyone, with beginners from other clubs also taking part. Di and Diane would especially like to see their group taking part, as they are a very good introduction to competition.

The first one will be at Guildford on the Wey canal on Saturday 14th March, followed by the second on Littleton Lake in Shepperton on Good Friday 10th April. Our own event will take place on Saturday 16th May.

COMMITTEE

At the AGM in November a new member of the committee was elected and others re-elected. Your committee is now as follows:

Chairman	Steve Williams
Vice-chairman	Ivan Lawler
Secretary	Di Lawler
Treasurer	Pat Cain
Membership	Mary Watt
Child protection	Yvonne Thorogood
Galley/ sprint entries	Rosemary Illinesi
Marathons	Diane Bates
Clubhouse	Derek Smith

BEGINNER GROUPS

Beginner groups for new children will start again in April.

If you know of anyone who would like to give our sport a try, then please ask Diane for an information pack to be sent to them.

Courses will run on Wednesday and Friday afternoons, probably from 4 o'clock.

GALLEY

Thanks to Rosemary's hard work, ably assisted by Wendy, the galley and the rota for Saturdays are working very well. At their last meeting, the committee agreed to the purchase of a dishwasher, but that still means that those who use a mug must be prepared to take responsibility for the filling and emptying of the machine. Don't always leave these things to someone else – if you want to use the galley you must be prepared to clean up.

DATES FOR YOUR DIARY

Feb22	Thameside 1	Aldermaston to Reading
March 8	Thameside 2	Reading to Marlow
March 14	Wey Regatta	Suitable for most
March 22	Royal K1 / K2	Runnymede to Royal
March 29	British Summer Time begins	Timetable changes
April 4/5	Nottingham Sprint Regatta	Handicap lower than 32 only
April 10	Richmond Sprint regatta	Suitable for most
	Good Friday	
April 12	Elmbridge Junior Half Marathon - Easter Sunday	Guildford to Weybridge, 13 miles K1 – suitable for many
April 19	Chester	K1 Assessment race
May 2	Worcester	K2 Assessment race
May 9/10	Nottingham Sprint Regatta	Handicap lower than 32 only
May 16	Elmbridge Sprint Regatta	Suitable for all
		Help needed from adults to organise
May 17	1066 at Tonbridge	Hasler marathon – suitable for many
May 23	Reading	K1 Assessment
May 24	Reading	Hasler marathon – suitable for many
June 6/7	Nottingham Sprint Regatta	Handicap lower than 32 only
June 14	Royal	Hasler marathon – suitable for many

ELMBRIDGE JUNIOR HALF MARATHON – K1 EASTER SUNDAY 12 APRIL

The club holds this event every year on the Wey Navigation Canal, from Wey Kayak Club just outside Guildford to Thames Lock where it joins the River Thames at Weybridge. The distance is 13 miles and there are ten locks to portage (carry your boat round). We have helpers at every lock and also encourage parents to follow the race, either running, cycling or by car (depending on their fitness levels!).

There are classes for under 16, under 15, under 14, under 13 and under 12 in both girls and boys and record times to chase, set out below.

GIRLS

UNDER 12

Cathy Jones (LBZ) 2 15 34 (1993)
(Rebeka Simon - international record
2.12.47 set in 2007)

UNDER 13

Amoret King (RDG) 2 01 08(2004)

UNDER 14

Amoret King (RDG) 1 53 30(2005)

UNDER 15

Zara Dale.(ELM) 1 53 09 (2000)

UNDER 16

Louisa Sawers (ELM) 1 50 47(2004)

BOYS

UNDER 12

Jack Childerstone (WEY) 2.03.12(2008)

UNDER 13

Pip Ede (RDG) 1 56 33(2003)

UNDER 14

Ed Rutherford (ELM) 1 42 01(2004)

UNDER 15

Ed Rutherford (ELM) 1 42 50(2005)

UNDER 16

Ed Rutherford (ELM) 1 34 45(2006)

The canal is very suitable water for most of our under 16 paddlers, you just need to check with your coach to see if you are ready for the challenge!