



Our victorious Canadian Interclubs team

Newsletter Summer to Autumn 2005

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| Club Address, Lock Island, Shepperton Weir Ferry Lane Shepperton, Middx | |

Editors Note

I hope the session planner and ad hoc emails are keeping you up to date on what has been going on. This Summer/Autumn newsletter has concentrated on a great summer of international trips, and yes, as far as Cardington. The Winter Newsletter (to come out in November) will have the end of season rankings and plans for winter paddling. This will be a good place for the rogues' gallery I asked for (your picture and some silly or serious comment) and some reminiscences of the domestic events, including our own – thanks to Mick and Steph for kicking this off on page 5.

Please sign in

As part of our current work to develop the club and gain Top Club and Clubmark accreditation (see Page 2) would you now PLEASE sign in and out each time you come to the club and go out on the water. This has three functions:

1. Safety – if someone has signed in but not out and can't be accounted for then a search can be launched.
2. Statistics – we need to know who is using the club and how often when seeking grants, particularly from youth sources
3. In the future, when there is a structured coached group, only those signed in will be covered by the BCU insurance.



Helen Reeves, winner of Olympic Bronze in Athens and member of our club. Awarded honorary life membership of the Club in 2004

Helen had a shoulder operation earlier this year and so has had a break from training but has started again now.

Helen added to the Interclubs occasion at Cardington this year by paddling as our Prem Lady. Thank you Helen. We enjoyed having you there and wish you well for your return to training.

Shepperton / World Class Working Party

Progress so far

Summary of achievements reported in Spring newsletter

New gate line system for the top part of the weir pool.

9 members and 5 non-members now with Sports UK, Good Practice and Child Protection Certificates.

7 members and 5 non-members attended level 1 slalom course.

Gordon Walling assessed to run such courses in the future.

5 members assessed for level 2 slalom coach – 2 now completed and 2 still require first aid course, planned for November

Monday, Wednesday, Thursday evening sessions are now well attended and supported by adult competent paddlers. There is a weekly session planner emailed to everyone, with ad hoc week end session and events noted (relaxed over the summer).

Shepperton / World Class Working Party

This was set up following an enthusiastic AGM last November to develop Shepperton CC into a more effective regional centre of excellence for canoe slalom. WC has been generous with direct coaching input, coach education, various workshops for coaches and club members, a partial rebuild of the gate system and general advice and encouragement on their club programme and site development.

The committed working party group is continuing to develop the many facets of the action plan including improvement of facilities, encouraging the canoe class and working towards Top Competition Club status.

Top Club is the sign of a quality club - it demonstrates that the club has a commitment to young people and provides safe, effective quality activity and coaching programmes.

The benefits to the club are recognition, helping to increase membership, additional support for development, coaching and access to more funding streams.

Achievements since Spring newsletter

7 members and 1 Elmbridge members attended and passed

First Aid Course held on 16th and 21st June 18.00 to 22.00

This was the 8 hour aquatic first aid course required suitable for all levels of coaching award up to level 3 kayak.

Canoe Class has one new very competent paddler and coaches are ready and eager to take on more when increased membership allows.

2 full teams competed at Interclubs Championships as a sociable club week end. Team A 6th out of 22 clubs and only 3 points short of the bronze position.

Most Top Club 'duty of care and ethics' and 'management' criteria agreed by committee and in process of being implemented.

Some growth of numbers at sessions and all sessions with competent adult paddlers and/ or level 2 coaches

Still to do:

Communication with the Environment Agency

Richard Hodge will lead an initiative to establish an effective liaison with the Environment agency over these issues of facilities and also regarding water supply for events and training sessions. The liaison group will include key BCU and World Class members. World Class will help with producing a promotional document on the importance of Shepperton as a facility for canoe slalom in the South and of canoe slalom as an Olympic sport. This will include endorsements from Helen Reeves and Paul Ratcliffe.

Gate lines

Further development awaits discussions with the environment agency over issues to do with use of trees etc.

Flood lighting

We need to have agreement from the Environment agency and over the system to be used and the finance to do it.

Club House – decoration and modification of the kitchen area on hold just now for financial reasons.

Strength and Condition facilities – at club or elsewhere, ongoing

Appointment of 'chief coach' to implement structured training programme within the club sessions

Increase Membership hopefully via Community Sports Coach scheme and run beginners classes next spring/summer and hold open days.

Hold Open clinics. these have reached the ideas stage.

Top Club Criteria – still much to do but with help from another active committee meeting, and continued help from Sue Hornby (thanks Sue) all should be met by the target of July 2006.

International GB Juniors

James and Harry Mugford, and Mini Clapham have had a good summer on the International circuit. James, Harry and Mini were on the under 17 GB team and James and Mini were also on the under 18 GB Junior team. These are supported by the World Class programme.

James came 15th and Harry 24th in the Junior Pre world Championship in Solkan early in July, when 23 countries competed. Minis was 24th in her class.

James came 13th in the Trojan Horse Junior (under 18) International in Prague in July, when 26 nations competed, and 15th in the European Championships in August. Here is a quote from www.worldclass-canoeing.org.uk/

U23 & Junior European Championships Krakow.
Poland 21.08.05

'In Junior Mens Kayak, James Mugford had the race series of a lifetime - he qualified in 11th place, and followed it up with a great semi-final run placing him 15th. His touch on gate 4 cost him a final run in 7th position. But a great week for him'

Mini Clapham made the semi finals of both junior races. Well done Mini who is under 16.

Sarah Green competed in the under 16 home nations trip to Bratislava and did well on a big course.



Club trip to Interclubs Championship

Two full teams competed at the Interclubs at Cardington this year, and had some excellent non-paddling support too. This time we were competitive with high hopes for our A team, but lots of fun and experience gained too.

Shepperton A team was delighted that Helen Reeves, agreed to paddle as our top lady. She won her individual class and was guest of honour at prize giving. In the team run, however, it was even beyond Helen's powers to ease a novice team mate (an experienced rower but only 8 times in a kayak) through all the gates. They were all happy to reached the finish.

Also winners were the men's top ranked kayak team of James and Harry Mugford and Andrew Rendall. The Canadian canoe team of Joel Crossland, Jamie Rendall and Gordon and Terry Walling came a magnificent 2nd in the team run and the latter two came 2nd in their individual classes too. Good performances from every one attained 6th position overall for Shepperton A team (only 3 points away from a coveted 3rd and cash prize!), 16th for Shepperton B team and 17th for Addlestone.

It was the usual fun week end, with never a dull moment on the course and always some Shepperton of Addlestone paddler to cheer on. In the evening there was a convivial BBQ and beer tent/disco. It was a thoroughly social as well as competitive event.

Thank you so much to Helen Maloney for a great BBQ and to Neil for getting us all together and managing us.



| Team A | | | |
|--------|----------------|------------------|--------|
| Vet | Paul Haigh | 11 th | 106.68 |
| Div3 | Mick Smith | 2 nd | 99.96 |
| Div2 | Terence Ansell | 17 th | 127.76 |
| Team - | | 11 rd | 161.62 |

| | | | |
|-------|---------------|-----------------|-------|
| Div1 | Andy Rendall | 7 th | 98.32 |
| PremB | Harry Mugford | 6 th | 88.86 |
| PremA | James Mugford | 9 th | 84.40 |
| Team | | 1 st | 96.22 |

| | | | |
|--------|------------------|-----------------|--------|
| C1 2/3 | Jamie Rendall | 2 st | 105.30 |
| C1 P/1 | Joel Crossland | 4 th | 90.75 |
| C2 | Gordon and Terry | 2 nd | 101.52 |
| Team | | 2 nd | 122.62 |

| Ladies | | | |
|--------|---------------|------------------|--------|
| Prem/1 | Helen Reeves | 1 st | 84.77 |
| Div2 | Jo Green | 3 rd | 115.71 |
| Div3 | Teresa Parker | 20 th | 739.56 |
| Team | | 17 th | 941.81 |

| Team B | | | |
|--------|----------------|------------------|--------|
| Vet | David Lindsay | 10 th | 106.60 |
| Div3 | Troy Franklin | 19 th | 175.25 |
| Div2 | Forbes Lindsay | 14 th | 113.64 |
| Team | | 19 th | 205.29 |

| | | | |
|-------|---------------|------------------|--------|
| Div1 | Zach Franklin | 5 th | 95.23 |
| PremB | Steph Smith | 13 th | 102.29 |
| PremA | James Warren | 13 th | 103.94 |
| Team | | 8 th | 106.74 |

| | | | |
|--------|-------------------|------------------|--------|
| C1 2/3 | Malory Franklin | 12 th | 128.47 |
| C1 P/1 | Victoria Maloney | 17 th | 145.89 |
| C2 | David L/Sam Hayes | 5 th | 154.41 |
| Team | | 14 th | 192.83 |

| Ladies | | | |
|--------|---------------|------------------|---------|
| Prem/1 | Sarah Green | 10 th | 98.77 |
| Div2 | Annette Green | 12 th | 127.95 |
| Div3 | L. Parker | DNS | |
| Team | | 18 th | 1075.24 |



Winning K1M team



Ladies rule in Canadians – oh and David



All the prizes ... for our C2 crew!

Our Events

Our July Div 3,4 event went very smoothly and thanks to everyone for helping. We arranged coaching cover from 10.00 each day and will try to make this a regular thing in future. All the local clubs were notified and although this time it clashed with a marathon event, interest was shown by racing clubs to give it a go another time. It fits into the Paddlepower scheme and the intention is to spread the word locally.

Our September Div 2/3/4 event – best ever

This had a record number of entries from clubs flung far and wide. Sean and Gordon covered the coaching from 10.00 each day and the place buzzed.

A happy word from our treasurer, Jon Aston: 'I banked £1296 in entry fees from the race at the weekend. Deducting the £473 in levies to the BCU leaves £823 Also, ... thanks to Michel and Tony Green for their hard work in the cafe it made £300 profit. Total £1,100 + profit.

I have looked back through the accounts for profit at events. Our 1st Div 1 (of this modern era) was in 2001. These are the only races where we ever come close to making around £1000 combined clear profit from entries and cafe. The usual profit for a lower division race is anything from £200- £500.

I can confirm this event was our biggest earner in my time as Treasurer (since 1988)!

Well done Dave and thanks to everybody else who made the event such a great success'



The events provide a good forum to sell kit.

Rogues Gallery

Thanks to Mick and Steph Smith for kicking this off

Mick Smith 'Interclubs, what a good result. I had a great time and won my first prize for some time now. I don't think that it warrants coming out of retirement for though. However I'll keep up the yearly outing (that's if I'm picked) so probably personally my best moment from canoeing this year'. Here is Mick with his team at the Interclubs. 'With Steph my best moment was the Shepperton Slalom at the start of the season winning by I think about 30 seconds! however from the good start ups and downs conspired to make me wait until July before she gained promotion to Prem'.



Steph's funniest moment : 'When my paddles snapped clean in half, in the muncher at Nottingham, in the middle of a race'.



Hot News

Structured Programme

Steph and Mick are working on an easy reference guide to training, mainly aimed at the juniors amongst you who haven't had a structured plan to train to. It will be one that we hope will be easy to read and also help the non paddling parents guide the kids into training for slalom. The main theme is to show people the types of training that they should be doing at specific times of the year. It will include how long the sessions should be and ways to check whether you are improving. We hope to have this ready by the end of the slalom season and on the notice board in the clubhouse (or by e-mail if required) so that it is easily accessible to everyone.

Community Sports Coach

Gordon Walling and Sean Hudson, are settling in to their new roles of Community Sports Coach.

They are making links with local schools, mostly primary, and run regular after school courses progressing the youngsters into regular club sessions.

This is initially based at Addlestone with interested youngsters being encouraged to join in at Shepperton at suitable opportunities.

Thanks to both Sean and Gordon for their frequent presence on Thursday evening sessions and for coaching before our last two events.

Sean has restarted Paddlepower 2 at Addlestone on Saturday mornings from 11.00 to 13.00 at Addlestone. He will be introducing juniors to slalom as part of this. We hope to see them on Thursday evenings lots.

Promotions

Check out the www.canoeslalom.co.uk for promotions and rankings.

Very well done to Steph Smith on her promotion to Prem .

Also to Victoria Maloney and James Rendall (in a K1) for promotion to Div 1 and James Rendall promoted to Div 1 in his C1.

Well done to all of you.

Sessions

Monday, Wednesday and Thursday evenings 6.00 to 8.00 are regularly attended and you can be pretty certain of company to paddle with on those evenings.

We will start the planner again if there are additional or structured sessions and to let you know when John McCalla or any other WC coaches will be there.

Use of Facilities

A company called Rig Systems will be using the club house and weir for safety training during the day on week days. This will not interfere with our paddling – just carry on if they are there.

They are contributing to club funds and the activity should also spread the word of our sport quite widely.

WHITewater *The Canoe Centre*

01932 247 978

Shepperton

www.wwtcc.com

Whitewater the Canoe Centre, Shepperton Marina, Felix Lane, Shepperton now stocks slalom gear and can order boats and paddles. So give him a visit when you next need kit or a cool present.

Multiclub raid on Durance valley

In the end 15 paddlers joined in this escapade, from 6 clubs - Bere Forest, Blackwater, Notts Uni, Portsmouth Uni, Tandridge/Shepp, Chiswick, a car load from SSWAC plus one or two unattached paddlers. Oh, and Sarah Green was at the Argentiere campsite so we'll count Addlestone too.

Before we even got there Dave made the break-out of the week, neatly swinging his Caterham into the central barrier of a wet autoroute. A bit more edging, Dave, and you'd have left fewer bits on the armco. Happily, the only casualty was a year or two of no claims bonus.

When we all got there the rivers were low, but a gentle run down the Durance was punctuated with a bit of fun on a macca seal launch, then on to Rabioux to strut our stuff with the usual mob of glitter boys.

The Gyrone had just enough water to lubricate the rocks, so technical it really was. Too bad the final stretch to Argentiere was barely more than a scrape, the usual play spots not working. So we went climbing to refresh our spirits. Back at the camp our culinary skills won the "Comedy Cooking Club" award, and to add insult to indigestion the German mob thrashed us at volleyball.

Then it rained. Not hard, but all night.

So a group dashed out to try the Gyr which by now was roaring along. We were joined by Thomas, a German lad who sensed impending entertainment and got it. 2 hours scouting yielded a 10 minute ripping run. WWSR practice had been scheduled for the Ubaye the next day, but Pete revised the programme by going for a rocky swim on the 5 above Vallouise. Who should go into the river to get the broached boat back? Ah, Thomas. He looked strong and up for it. Good lad! The boat now sports a neat flippy-up tail which proved invaluable later in the week.

A gentle run on the Upper Ubaye, then a long hard play play run down the Racecouse section repaired bruised confidence. What a lovely river that is, scenery, features, challenging bits, play bits and forgiving bits. Mmmmmmm!

Guil Guardian Angel Gorge was a first for all but Richard. Tricky in places at these levels, but at least no prob choosing the line - usually there was only one option. We video-ed Rich's first ever intended cartwheel. Rog modified one rock with his face, then another with his shin when live-baiting Chris who had selected a nice undercut for his bail out. At the get-out Rog gave us neat demos in ferry gliding his Rav4 across the river. That put the smile back on his battered visage.

Too soon it was time to go, but first a stopover in Lyon. 6 paddlers still wanted more so we spent 2 hours looking for the Hawaii wave. It was worth it. Shepperton writ large without the boils. No recirc eddy so we had to drop backwards onto it - and that's where my new flippy-up tail came in handy.

Will we repeat this next year? Well, the Germans have challenged us to volleyball matches in Austria. Tempting.

Pete "Kamikaze" Bedingfield

White water Trip



Sarah Green on the Groigne, France



Argentiers