

FALCON newsletter

Falcon Rowing and Canoeing Club

Issue 8, July 2014

SUMMER ISSUE

CLUB BBQ: SATURDAY 16 AUGUST

WE WILL BE HAVING A CLUB BBQ and picnic on **Saturday 16 August**, which coincides with City of Oxford regatta. We hope as many will attend as possible, and enjoy a lovely day out on the meadow. We are looking for volunteers to help out on the day – one or two people to do the cooking (bbq provided!), a couple of people to make and bring cakes, and another couple to help get out chairs and tables etc. Please email lorna.high@gmail.com if you might be able to lend a hand on the day.

The event will start at 2pm. We hope to see you all there!

Lorna

PHOTOS

I received over 500 photos for this edition of the *Newsletter*. This is absolutely brilliant, but it's also a bit unfortunate, because I can only fit about 50 in the newsletter. So apologies to everyone who sent me pictures that I haven't used.

It would be good to have a photo gallery on the website, so that a few more pictures could get an airing. For the moment, here are a few of the photos that didn't make it on to the inside pages. No rowing ones, I'm afraid: I don't get spares from the rowers.





NICK'S LOG

You'll be happy to hear I've been given instructions to keep this log brief! However, with so much going on at the club I'm not sure if that's possible...

The Falcon Hasler was a resounding success – thanks to everyone who helped with the preparations and on the day. We broke a Falcon club record by having 94 paddlers racing on the day. (*100 next year! Ed.*) We also received very positive feedback from visiting clubs, so it seems that everyone enjoyed the day. Our Hasler results have been strong again this year and it looks very likely we'll reach the Hasler finals. Forty-six paddlers have qualified for the finals so far, so we should have a good team on the day. Make sure you keep the date clear in your diary!

We've also had some strong performances at the Nottingham sprints, with several promotions in June and the club coming 7th overall in the interclub competition in July (see Jo's report).

The open canoeists have also been enjoying getting out and about. Trips have included the ever-popular evening excursion to the *Victoria Arms* and a canoe-camping trip on the Thames. The next trip is a weekend adventure on the Wye!

With the Summer well and truly upon us we are seeing huge numbers of people on the water. We're offering more training sessions and courses than ever. During Canoe England's Go Canoeing Week we notched up 1,598 miles paddled. This went a long way towards Canoe England's target of 11,073 miles for all clubs nationally!

Other ongoing activities include the Friday evening and Summer novice courses, the early morning University paddling group, time trials, Jo and Dan's training groups and sessions with local schools and colleges such as Cheney, City of Oxford College and Brookes University. For the club to deliver all of this we rely on a large number of individuals helping both on and off the water. There are too many people to mention but you know who you are – thanks!

Finally, just a reminder that everyone needs to take personal responsibility for safety and security both on the water and around the boathouse. Please take care of personal and club equipment. Make sure you contribute to keeping the boathouse clean and tidy, return buoyancy aids to their hangers, put boats away at the end of sessions and make sure all containers and compounds are locked at the end of the day. Have fun and keep safe!

Nick

SPRINT DISTANCES

You may already have your own markers for sprint distances on the canal at Wolvercote, but if not this might help.

- Start at lock at Wolvercote, going towards Oxford (low wooden post with white paint)
- 300 m - red brick bridge
- 500 m - collapsing shed (very close to the water) with blue plastic roof, on LHS)
- 200 m - start at red brick bridge and paddle to collapsing shed
- 1000 m - start beyond grey metal bridge, paddle to short white wooden signpost on LHS.

THE GMC

Falcon's General Management Committee is responsible for the overall running of the club. The GMC meets on the first Thursday of every month.

- Peter Travis - President
- Kate Hield - Secretary
- Becci Morris - Treasurer
- Anna Barnett - Membership secretary
- Nick Barnett - Kayak Captain
- Lorna High - Rowing Captain
- Jo Walker - Welfare Officer
- Duncan Grant - member
- Howard Jacobs - member
- Lil Cochrane - member
- Grahame Nash - member

SUMMER SCHEDULE

ADULTS

Day	Time	Group	Coaches/Notes
Saturday	09:00	Div 9+	Peter, Roger. Contact Peter to join
	09:00	Divs 5-8	Kieran and Jason
	11:30	Divs 1-4	Isaac, Callum
Sunday	10:00	Div 8 & quicker	Jo, Dan. 10 km timetrial, when no race
Monday	18:30	Divs 1-4/5	Dan: endurance
	18:30	Divs 4-8	Jo: endurance
Tuesday	07:00	Div 5 & quicker	Not coached Contact Jeremy if you want to join
	morning	Canoe	Jon
	18:30	Men Divs 1-4	Dan: sprint
	18:30	Women Divs 1-6	Jo: sprint
Wednesday	07:00	Div 8 & quicker	Not coached Contact Jen if you want to join
	18:30	Timetrial	Parents to run the timetrial. For seniors Div 9 standard & quicker
Thursday	07:00	Div 5 & quicker	Not coached Contact Jeremy if you want to join
	18:30	Div 8 & quicker	Peter: sprint
	18:30	Canoe	Doug, Mike
Friday	07:00	Div 7 & quicker	Not coached. Contact Andy if you want to join
	18:30	Div 9 & slower	Jen, Andy, Emma S. Relaxing paddle. Contact Jen

JUNIORS

Day	Time	Group	Coaches/Notes
Saturday	09:00	Lightnings	Jeremy, Doug, Lucy P, Keith
	10:30	Divs 7-9 & Lightning racers	Jen, Andy, Nick, Oli
	10:30	Divs 4-6	Phil, Cath
	11:30	Div 1-4	Isaac, Callum
Sunday	10:00	Div 8 & quicker	Jo, Dan. 10 km timetrial when no race
Monday	18:30	Divs 1-4/5	Dan: endurance
	18:30	Divs 4/5-8	Jo: endurance
Tuesday	17:30	Div 9 & Lightning racers	Jo, Dan
	18:30	Boys Divs 1-6	Dan: sprint
	18:30	Girls Divs 1-8	Jo: sprint
Wednesday	18:30	Timetrial	Parents to run the timetrial. For juniors Div 8 & quicker
Thursday	18:30	Boys Divs 1-4 & Girls Divs 1-5	Cath: advanced juniors
	18:30	Novice teens	Nick, David, Emma S. Introductory course

SPRINT REGATTAS

MAY

THE SECOND SPRINT REGATTA of the year was held at Holmepierre Point, Nottingham on Saturday 10 May and Sunday 11 May. Although GCSE exams were starting on the Monday, the majority of the juniors raced on either the Saturday or Sunday. Some even found time to revise between races!! The seniors were represented by Isaac Staff (Mens B) and Dimitriz Bogdanov (Mens C1).

The weather forecast for the weekend was gloomy. On Saturday the rain gods held off, but Aeolus wasn't so kind. The first races had white horses at the 1000m mark, and the wind increased during the day. By the final races the mayhem had to be seen to be believed!!

When the Mens A/Boys A K2 boats came to the start line at 5 pm, it was like watching corks bobbing around on the open sea. Within 50m of the start, boats started sinking. Of the twelve boats in the race, ten were soon either sinking, or filling with water so rapidly that they could not make it to the finishing line without being emptied first. This made it rather interesting for the spectators and the commentator. At first they could see no boats arriving at all, and then most of the boats that did finish were in the same lane! In the end, the organisers cancelled the rest of the 1000m races.

On Sunday the wind speed reduced – but it rained the entire day!

During the weekend the Falcon paddlers performed their best in very difficult conditions, and many reached Final 1 or 2 in their events.

Sue Glover

MAY RESULTS

Mens A/B K1 200m	Final	8 th	Isaac Staff
Boys A/B K2 200m	Final	2 nd	Sam Glover/Ross Orme (Anker Valley)
Canoe A C1 200m	Final	3 rd	Dimitriz Bogdanov
Boys A/B K1 200m	Final 2	3 rd	Sam Glover
Boys B K1 1000m	Final	8 th	Sam Glover
Boys C K1 1000m	Final	8 th	Timmo Morris
Boys C K2 1000m	Final	3 rd	Timmo Morris/Fred Herbert
Boys D K1 500m	Final	1 st 5 th	George Harris David Stubbs
Boys D K2 500m	Final	1 st	George Harris/David Stubbs
Boys D K4 500m	Final	1 st	George Harris/David Stubbs (joined by paddlers from Solihull and Banbury)
Girls C K1 1000m	Final	4 th	Maddi Barnicoat
Girls C K1 500m	Final 2	1 st 2 nd 5 th 9 th	Emma Hield Maddi Barnicoat Ava Dale Lucy Hield
Girls C K1 200m	Final Final 2	1 st 6 th	Maddi Barnicoat Ava Dale
Girls C K2 1000m	Final	2 nd	Maddi Barnicoat/Ava Dale
Girls C K2 200m	Final	3 rd 8 th	Emma Hield/Lucy Hield Maddi Barnicoat/ Ava Dale
Girls C K4 500m	Final	2 nd	Emma Hield/Lucy Hield, Maddi Barnicoat, Hafsa Kabeer (Reading)
Girls D K1 200m	Final 2	7 th	Nina Morris

JUNE

The Under-23 National and Open Championship Canoe Sprint Racing Regatta was held on Saturday 14 and Sunday 15 June 2014. With exams behind them and the weather forecast looking good everything was set for a good weekend for the Falcon paddlers.

The weather was perfect, but racing conditions were not. There were vast amounts of weed and algae on the lake, which made for difficult paddling. Despite this, there were some fantastic performances by our junior paddlers. Eleven of them gained promotion, which was a just reward for all their hard training.

- Ava, Madi, Emma & Lucy: promoted to Girls B
- Annie & Kate: promoted to Girls C
- Sam: promoted to Boys A
- Fred & Timo: promoted to Boys B
- George & David: promoted to Boys C.

Jo and Sue

Flying the Falcon flag(s).



A brilliant demonstration of recovery technique: Annie at the MacGregor paddle.



JUNE RESULTS

Mens U23/Men A K1 500m	Final 3	5 th	Isaac Staff
Mens U23/Men A K1 200m	Final 3	1 st	Isaac Staff
Womens U23 + A/B K1 500m	Final 3	7 th	Lucy Greehy
Mens A/B K1 200m	Final	9 th	Isaac Staff
Mens D K1 200m	Final	3 rd	Dean Wise
Mens D K1 500m	Final	3 rd	Dean Wise
Boys A/B K1 200m	Final 2	4 th	Sam Glover
Boys A/B K2 200m	Final	3 rd	Sam Glover/Ross Orme (Anker Valley)
Boys A/B K2 500m	Final	3 rd	Sam Glover/Josh Westwood (Leighton Buzzard)
Boys B K1 500m	Final	1 st	Sam Glover
Boys B K1 1000m	Final	1 st	Sam Glover
Boys B K2 1000m	Final	5 th	Sam Glover/Josh Westwood (Leighton Buzzard)
Boys C K1 200m	Final	5 th 6 th	Timmo Morris Fred Herbert
Boys C K1 1000m	Final 1 Final 2	2 nd 3 rd	Timmo Morris Fred Herbert
Boys B/C K4 1000m	Final	1 st	Timmo Morris/Fred Herbert/ George Harris/David Stubbs
Boys D K1 200m	Final	4 th 5 th	David Stubbs George Harris
Boys D K1 500m	Final 3	1 st	Mitchell Stock
Boys D K2 500m	Final	8 th	Mitchell Stock/Ingham (Addlestone)
Boys D K2 1000m	Final	2 nd	George Harris/David Stubbs
Girls C K1 200m	Final Final 2	7 th 9 th 2 nd 3 rd	Ava Dale Maddi Barnicoat Emma Hield Lucy Hield
Girls C K1 500m	Final Final 2	5 th 1 st 3 rd 5 th	Emma Hield Ava Dale Maddi Barnicoat Lucy Hield
Girls C K1 1000m	Final Final 2	5 th 8 th 2 nd	Emma Hield Ava Dale Lucy Hield
Girls C K2 200m	Final	1 st 4 th	Maddi Barnicoat/Ava Dale Emma Hield/Lucy Hield
Girls C K2 500m	Final	1 st 3 rd	Maddi Barnicoat/Ava Dale Emma Hield/Lucy Hield
Girls C K4 1000m	Final	2 nd	Annie Rose/Emma Hield Lucy Hield/Nina Morris
Girls D K1 200m	Final Final 3	2 nd 9 th	Annie Rose Enya Dale
Girls D K1 500m	Final Final 2	4 th 6 th 1 st	Annie Rose Kate Clark Jess Long
Girls D K2 500m	Final Final 2	5 th 2 nd	Jess Long/Sophie Long Nina Morris/Kate Clark
Girls D K4 500m	Final	2 nd	Jess Long/Sophie Long Nina Morris/Katie Husband
Girls D K4 1000m	Final	6 th	Nina Morris/Katie Husband Enya Dale/Cadell (Scottish Development)

THE MACGREGOR PADDLE

THE FIRST CHANCE for Falcon's newly-promoted juniors to race in their new classes came at the MacGregor Paddle: the national inter-club championships on Sunday 5 July. The best twelve K1, six K2 and three K4 results from each club go towards the club's total, along with 1 point for every paddler racing, 1 for each promotion during the last year and -1 point for each penalty point accrued over the year. Twenty-nine Falcon paddlers raced, including six making their sprint racing debuts: Kieran Todd, Nick Herbert, Jen Clough, Annie Webster, Emma Sheppard and Becci Morris.

Falcon finished in a very respectable 7th place on 378 points. The winners were Richmond (482 points from 70+ paddlers) who had gone all out in honour of their 70th anniversary.

Our first K4 produced a win for the Girls D crew of Jess, Sophie, Nina & Katie in their 1000m. Our other K4 crews all finished in 4th place: Ladies Masters (Anna, Jen, Emma & Becci), Womens C/D (Jo, Lucy, Eleanor & Annie), Women/Girls A/B (Emma, Lucy, Madi & Ava), Girls C/D (Annie, Kate, Nina & Katie), Boys B (Timo, Fred, Annie & George).

In the K2s we had a good set of results. Anna & Jo won the Womens D 1000m, with Eleanor & Lucy just behind in 3rd. Eleanor & Lucy then took 2nd in both the 200 & 500m. Annie W & Emma S were impressive in their first ever sprint regatta finishing 8th in the 200m and 9th in the Womens D 500m. Jen & Anna took 6th in the Ladies Masters 500m in a strong field including an Olympian. Nick Herbert celebrated his 50th birthday at the regatta by teaming up with Nick Barnett in the Masters C K2, finishing 7th over 200m and 9th over 1000m. Sam and Isaac's last-minute decision to try a K2 together paid off with a 6th place in the Mens B K2 500m.

In the junior K2s, Jess/Sophie (Girls D 1000m) and Fred/Timo (Boys B 1000m) finished 4th. Annie/Kate (Girls C) were 5th over 200m and 6th over 1000m. Annie replaced the injured Will in the Boys C K2 200m with George, where they took an impressive 5th place. In the combined Girls A/B K2s, Ava/Madi were 5th and 7th over 200m and 500m, with Emma/Lucy one place behind them. Dmitrij produced our best singles

results with 2nd in the first final of the C1 200m. Ava had a great regatta in her first Girls B event, with 4th place in the 500m and 5th in the 1000m. There were also 5th places for Jess (Girls D 200m) and Anna (Ladies Masters 500m). There were 7th places for Annie in the Girls C 200m, Sam in the Boys A 200m, Isaac in the Mens A 200m and George in the Boys C 500m. Our other finalists were Nick B (8th Masters B 200m) and Lucy G (9th Womens D 500m).

It was fantastic to see so many Falcon crews out racing: let's try to have even more next year!

Jo

The Ladies Masters K4: Jen, Anna, Emma and Becci.



Jo and the juniors bond over bracelets.





GHENT 2014

WE WOKE UP IN OUR HOTEL on Saturday 24 May and started preparing for our race – eat breakfast, GB vests on, etc. When we were all ready we headed down to the course. Some people who were there the day before had seen it already, but I hadn't. We had a quick walk around the course and then started preparing our drink systems and boats.

This year's Ghent race was postponed: instead of the usual late March date, it was happening in late May. The conditions were much better than the driving snow and wind last year!

We got on to the water and started warming up for our race. It was a rather tense time, because for most of us it was our first international.

When it came to our race, our names were read out and also who we were racing for (BCU). It was a proud moment! We set off, and two Belgium paddlers and Josh Westwood got into the front group. I managed to pull myself

into the second group after a few tactical moves. We went into the first turn and all got out of it again, still in the second group.

Our first portage broke the group up slightly as some of us went into it better than others.

The first 7K lap was tough – I was having to put a lot of work in to stay with my group, I did get dropped before the second portage on a windy stretch and the gap grew larger through the second and third portages.

On the last lap my mental game changed and I caught up with Harry Shearer, one of the BCU paddlers ahead of me. I dropped him, then caught up with Ben Powell, another of the BCU squad. I dropped him on the last portage and had to go very hard into the finish to keep him off. Overall I finished 6th. Josh Westwood came 2nd, and a Belgium paddler, Daan Cox, came 1st.

Ava Dale started with the junior girls and the junior boy C1s. In her race Rebekah Solway (*no relation: Ed.*) came 1st, and Ava was 8th.

Timo Morris



HASLER RACES

SINCE THE LAST NEWSLETTER we've raced at four Hasler events: Basingstoke, Reading, Falcon and Southampton. We're lying 2nd in the regional standings behind Banbury, well on our way to qualifying for the Hasler finals at Richmond on 12 October. Forty-six Falcon paddlers have already qualified for the Hasler finals, which is the start of a great team. Keep up the good work Team Falcon!

JUNIORS

Timo, David and George gained themselves promotion to Division 3 at Basingstoke, Reading and Falcon, respectively. Timo and Fred showed they've got to grips with the 12-mile distance by coming 2nd and 3rd at Southampton. Ava showed for the second year running that it's possible to capsize at the start of Basingstoke and still win as she and Madi stormed their way back through the Division 5 K2 field. Reading was a good race for the Long sisters: Jess was 3rd in Div 7 and was promoted to 6, Sophie was promoted to Div 7 after an impressive K2 with Lucy. At the Falcon Hasler there were promotions for Kate

Falcon Lightning stalwarts: (l to r) Charlie, Harry, Morgan, Kitty, Katherine and Isabel.



Henry narrowly avoids a swim on the start in the Falcon Hasler.



(1st in Div 6), Alfie (3rd in Div 9) and Nick S (to Div 6). Joe raced Div 9 K2 with dad Stefan, finishing 2nd and earning promotion to Div 7. At Southampton Anna and Mairi were 3rd in the Div 9 K2, and Luke was promoted to Div 8.

SENIORS

Our team was enhanced at Falcon Hasler by the Oxford University paddlers who Sam Jones has been coaching this winter: Ben, Matt and Jack were all promoted by two divisions! It's been great to see more parents come out and race: Bob & Anna Edmond-Seal and Becci Morris have all raced for the first time this season, Bob is already promoted up to Div 7. Trevor, Annie W. and Julian were all promoted at our Hasler.

LIGHTNINGS

Alongside the K1 and K2 races at Hasler events, there are Lightning and Hody races for paddlers aged under 12 years. Alongside our racing stalwarts of Morgan, Henry and Kitty, it's been fantastic to see lots of new paddlers out racing this year. Charlie and Harry have become regulars in the U10s and Catherine must be our youngest ever racer at just 7 years old. Nine paddlers made their debut at the Falcon Hasler (Victor, Adam, Magnus, Izzy, Emily, Dominic, Isabelle, Isabel, and Katherine). Lavinia made a last-minute decision to race in K2 with Catherine at Southampton where they came 3rd. Well done to all who have raced, and please come and race again!

MARATHON ASSESSMENT RACES

The Marathon Racing Committee have a series of national assessment races each year to provide the ongoing assessment for the British team for international events. For our younger paddlers these races are a chance to pit themselves against the best paddlers in the country and gain experience of this type of racing: lots of short laps with a portage on each one. At the K1 assessment at Bedford in May, we set the seven juniors the task of completing the race. For most of them it was their first attempt at an assessment race and they all did brilliantly to finish it. The paddlers were: Sam (9th), Fred (14th & promoted to div 3), Will (15th), Timo (19th), Madi (5th), Emma (7th) and Lucy (8th). At the K2 assessment race at Reading, Madi and Ava did very well to finish 2nd, with Emma and Annie 4th.

Jo

SPRINT & MARATHON RACING CALENDAR

SPRINT

NATIONAL SPRINT REGATTAS, NOTTINGHAM

6-7 September incl. junior & paracanoe national championships

MARATHON

SOUTHERN REGIONAL HASLER RACES

2013/14 season

29 June Southampton

13 July Wokingham

31 August Longridge

2014/15 season

14 September Pangbourne

21 September Henley

26 October Banbury

MARATHON NATIONAL CHAMPIONSHIPS

23-24 August Worcester

HASLER FINALS

12 October Richmond

NATIONAL ASSESSMENT RACES

24 August Worcester (K2)



Joe and dad Stefan power to second place in Div 9.

FALCON HASLER



A MASSIVE THANK YOU to everyone who helped make our 2014 Hasler such a success. A selection of the compliments we received:

"A brilliant event and well organised. Good parking, sign-on, loads of space for boats, great, well-signed course. Loads of helpful, friendly Marshals both on and off the water. Good finish area, clear briefing. The start marshalling was very well organised. Good catering, excellent weather. I could go on, so I will. Good prize-giving, results service and safety boats. The only disappointment was the attitude of the rowing club, surely they could have waited until after the event? Well done Falcon, I thoroughly enjoyed myself." *Nick, 6 C1*

"Just to say a big thank you to Oxford from RLSCC, we were made very welcome today."

Natasha, Leamington Spa

"Despite river traffic, rowers and a tight turn up at Osney, I thought this was a brilliant event on so many levels.

- It's a great stretch of water.
- The entry fee was very reasonable.
- There really was proper paddler food.
- The food on offer to buy was excellent.

- The team sheet was prepared and ready for me when I booked in along with all the numbers, despite only having fixed the team 6 pm the night before.
- There was no officiousness with regards to BCU cards, just correct procedure.
- The prizes were generous and really worth having especially for the Lightning paddlers.
- Inconstancies in the results were sorted immediately.
- The results were posted on their website immediately and updated to correct for mistakes."

Andy, Banbury

"Thanks for a great day, hope we can produce the same when you come down to us."

Joe, Southampton

"Thanks to you and your team for a good race day, well-organised, lovely course and lovely weather as well."

John, Bradford-on-Avon

"Thanks for a great day, all very well-organised and give our thanks to all the volunteers who made us so welcome."

Carl, Basingstoke



ER

2014

