

FALCONnewsletter

Falcon Rowing and Canoeing Club

Issue 9, September 2014

AUTUMN ISSUE



WINTER TRAINING

Once again we have come around to the season of mists and mellow fruitfulness. Anyone who has been on the water early in the morning can certainly testify to the mists! Sadly autumn is far too short. In a few weeks, when the clocks change (this year it's on 26 October) we will be moving over to winter training schedules. For both kayakers and rowers this means an end to evening sessions on the water, and the start of the dreaded circuits! For kayakers there is a provisional winter schedule on page 11. More details will be sent out on Teamer nearer the time. For rowers, the schedule on page 4 is up to date. As well as the kayakers' circuit classes, don't forget that John Hill runs excellent circuit classes starting Wednesday 8 October at Isis Middle School (email projman@ntlworld.com for details).

KAYAKING SESSION CHANGES

From this week, the Tuesday 5:30 session is now on Mondays. On Tuesdays & Thursdays at 7 am there is strength training with Dan.

Anod PLEASE NOTE: in October, all 6.30 pm evening sessions will be at **6 pm** (not 6:30pm). The Monday 5:30 & 6:30 sessions will combine.

NEW SATELLITE

After the great success of Cheney Falcon Rowing Club, Falcon is starting up a new partnership with Cheney. September saw the start of the Cheney Falcon Kayaking Club, Falcon's first satellite kayaking club. You can find out more about Satellite Clubs in Peter's article on page 22.





LORNA'S LOG

Welcome to a new season at Falcon. Last year we saw unprecedented success across all squads and areas of the club, and, if we manage to build on these, it is wonderfully exciting to think about what we might be able to achieve in the coming season. This was evidenced by the success of the Isis Sculls on Saturday.

I hope that this season can be an opportunity for new and existing members to get further involved with the running of the club. There is an opportunity to stand for General Management next month, and we are always looking for coaches, trailer drivers, people to do basic boat maintenance and so on. If you think you might be able to help out, please do let me know. We would also really like people to help out with the Saturday morning café. If you are a parent whose juniors are sculling, or you have finished your own outing, please do get involved. At the moment, there are only two or three rowers (parents) involved, but the whole club eats the food and benefits from the income that it brings. Even if it's only a weekend here and there, please do sign up.

In other news, we welcomed three new boats to the club this week, a new heavyweight men's quad (Vulture II), and two new racing singles (Tawny Owl and Barn Owl). These boats are there to be used, but only with my permission- we want to make sure the right people use the right boats, as it will make for a much more harmonious and better maintained fleet.

Below is a broad calendar of events for the autumn term and some for 2015- please make sure entries reach me promptly, as the success of the club means that trailer spaces become more limited.

I wish you all the best of luck for the new season, and see you on the river soon!

PS- you might notice that my email address has changed. I will still receive emails sent to the old account, but you may wish to update your address books.

Much love

Lorna

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KEEP IN TOUCH

Twitter: @Falcon_Rowing

Web: www.falconrcc.co.uk; www.falconjuniors.webs.com

Email: we send regular emails out to all our members, including the minutes of both General Management and Sub-Committee meetings.

Captain:

lorna.hermes@gmail.com

Membership:

frcc.membership@gmail.com

CALENDAR

Please remember that all entries should be submitted to lorna.hermes@gmail.com no later than two weeks before the event. If you are hoping to enter a Tideway head, entries should be submitted no later than four weeks beforehand.

A reminder: if you wish to submit an entry, please remember to include the boat and blades you would like to use if you have a preference!!

Sat 20 September	The Isis Sculls	Falcon
Sat 27 September	Falcon Juniors Annual Presentation Evening	Falcon
Sat 4 October	Pairs Head of the River	Tideway
Sat 25 October	Marlow Long Distance Sculls OR	Marlow
Sun 26 October	Upper Thames Small Boats Head	Henley
Wed 29 October	Half Term Junior Squad Time Trial followed by a social event (TBA)	Falcon
Sat 1 November	Fours Head of the River	Tideway
Sun 9 November	Isis Winter League 'A'	Falcon
Sun 15 November	Henley Sculls Head	Henley
Sat 29 November	Scullers Head of the River	Tideway
Sun 30 November	Isis Winter League 'B'	Falcon
Sun 7 December	Wallingford Fours and Eights Head	Wallingford
Sat 13 December	Falcon Juniors Christmas Races (12-3pm)	Falcon

<i>Selected other races</i>		
Sat 24 January 2015	Northampton Head of the Nene	Northampton
Sat 14 February	Henley Fours and Eights Head OR	Henley
Sun 15 February	Bedford Fours and Eights Head	Bedford
End of Feb, date tbc	Bruges	Bruges!
Sat 14 March	Womens' Head of the River	Tideway
Weds 18 March	Oarsport Junior Sculling Head	Dorney
Sat 21 March*	JIRR Thames Upriver Trials (J16 and below)	Dorney
Sun 29 March	Head of the River	Tideway
Date TBC (early Apr)	Abingdon Head	Abingdon
Sat 25 April*	Junior Inter-Regional Regatta	Nottingham
Mon 4 May*	Marlow Spring Regatta	Marlow
Fri 22–Sun 24 May	National Schools Regatta	Nottingham
Sat 13 June	Marlow Town	Marlow
Date TBC	Novice Junior regatta (Egham/Bedford or similar)	TBC
Sat 18–Sun 19 July*	National Championships	

* Date based on 2014 event and not yet confirmed.

CLUB SESSIONS

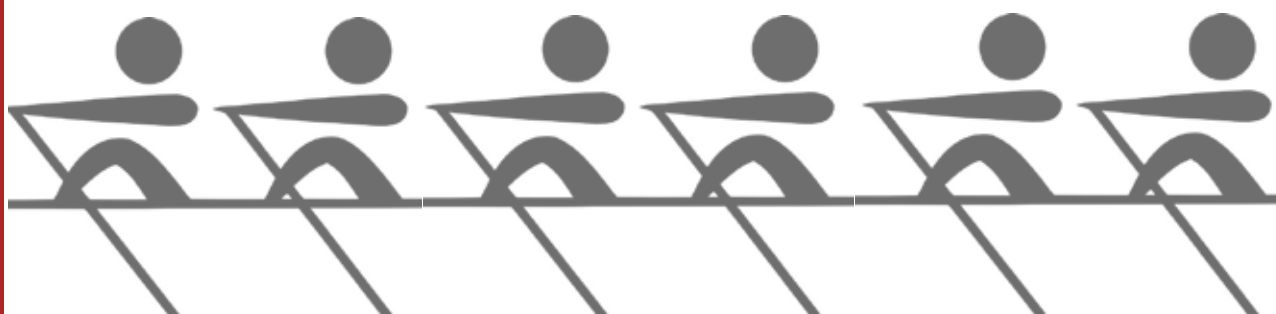
Adults

Tuesday 8 am	Uncoached session for daytime rowers. Sign up online.
Tuesday 6.30 pm (April–October only)	Open to all adults with basic ability (such as completion of a beginner course). Sign up online.
Thursday 8 am	Non-coached session for daytime rowers. Coaching available from Christy Job on the first Thursday of each month. Sign up online.
Thursday 6.30 pm (April–October only)	Uncoached sculling session, available to all with basic sculling ability. Sign up online.
Saturday 8 am	An optional slot for selected crews in the build up to races. Does not replace the 10 am session.
Saturday 9.30 am	Touring group outing. Please sign up online or contact ruthieward@me.com
Saturday 10 am	Whole club session, for all weekend rowers. Please sign up online.
Sunday 8 am	Heads. Sign up online, but for competent rowers only.
Sunday 10 am	Whole club session, for all weekend rowers. Please sign up online.

Juniors (contact lorna.high@gmail.com for info. N.B. session times are different over the summer)

Monday 6–7 pm	High Performance (@ MCS)
Wednesday 4.30–7 pm	High Performance
Thursday 7–9 pm	Whole Junior Squad land fitness session (@ MCS)
Friday 4.30–7 pm	High Performance
Saturday 10 am–12 pm, 12–2 pm, 2–4 pm	Water sessions
Sunday 8 am	Heads, for selected juniors only
Sunday 10 am–12 pm, 12–2 pm, 2–4 pm	Water sessions

Please note: the last weekend of Junior sessions is 12/13 July, and the last Thursday will be 17 July. Sessions resume on 13/14 September.



RACE REPORTS

BEDFORD SPRINT REGATTA

ON SUNDAY 13 JULY, THREE FALCON Junior crews raced at Bedford Sprint regatta, in preparation for the National Championships the following week. Matt Timms and Aengus Allen raced in the IM3 pairs, and Tom Downes raced in both the J16 and Novice singles. All three crews won their events, and came home with a stack of silverware!

WORCESTER AUTUMN REGATTA

CAM SCARF AND NAOMI SHARMA won the WMasB doubles at Worcester Autumn regatta on Saturday 6 September. They also narrowly lost out in the final of the WIM3 doubles, despite it being their fifth race of the day!



Matt, Aengus and Tom with the spoils of the day

NATIONAL CHAMPIONSHIPS OF GREAT BRITAIN

SEVEN JUNIOR CREWS attended the National Championships in Nottingham on Saturday 19 and Sunday 20 July. Emily Tadesse, only a WJ13 and having never raced a single before, raced in the WJ14 singles purely for the experience, and put up a great fight, finishing 25th. Martin Benfeghoul raced in the J14 singles, and finished 6th in the 'D' final. Millie Powell and Ciara Keown, racing in the WJ15 doubles, finished 5th in the 'D' final.

Rory Pearce and Joel Garden had high hopes going into their time trial, but unfortunately an equipment problem cost them valuable time and a place in the semi-finals. Eager to rebound from this, they had a storming race in the 'C' final, winning by 8 seconds.

Tom Downes was also hopeful of a good result here in the J16 singles, but a slight misjudgement during his time trial caused him to miss out on the semi-finals by under a second. He did however go on to win the 'C' final, a great result as he beat a National Schools Regatta finalist.

The third J14 boat, a coxed quad, had a great time trial, qualifying in 6th place for the semi-finals. The semi-final was a bit more of a

struggle, and they finished in 5th place. The crew, comprising Tom Hehir, Josh Simmons, Gabe Smith and Peter Vickers, coxed by Kieran Todd, made up for the disappointment by finishing 3rd in the 'B' final, and 9th overall - a fantastic result.

The biggest race of the weekend came on the Sunday afternoon, with Aengus Allen and Matt Timms racing in the J16 pairs. The event was undersubscribed, with four crews racing. With Matt and Aengus up against Maidstone Invicta, the King's School Canterbury, and the Aberdeen Schools Rowing Association (who had won the J16 coxed fours a little earlier in the day), all results were possible.

In the build-up to the race, nerves were understandably shredded, with Lorna a complete nervous wreck on the start line.

The race started uneventfully, with ASRA pulling out into a clear lead early on. Falcon were in third going through the first 500m, sitting 5 seconds behind King's Canterbury. It was all change in the second quarter, with the King's crew dropping back considerably. The Maidstone crew pushed up, but Falcon were a length ahead in second going through



the halfway mark. Knowing that the pair from Maidstone didn't have a strong third 500m, the Falcon crew took their opportunity and pushed away from them, going into the final quarter of the race two lengths ahead. Over the final 500m, Matt and Aengus continued to push on, finishing about four lengths clear of the Maidstone crew, and taking the silver medal.

It was a wonderful performance to keep their nerve in a difficult situation and to bring home Falcon Juniors' first ever national medal. They kept their nerve better than Lorna, who cried for the entire last 500m, after the race, and then again during the presentations!

JUNIOR SUMMER COURSES

This year the Junior Summer Courses were again a great success, with over 60 juniors taking part across 5 weeks. The courses raised nearly £2000 for the club.

CITY OF OXFORD REGATTA

FALCON HAD A NUMBER OF CREWS racing at City of Oxford regatta and sprints this year. On the Saturday, over the 1000 m course, fifteen crews took part.

There were a number Falcon rowers in semi-finals – Annabel Crowther in the WNov singles, and Matt Timms and Aengus Allen in the IM1 pairs and the WIM3 eight. John Hill reached the final of the MasFG singles, losing out to City of Oxford, while the men's eight lost to Wallingford in the final of the MasE eights. Both J14 doubles made the final, with the double of Peter Vickers and Joel

The junior summer courses.





Joel Garden and Peter Vickers, winners of the J14 doubles.

Garden narrowly prevailing over their younger opponents.

On the Sunday, there were ten Falcon crews racing. There were semi-finals for Rory Pearce in the J14 singles and John Kosobucki in the J15 singles, while Ed Podgorski reached the final of the Nov singles and Joel Garden reached the final of the J14 singles.

The exciting composite project between Falcon and City of Oxford was racing in IM3 eights. The Falcon crew members were Matt Timms, Aengus Allen and Tom Downes, plus cox Kieran Todd and a boat. CORC supplied five juniors and a set of blades. The crew narrowly lost by a length to an IM1 crew in the lunchtime sprints, and went on to reach the final in the IM3 category in the afternoon. They lost to a crew from Jesus College, Cambridge, who were simply too powerful for the juniors. Nonetheless it was a great experience for all involved.

Matt Timms and Aengus Allen took the only Falcon win of the day, winning IM3 doubles. It was a great weekend, and made even better by the club barbeque that ran alongside, with loads of supporters, rowers and kayakers turning out.

ISIS SCULLS

ON SATURDAY 20 SEPTEMBER, FALCON SURPASSED every event they've ever entered before by entering a whopping 50 – yes, 50! – crews for the 2014 Isis Sculls. Everything ran smoothly on the day, resulting in some excellent performances.

Gabe Smith put in an exceptional race to win the J14 singles by over a minute, finishing only a second off the winning J15 singles time. The strength in depth of Falcon's younger juniors was evidenced by the six scullers entered in the J14 category!

Emily Tadesse also showed what a bright future she has by winning the WJ14 singles, also only a second or two off the winning J15 time.

Joel Garden won the J15 singles, a relief for him as the sculler in second place had beaten him convincingly in the final at City of Oxford over the summer. Rory Pearce, Joel's doubles partner, finished in third place in a field of eight scullers. They teamed up to finish third of eight in the J15 doubles later on.

The J14 quad of Joe Mullett, Joe Bowley, Dan Ward and Harry Bond, coxed by Chris Headland, beat their opposition by 45 seconds to win their event.



The Juniors racing in Div 4



One of the two Women's IM3 eights.

The Novice coxed quad of James O'Reilly, Tom Hehir, Martin Benfeghoul, Josh Simmons, coxed by Kieran Todd, were also victorious.

The women's squad had two wins, with Montse Sanchez and Jenny Griffiths winning the Women's Novice doubles, and Jenny Griffiths, Jane Akazi, Helen Burkhalter and Montse Sanchez winning the Women's Novice quads.

There were other exceptional results across the board, notably from Matt Timms and Aengus

Allen in the IM3 quads, Paula Fuentes and Maisie Watson in the Women's Novice doubles and Joe Mullett in the J14 singles.

The fastest Falcon time of the day was the IM3 quad of Matt Timms, Aengus Allen, Rory Pearce and Joel Garden, a J17/J15 composite.

Caption: the Janes

Kayakers curry night and prize-giving

Friday 18 September was the date for the 2014 kayakers curry evening and awards night. As usual the food was excellent, and the drink wasn't bad either.

The main awards that are given out every year are for the most Hasler points won in races. This year the junior winner was Timo, while as usual (fix! fix!) Nick B. won the senior award. Well done to both of them! At the start of the evening we were all given voting slips for a new set of awards: best male junior kayaker, best female junior kayaker,

best senior female kayaker, best senior male kayaker, best male coach, best female coach, best female off-water helper and best male off-water helper. For the kayakers, the votes went to people who had made most progress rather than gone fastest: David, Lucy H, Annie W. and Trevor. Jo won best female coach, the male prize was split 3 ways (Dan, Doug and Andy. The off-water helper prizes went to Jo Waler and Keith Long,. This year they have probably done more for Falcon than anyone else!



Callum won this cup by popular acclaim. Doug thought it was a beer glass...



Dan toasts the winners (at lest, that's his excuse).



Annie Webster (centre) was voted best female senior kayaker by popular acclaim.



NICK'S LOG

IT'S BEEN A GOOD SUMMER at Falcon. The great weather has led to many people spending more time on the water and now that everyone's back from holidays all our training sessions are very busy. As usual, we're doing our best to cater for anyone who wants to get out paddling. Many thanks to all the coaches who regularly help out and especially for those who have supported the very successful novice courses this Summer.

Our kayak racing continues to go from strength to strength. We had some excellent results at the recent Sprints with multiple medals brought home to Oxford (see article on page 14) and we finished the Hasler season in a strong third place. I'm really encouraged to see both the junior and senior sections of the club growing and becoming more active. Let's try to keep this momentum going during the autumn and winter months.

Our open canoeists have been running regular Tuesday evening outings which have been very well attended. The new kayak Hasler season has started with some great results at Pangbourne (if you exclude my feeble attempt at Div4 K1!). Now we'd like to see as many people as possible joining us for the races at Henley (Sept 21st) and Banbury (Oct 26th). There are many new paddlers who may think they're not ready for racing but actually you are! Give it a go and you may surprise yourself. Just let me know if you want more info.

With the large number of paddlers it's even more important that we all look after the club boats, paddles and buoyancy aids. Please do your best to wash down boats and put them away at the end of sessions and hang buoyancy aids back on the hangers rather than leaving them on the field or throwing them on the boathouse floor!

A few other things to look out for/dates for your diaries... the Kayak Curry Supper (Friday 19th September), the club AGM (Thursday 6th November) and the Christmas Dinner (Balliol College 12th December)

Finally, I'm continually told by new members and visitors that there's such a warm and welcoming atmosphere at Falcon. I want to thank all of you who support the club in various ways. It's a team effort and you all do a great job. We're always looking for more help, so if you want to get more involved just let me know. Areas where we need help include; anyone with a flair for fundraising, someone willing to co-ordinate regular senior social events (post-training pub drink), anyone interested in becoming a Level 1 coach (we will organize the training), anyone with boat repair skills, people with general DIY skills, help with the Saturday morning cafe...

Thanks

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.

KEEP IN TOUCH

Twitter: @Falcon_Rowing

Web: www.falconrcc.co.uk;

Teamer: we send regular emails out to all members via Teamner. If you aren't on Falcon Teamer, email Nick B. to be added.

Captain:

n_barnett@btconnect.com

Race captain:

jobatesfalcon@gmail.com

Membership:

frcc.membership@gmail.com

W I N T E R S C H E D U L E

ADULTS & JUNIORS

This is a rough version of the winter timetable, which starts from the end of October. Details will be confirmed on Teamer nearer the time.

From Friday 25 September until the end of October, the summer timetable will continue, but evening sessions will begin at 6 pm rather than 6.30.

Day	Time	Group	Coaches/Notes
Saturday	09:00	Div 9+	Nick, Roger. Contact Nick or Roger to join
	09:00	Divs 5-8	Jason
	09:00	Red Lightnings	Doug, Lucy P
	09:00	Blue Lightnings	Doug, Lucy P
	10:30	Lightning racers	Jeremy
	10:30	Divs 7-9	Jen, Andy, Oli
	11:00	Divs 3-6	Cath
Sunday	10:00	Div 9+	Jo, Dan
Monday	07:00	Div 8 & quicker	Interval training. Not coached Contact Jeremy if you want to join
	16:00	Divs 1-4/5	Dan
		Divs 4-8	Jo
Tuesday	07:00	Div 8 & quicker	Strength training
	evening: TBC	Circuits	Dan, Jo
Wednesday	07:00	Div 8 & quicker	Interval training. Not coached Contact Jen if you want to join
Thursday	07:00	Div 7 & quicker	Not coached Contact Jeremy if you want to join
	evening: TBC	Circuits	Jo, Dan
Friday	07:00	Div 7 & quicker	Not coached. Contact Andy if you want to join

EVENTS

Sunday 28 September	Reading K4 races. Leighton Buzzard CC visit (start 9.30 am) Email Jo B. for details.
Saturday 4 October	Technique session with Dan and Jo. Warwick Sprints. Sprint racing on the River Avon at Warwick. Lightning crews welcome. Email Oli B. for details
Sunday 12 October	Hasler Finals, Richmond CC.
Saturday 18 October	Coach update, Riverside Centre. Email Jo Walker for details.
Sunday 26 October	Banbury Hasler

CONTACTS

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Oli: Oliver@Barnicoat.net

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Andy: solway3@gmail.com

NEWSKAYAKINGNEWSKAYAKINGNEWS



Congratulations to Callum and Doug.



NEW LEVEL 2 COACHES

Congratulations to Doug and Callum Staff on becoming qualified Level 2 canoe and kayak coaches! We are looking to run a series of courses for aspiring Level 1 coaches. If you're interested please contact Nick or one of the other coaches for more information.

THE BUZZARDS VISIT THE FALCONS!

On **Sunday 28th September** we're expecting about 30 paddlers from Leighton Buzzard Canoe Club to visit Falcon to join our kayak training sessions. They want to spend some time on our beautiful stretch of river as they usually paddle on their local canal. We will be organizing some combined training sessions so keep a look out for further information.

SELLA VISIT

There is some interest in organising a loose group to go to the Sella in Spain this year (see [HERE](#) for info on the race). Paddlers would have to get themselves there, but Falcon would take boats. Contact Peter for info (fbcmailbox2000-falcon@yahoo.co.uk).

ANNUAL GENERAL MEETING

The AGM will be held on **Thursday 6th November at the Tree in Iffley Village**. It's

exciting times at the club with both the rowing and kayak sections going from strength to strength and positive steps regarding grant applications for a new boathouse. Now is the time that we need everyone to be pulling together, working as a team, singing from the same song sheet! So, why not come to the AGM, listen to the regular AGM reports and reviews but then join in a discussion about your club and its future.

GMC MATTERS

The General Management Committee meets once a month to discuss general issues relating to the club, keep on top of club finances, plan for future events etc. The committee includes members from both the rowing and canoe/kayak sides of the club. Minutes of all GMC meetings are posted in the boathouse for anyone who's interested. Here are some of the things that have recently been discussed:

- application for funds for the new boathouse
- security at the boathouse
- general tidiness of the boathouse
- repairs to boathouse roof
- misuse of equipment
- venue and date for the Christmas dinner
- purchase of more new bike racks.

MY FIRST ENGLISH SPRINT



WHEN I GOT IN MY BOAT at Nottingham, it was the first time in more than 5 years that I had last paddled in a sprint race. My previous race had been just before I went off to University, when our old junior K4 crew took a shot at the men's competition.

At University I lived some two hours from the nearest canoe club, so I didn't get much chance to practice. So when I came to Oxford I was really excited to start paddling again. I joined the university canoe club and then FRCC, to get back into a kayak on a regular basis again. Once I had dusted off my paddle, getting around in the kayak felt immediately familiar again. After putting in some practice over the summer I was excited to hear that I still could join the Nottingham sprint regatta.

At Falcon nearly all my training has been with a small group in the early mornings. I had no idea where I was speed-wise, and with mostly marathon training I wasn't sure whether I still have a feeling for the sprint distances. So I was admittedly a little nervous before my first race. But once I got the race course everything felt familiar – getting the boat ready, checking the weight, the seat and footplate before the race, looking up the right boat number and warming up. It felt like a very familiar routine. By the

time the last person had wished me "good luck", my feelings of tension had changed a thrill of anticipation. Finally racing again!

While warming up on the water I had the chance to get familiar with the starting procedure. The race calendar was absolutely packed, with a race start about every three minutes all day long, with no lunch break! In my previous regattas I was used to having five minutes or longer between races. I had to hurry get to the start of my first 1000 m heat in time. The advantage was that I had no time to get nervous again!

I got to the start line with barely enough time to get into position. The starter called "Ready! Set!", and we were off. I got in my first hard paddle strokes well, and was quick off the start. I felt a little like I have never been away – at least for the first few metres. I managed to hang on to the I gained on the start, and qualified for the final.

In the 1000 m final, and in the 200 m and 500 m races, I was got more and more back into racing, finishing with a good 500 m final.

Overall I had a great experience at the sprint regatta, and with such a great Falcon team on and off the water, I can't wait to for the next one!

Thomas

JUNIOR NATIONAL SPRINT CHAMPIONSHIPS



Battling for position in the K2 500 m.

THE JUNIOR PADDLERS headed to Nottingham for the final sprint regatta of the year, the junior national championships. Amazingly, the weather decided to treat us with sunshine and the calmest conditions seen in a very long time. Falcon paddlers won a total of 8 medals, and there were some other very impressive performances, too.

We had 8 girls racing in the U16 class, with plenty of Falcon turquoise on show in the finals. In the K4 500m, Emma, Ava, Annie and Madi took an excellent silver medal, with Kate, Nina, Jess and Jess in 5th. Lucy was 4th with a Wey crew, so there were 9 Falcon girls in the top 5 boats! In the K2s, Ava and Madi won the 1000m to become National Champions, and took silver in both the 200m and 500m: an impressive medal haul for them. In the K2 1000m, Emma took silver with Becky from Elmbridge. Both Annie and Emma, and Kate and Jess were in a really close race for the bronze in the 500m, finishing 5th and 6th respectively. Annie and Emma were also 5th in the 200m, and Kate and Nina took 8th in the 200m. Ava, Madi and Emma made the A finals of all 3 distances. Ava finished

an impressive 4th in both the 500m and 1000m: a great result but a hard place to finish, just off the medals. Madi was 5th in the 1000m, with Emma 7th. In the 500m Madi was 7th and Emma 9th. In the 200m Madi, Ava and Emma finished 5th, 6th and 9th respectively.

In the U14 girls, Lucy was National Champion in the K4 500m and 1000m with 3 girls from Richmond, Norwich and Scotland. In the K4 500m, Sophie, Pip, Enya and Katie raced really nicely to come 7th. Lucy was 6th in the 200m K1 and 7th in the 500m, and came 5th in the 1000m K2 with another Lucy from Wey.

In the U18 boys, Sam produced a brilliant race in the 500m K1, just losing out on the bronze medal in the last few metres. He was 7th in the 200m K1 and 2nd in final 2 of the 1000m. With James of Anker Valley he took 7th in the 1000m K2.

Timo, Fred, David and George claimed an impressive bronze medal in a close-fought race in the U16 K4 1000m. In the K2s, Fred and Timo were 8th in the 1000m, and George and David 9th in the 200m. Timo produced a great 200m

MEDALS

K1 to make the final 2, finishing 6th (15th overall). David made final 3 of each distance, finishing 5th in the 1000m, 6th in the 500m and 8th over 200m. Fred also made final 3 of the 500m, finishing 9th.

Alfie was our sole representative in the U14 boys, finishing 6th in the 1000m K4 with a Bradford on Avon crew.

In the senior races, Isaac was 7th in Final 2 of the 200m K1 and won the Men's B K2 200m with Sam.

Well done to all our paddlers: a relly fantastic performance!

Gold (3)	U14 girls K4 1000	Lucy
	U14 girls K4 500	Lucy
	U16 girls K2 1000	Ava & Madi
Silver (4)	U16 girls K2 200	Ava & Madi
	U16 girls K2 500	Ava & Madi
	U16 girls K2 1000	Emma
	U16 girls K4 500	Emma, Madi, Ava & Annie
	U14 girls K2	Lucy
Bronze (1)	U16 boys K4 1000	Timo, David, Fred & George

Jo



HASLER RACES

NATIONAL MARATHON CHAMPIONSHIPS



Callum in the 16-mile U23 race.

NINETEEN FALCON PADDLERS headed to Worcester over the bank holiday weekend for the national marathon championships. This is the one event each year where you only race against people of your own age and gender and so you can see how good you really are. Four medals showed we're doing pretty well!

In the under-14 (U14) class, Lucy was in the leading group for most of the race, but couldn't quite hold on at the end and finished in a respectable 5th place. Sophie was unlucky to have a swim but still managed 15th. In the K2 the following day, Lucy partnered Lily of Richmond and they claimed silver, less than 10 seconds behind the winner. Jago took 8th in the U12 race, which was his first ever 4-mile race. He raced up in the U14 K2 with Alfie, who had finished 33rd in the K1, and was still smiling as they finished 11th.

Madi took bronze in the U16 race, with Emma 5th, Kate 8th, Annie 11th and Jess 14th. In the K2s, Madi and Kate won silver, with Lucy and Lily close behind for their second medal of the day.

Annie and Emma were right in the thick of the fight for medals, but then took a swim. Jess and Nina had a miserable end to their weekend when they fell in at the turn and Jess dislocated her shoulder. Thanks to all the paddlers and organisers who helped get her back and then to A&E: thankfully it went back in without too much difficulty and she was back in a boat later that week.

The U16 boys K1 was the biggest start of the weekend, with over 60 paddlers lining up. Timo was the first Falcon paddler in 12th, closely followed by David in 13th, Will 14th and Fred 16th. In the K2, Fred and Timo finished in a very good 4th position, Will with Joe from Banbury was 6th, and George and David were 8th.

Callum bravely took up the challenge of the 16-mile U23 race and, despite looking tired at the first portage(!), finished in 19th place.

Nick Herbert was our sole veteran representative, finishing 16th in the over-49 K1. Catherine, aged 7, raced in the under-10 lightning, grinning all the way! She had an





Madi and Kate were silver medallists.

even bigger smile on her face during the Hody K2 race, partnering Linzi of Leighton Buzzard, where they finished 5th.

Sam and Sophie took part in "the most important race of the weekend" (according to Dan Golder) – the mixed K2. This started a few years ago and has become a highly competitive event. To give an idea of the standard, this year it was won by the winner of the women's K1 race and the 4th placed man. Sam and Sophie finished 21st and definitely enjoyed themselves.

Overall, a successful and enjoyable weekend of racing. Jo

MEDALS

Silver (2)	U16 girls K2	Kate & Madi
	U14 girls K2	Lucy
Bronze (2)	U14 girls K2	Lucy
	U16 girls K1	Madi

Fred and Timo sprint for the line.



LONGRIDGE HASLER

THE FINAL HASLER race of the 2013/14 season was held at Longridge (Marlow). A fairly small Falcon team attended, as many were still on holiday, but there were still some good results. Will was 2nd in Div 3 and promoted to Div 2. Thomas raced for the first time (in the UK) and won Div 6, earning promotion straight to div 4. In Div 9, Peter became the latest Morris to start racing and was 3rd, with promotion to Div 8. Rob was two places behind and was also promoted to Div 8. Kieran raced Div 7 K2 with Ellie from Pangbourne and came 3rd, importantly qualifying for the Hasler finals.

HENLEY HASLER

A TEAM OF 53 FALCON PADDLERS produced the perfect start to the new season as we came top at Henley Hasler race on Sunday.

In the Div 3 K1 race, it was an all-Falcon podium with Fred winning from Timo and David. George was with them for most of the way and finished in 6th. Jeremy was 3rd in Div 5, gaining promotion to Div 4. In Div 6, Nick was 3rd despite a swim and was promoted to 5. Matthew was racing for the first time and came 2nd in Div 8, with Peter 8th in the same race. They were both promoted to Div 7. Kieran was 7th in Div 9 and was promoted to Div 8.

Dennis and Nick made a return to racing and were 3rd in Div 5 K2. In Div 6 K2, Rachel and her brother Tim were 4th. Division 8 produced a Falcon 2-3, with Anna and Bob in 2nd and Luke and Lucy 3rd, all promoted up to Div 7. Division 9 K2 saw lots of new junior racers out, who all coped with the 4 miles really well. Jack and Will came 2nd, Kelly and Megan 6th, Izzy and Judith 7th, and Jenny and Ruth 8th.

In the Lightning races we had nine paddlers racing, and it was great to see so many youngsters out on the water. In the U12 boys Morgan just beat in Henry to 4th place. Rory completed his first ever race, not far behind Adam. Kitty was 4th in the U12 girls races, and she and Morgan were 4th again in the U12 Hody K2 race. Gabriel was another new racer in the U10 boys and finished in a very good 6th. Katherine and Isabel Niland raced in the U10 girls for the first time, finishing 3rd and 7th with Catherine in 6th. Catherine teamed up with Linzi from Leighton Buzzard in the U10 Hody and was 4th.

Jo

2013/14 HASLER SEASON IN NUMBERS

3

Falcon's position in the Southern region.

56

Falcon paddlers qualified for the Finals (30 seniors, 26 juniors).

62

promotions earned by Falcon paddlers.

113

Falcon paddlers raced this season (55 seniors, 42 juniors & 16 lightnings).

4992

Points won by Falcon paddlers.



Paddlers and backstage crew.



Fred, Will and Timo.



Nick H.



Anna



Nick B.



David empties a boat...



How I Got Into Kayaking

and My Journey



Jo with her haul of medals and cups.

I VOLUNTEER WITH AN ORGANISATION called KEEN. I have been involved with KEEN on and off throughout my life and it's been a big influence. KEEN provides sporting and recreational activities for youngsters with all kind of disabilities.

In the early days of my volunteering, KEEN had a holiday activity session at Falcon, I enjoyed it a lot and found out more and got involved.

My kayak journey began in 2008. I started out in an open canoe, but I soon got into a kayak as I wanted a challenge and I am competitive.

I prefer kayaking to open canoeing because being in a kayak offers a good and symmetrical workout, which is important for me with the nature and type of disability I have. I started competing in 2010, mainly in Nottingham.

On a recommendation I moved clubs to Wokingham Canoe Club so that I could get the coaching I needed to do well in the Paddle-Ability competition. I worked with Brian Kelly until his retirement and now I work with Bob Sutherland.

My kayak technique and strength have improved over the years thanks to the coaching I have had. I also train regularly to a small gym called the CLEAR Unit, based at Oxford Brookes Sports Centre. I occasionally pop up at Falcon as it's where my kayak journey began and think it's important not to forget.

ABOUT PADDLE-ABILITY

Paddle-Ability competitions are held at the national regatta's in Nottingham. Race distances involve 200m and 500m in both K1 and K2 and there are no heats just finals. On the water the races are mixed up (boys/girls/men/women/timeband rankings) competing together, however off the water competitors are split into different categories (junior/senior/male/female/timeband and rankings). Times are recorded from each race at each regatta for each competitor to decide their timeband ranking.

Examples (Nottingham September 2014):

- K1 200m – I came 3rd out of 7 in the race doing a time of 80 seconds which equates to timeband Women's C and my timeband ranking is Women's B.
- K1 500m – I came 3rd out of 7 in the race doing a time of 3 minutes and 35 seconds which equates to timeband Women's C and my timeband ranking is Women's C.

MY HIGHLIGHTS

I have a couple of highlights that I like to share. The first is from the British Indoor Kayak Championships back in 2010, I was competing and Rachel Cawthorn who is one of the GB kayakers came and stood at the end of my ergo and cheered me on.

The second highlight is Nottingham September 2014. The weather and conditions were perfect for both days and I achieved more than I expected, with a silver medal for 200 m, a gold medal for 500 m, silver medal for Paddle-Ability Women's C, and the Women's Endeavour Cup.

My achievements in kayaking from 2010 to the present day consist of:

- 1 gold medal at the British Indoor Kayak Championships.
- 6 medals (3 gold and 3 silver) and 1 cup at the National Sprint Championship Regatta in Nottingham.

THANK YOU AND USEFUL LINKS

I would like to say a big thank you for making this season possible to my coach Bob Sutherland, to Shirley Boyt at Wokingham for help with obtaining permission to take the boat to regattas and helping me to organise boat transport, Ollie Harding and Teresa Gregory for transporting the boat, people at Falcon for your cheerleading and support at the weekend, Jo Bates for your help and support and Viv Kendrick for organising the Paddle-Ability competitions.

I have attached a couple of useful links of things I have mentioned in the article.

- KEEN: <http://www.keenoxford.org/>
- The CLEAR unit: <http://www.shs.brookes.ac.uk/clear>

Jo Knowles



Falcon paddler Chris Hagar shows off Falcon's latest Paddle-ability equipment. As always Falcon is at the cutting edge of paddling technology, thanks to some sterling work by Doug.





WHAT IS SPORT ENGLAND'S Satellite Club initiative? And how is Falcon involved?

- A satellite club is a school or other organisation that runs a kayaking club as a Falcon "satellite".
- The satellite school or organisation pays FRCC an annual fee to be recognised as a satellite group. They join Canoe England as a stand-alone club, but their club name includes the word "Falcon".
- Paddlers from the satellite club race as FRCC at all regional, national and international events.
- The satellite club will have its own support structures of coaches and key-players, parents and carers – supported by the host club to NGB and Sport England standards.

Why do we need satellite kayaking clubs in Oxford?

There is unmet demand in Oxford for what we do. Last summer we closed our junior club to newcomers because we were in acute danger of volunteer coach burn-out. Satellite clubs could offer a way of increasing kayaking activity without burning out our volunteers.

What local impact will there be?

- More active lifestyles. More children and young adults will do up to five hours wet and dry activity weekly in Oxford year round
- More coaches. The hub club will be generating its own coaches – including young people choosing that role from the satellite clubs.
- A new boathouse more likely. Satellite clubss will increase the likelihood of a new boathouse to the benefit of all Oxford.

What difference will satellites make to Falcon?

- The development of satellites will allow us to recruit a whole new groups of paddlers without overloading our present volunteers.
- We can make more intense use of our

facilities, because the satellite club(s) will use the same site and equipment at different times from the host club.

- We will be able to increase the number of young people taking to racing or recreational activity or volunteer coaching without core club coach burn-out.
- We can increase the D-boat fleet, with a budget of up to £10,000 for new boats. Satellite clubs will not have access to most of our , but Falcon will have access to the satellite club boats.
- Falcon will increase it's body of volunteers
- Falcon will increase its subscription income
- Falcon will be able to increase it Hasler teams as SC members will paddle at all events as Falcon Canoe Club

PERCEIVED DIFFICULTIES AND THE WAY THEY COULD BE ADDRESSED

Wear and tear on boats

The programme fundraisers will seek funding for new boat purchase up to the sum of £10,000. The satellite club will use our current D boats. Falcon will get new boats for old.

Overcrowding

Satellite clubs will not use Falcon at busy times. Permission will be sought to bring a container on site for to store satellite club boats/ equipment.

Coach burn-out

Satellite clubs will use their own coaches and volunteers within 30 weeks of starting up. Until then they will pay coaches.

FALCON'S ROLE

- Falcon will seek to facilitate paid coaches during the introductory period of the project. [The expectation being that the satellite will generate its own support structure including coaches and helpers over that period].

CLUBS



Cheney Falcon Kayaking Club's first visit.

- Falcon will make its site available for two scheduled periods a week for the satellite club to use our site and built facilities. One afternoon weekday visit and one afternoon or evening weekend visit. With more daytime weekday provision during school holidays by agreement scheduled with FRCC's captains.
- Falcon will cooperate and help with the training of coaches.
- Falcon will establish clear pathways-on to regional, national and international participation.
- Falcon will fund-find for kayaks, a container

and two kayak ergs for use in schools as needed and later as club-based equipment.

OUR FIRST SATELLITE!

Cheney School has received funding of £5,000 from The Oxfordshire Sports Partnership 'Hub Club' programme (August 2014) to buy two kayak ergs and various sundries for their new satellite club.

Peter

LONGRIDGE TRAINING CAMP

MYSELF (FRED HERBERT), TIM MORRIS, Will Alden, Sam Glover and Lucy Hield recently attended a training camp at Longridge Canoe Club. It was a full week of running, gym and of course paddling – a lot of paddling. The training camp was a true eye-opener to some of us. It made us realise just how much work it takes to reach the top, and helped us see why Longridge continue to have paddlers who excel in performance.

During the training camp I believe we all worked very hard, and experienced what it is like to train like a top kayak athlete. With three training sessions a day, the workload felt hard to cope with at points. However, the Falcon paddlers handled it quite well. We quickly learned that running is a vital part of Longridge's training, and they visit the gym a lot during the winter.

A particularly key part of the learning process was the talk from Ivan Lawler (seven-time world champion) on tactics. This showed us that you don't necessarily have to be the fastest paddler in the field in order to win a race. Ivan Lawler was inspiring, and had a lot to teach us.

I think that all the Falcon paddlers who attended the camp came away having learned a lot. I'm sure that we will all be making modifications to our training plans as a result.



Will (photo courtesy Ollie Harding)



Lucy (photo courtesy Ollie Harding)



Timo (photo courtesy Ollie Harding)



Fred (photo courtesy Ollie Harding)



Sam (photo courtesy Ollie Harding)