

FALCON newsletter

Falcon Rowing and Canoeing Club

Issue 11, January 2015

FEBRUARY ISSUE

EGM

AT THE FALCON ANNUAL GENERAL MEETING, it was decided that we should hold an **Extraordinary General Meeting** to decide on two important issues:

- Should Falcon become a Company Limited by Guarantee?
- What should we do next towards either either a new or refurbished boathouse?

These are important issues for the club, so do your best to come along and vote!

The meeting will be held on **Saturday 28 February, 11.30 am** at the **Sea Cadets Hall** next door to Falcon. An email will be sent to all members with more details about the meeting and the issues involved.



CLEANING ANGELS

ON 11 FEBRUARY, STUDENTS FROM CROWDYS HILL SCHOOL spent a long day tidying up, cleaning, mowing and trimming at Falcon, as part of their work experience programme.

Crowdys Hill School is a special school for secondary-aged students with learning and other complex difficulties.

The students did an amazing amount of work around the club. Abandoned clothing was cleared out of changing rooms and left to air on the ergs. Toilets, basins, shower cubicles, changing room floors and the kitchen area were all cleaned thoroughly. Outside, the Cleaning Angels cleared litter and mowed the front of the site and started on the major tasks of trimming the river bank. They finished off by eating a well-earned batch of doughnuts, dough-nated (ouch!) by one of the rowing coaches.

A massive thank-you to all the students for their brilliant work!



LORNA'S LOG



A (BELATED) HAPPY NEW YEAR to all of you! This is a short edition of the *Newsletter* for the rowing side, following on from the rather large December edition. We have reports on Northampton and Bedford, as well as further notices.

As most of you know, I have recently decided to grow up and get a real job. I started on 16 February, and until mid-March I will be working Monday to Friday 9–5. For two months after that, I will be working a random shift pattern (24/7) that I have no control over, my own preferences come in later. This means that I am taking a step back from the day-to-day running of the club. I will remain Captain and continue to run the juniors. However, I won't be coaching all the sessions, and I won't be available to answer emails at the drop of a hat, fix boats where others can't be bothered or generally pick up the slack. The recent sub-committee meeting was really encouraging, and I hope people will continue to step forward to pitch in. If you are able to help out with anything, please do let me know.

See you all on the river soon!

Much love

Lorna

PS: ABINGDON HEAD

As ever, Abingdon Head is one of the major races in Falcon's calendar, and there are many, many crews looking to enter. I therefore need **ALL** crew submissions to reach me by **1 March LATEST**. You don't need the absolute final crew line up, but I need definite intentions so that I can deal with all the blade and boat clashes. Any crews received after 1 March will have to fit around all the other crews, which means I won't be able to guarantee a race/ first choice equipment.

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

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ROWING 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 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	Women's' Head of the River	Tideway
Wed 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.

SUNDAY 8 MARCH

As some of you will be aware, Torpids is rapidly approaching- which means a busy river full of nutcase college crews attempting racing starts in the gut/three abreast/on the wrong side of the river. On the 8th March (Sunday, the day after Torpids when the colleges are all still nursing hangovers), I plan to run a Falcon racing session in the

afternoon. Final arrangements are still to be decided, but essentially it would be a club day- as many crews, and as novice as you like- with timed pieces. This would mean Abingdon crews could practise, novice crews could learn about race plans, coaches could seat race, we could run junior and senior mixed crews and so on.

CLUB SESSIONS (NOVEMBER–APRIL)

Wednesday 4.30–7 pm, High-Performance Juniors
Thursday 6.30 pm, Adult erg, maintenance and cleaning session 7–9 pm, Junior fitness session (MCS)
Friday 4.30–7 pm, High-Performance Juniors
Saturday 8–10 am, Racing crews (in addition to the 10am sessions) 10 am, Whole-club session 10 am–12, 12–2 pm, 2–4 pm, Junior sessions
Sunday 8–10 am, Sunday Morning Heads (approved crews only) 10 am, Whole-club session 10 am–12, 12–2 pm, 2–4 pm, Junior sessions

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



GMC MATTERS

THE FALCON GENERAL MANAGEMENT COMMITTEE (GMC) meets on the first Thursday of every month to discuss various issues affecting the club. Here's another look at some of the issues recently discussed:

- Club finances and allocation of annual funds to the rowing and canoeing sections.
- Membership renewal subscriptions are due now.
- Extraordinary General Meeting (see front page) to be held on Saturday 28 February 2015 at the Sea Cadets Hall next door to Falcon at 11:30am. Items for discussion include plans for new or refurbished boathouse plus changing the club status to a Company Limited by Guarantee.
- Boathouse security and the purchase of personal effects lockers (see below).
- Child protection protocols to be reviewed and updated if required.
- Revamp of website (see below).
- Misuse of buoyancy aids – do not use them as cushions!

WEBSITE

THE FALCON WEBSITE is undergoing a revamp! The new site will be launched soon. As well as updating the general look and feel of the site there will be a number of new features which

we hope will make everyone add it to their favorites list (if not their homepage!) There will be a newsfeed feature, a section where members can upload photos from recent events and a members only section where you can access club documents, GMC minutes etc.

Keep your eyes open for an announcement in the coming weeks and once it's up and running please contribute features to keep the website up to date and relevant.

LOCKERS

We have purchased a set of personal effects lockers with 20 compartments. These are intended for members to place small valuables (wallets, keys, mobiles etc) in while on the river. Each compartment has an individual key attached to a safety pin which can be used to secure the key to an item of clothing, or inside the pocket of a buoyancy aid. Please use the lockers responsibly. When you have finished with them leave the key in the lock for the next person to use and take care not to lose any keys. Falcon has purchased these lockers to help to increase the security of members' belongings but we cannot guarantee their security and will not be held responsible for any losses from them.

As a reminder, no private items (including private boats) kept in the boathouse are covered by club insurance.

The screenshot shows the website for the Falcon Rowing & Canoe Club. At the top left is the club logo, a stylized 'F' in blue and yellow. To its right is the text 'FALCON ROWING & CANOE CLUB'. A search bar is located in the top right corner. Below the logo is a horizontal navigation menu with the following items: Rowing, Canoeing, Club news, About Falcon, Joining Falcon, Calendar, Members area, and Contact us. The main content area features a large photograph of a rowing team on a river. Below the photo is the heading 'ABOUT FALCON' followed by two paragraphs of text. To the right of the main content is a sidebar with three sections: 'QUICK LINKS' containing links for membership renewals, 'NEWS HEADLINES' with a list of recent news items, and 'USER LOGIN' with a text input field for the username.

NORTHAMPTON HEAD, SAT 2 JANUARY

THE QUESTION IS, WHERE DO WE START??

Thirty crews were entered for Northampton Head on Saturday 24th January, and whilst we had high hopes for a good day of racing, I don't think anyone could have anticipated what actually transpired.

Having a jammed trailer wheel at 5.45 am meant that it was touch and go as to whether we would actually make it to the event in time. At 6.40 am, the wheel was finally and we were on our way – albeit a tad behind schedule. On arrival, the trailer came off worst in a fight with a lamp post, and the sterns of two of our boats were left dangling off. We were saved by Northampton RC, who were incredibly kind and lent us two of their boats so that we could still race.

During the day, further incidents occurred. The novice quad, already racing in a Northampton boat, returned to the landing stage because the buttons on their blades had all come loose. Why was this? The night before, the gearing on those blades had all been checked and set. And who was

responsible for doing this? The novice quad! A mistake they are unlikely to make again. It did however mean that our first crew of the day was racing in a Northampton boat with three pairs of Northampton blades.

In Division 2, whilst trying to get into their boat, something they seem to have managed successfully on many previous occasions, Tijs Van Laer and Joe Mullett decided that the water looked like an enticing prospect, and went for a little swim. Rather unfortunately, they had chosen the boat borrowed from Northampton to do it in. However, after a hot shower and several hot chocolates, all was well. Further problems included the new Falcon gazebo, which snapped after being up for approximately 2 hours!

If we turn now to the actual racing, it was Falcon's most successful day ever, with eight (eight!) club wins.

There were wins for Catherine Sage and Rich Ellis in both the Mixed MasC/D Novice doubles and Mixed IM3 doubles. In the first race they set off behind the opposition crew but a poor line on the first bend allowed the Falcon crew to overtake them after about 300m. After that it was a case of maintaining focus through to the



◀ The winning WJ14 double of Emily Tadesse and Cicely LoBreglio.

▼ The winning J15 double of Rory Pearce and Joel Garden.



end. In their second race, which was slightly more blustery, the opposition again took a poor line at the start, which allowed Cath and Rich to steal the lead. Their opponents pulled it back in the latter stages, but Falcon were mainly focused on achieving a quick time.

Mary Heather Crowther, Annabel Crowther, Katja Sauerbier and Elizabeth Cottrell were entered into both the WIM3 fours and WNov quads. With the four up first, they started strongly and maintained a constant pressure down the course. Not only did they to stay ahead of the competition: the gap between the crews steadily increased. Joseph coxed well, steering a great racing line. They ran out winners in the four and took fourth place in the quad.

The juniors had another exceptional day. Leading the way were the J15s, with the double of Joel Garden and Rory Pearce winning the doubles by a mere second from the 'B' crew of Josh Simmons and Martin Benfeghoul. Both crews were well over 30 seconds clear of the third-placed crew. This set them up brilliantly for the quad in the afternoon, which they went on to win by a whopping 76 seconds. They were the fastest Falcon crew of the day,

finishing joint 9th overall and sharing the title as the overall fastest junior crew of the day.

Another exceptional performance came from Gabe Smith in the J14 singles. Only racing against one other crew, he won by 2 minutes and 26 seconds, but more importantly finished in a time that would have won him the J15, J16 and Novice titles. He was the seventh fastest sculler of the day, and also broke into the top 50 overall – a phenomenal achievement!

There were also wins for the WJ14 double of Emily Tadesse and Cicely Lobreglio, the WJ16 double of Millie Powell and Ciara Keown – the first ever win for both of these crews. The J14 quad of Gabe Smith, Aeneas Chapman, Joe Mullett and Tijs Van Laer, coxed by Paula Fuentes, were also victorious. A new junior/coach combination of Ed Podgorski and Adam Stancer took victory in the IM2 doubles.

The most successful person on the day was Joseph Mullett, picking up two pots (as cox of the J15 quad and as a rower in the J14 quad), and a medal (as cox of the WIM3 four), as well as a capsized.

A day probably unlikely to be forgotten...



◀ The winning J15 quad of Josh Simmons, Martin Benfeghoul, Rory Pearce, Joel Garden and Joe Mullett.

▼ The second-placed double of Martin Benfeghoul and Josh Simmons.



BEDFORD FOURS AND EIGHTS HEAD, SUNDAY 15 FEBRUARY

NINE CREWS TOOK PART in Bedford Fours and Eights on Sunday 15 February, including six junior crews and three women's crews.

It was a lovely event, much less eventful than Northampton!

The J15 quad of Tom Hehir (subbing for Josh Simmons), Martin Benfeghoul, Rory Pearce and Joel Garden, coxed by Joe Mullett, built on their success at Northampton and won their event by over a minute.

The two J14 quads had good runs, with the top J14 quad, missing Gabe Smith, finishing fourth. The Novice quad also built strongly on their result at Northampton, finishing second in their event.

The junior girls had an excellent day despite some timekeeping issues! The WIM3 quad of Ellie Bowley, Millie Powell, Ciara Keown and Maddie Morrison unfortunately had to race time only due to their opposition scratching, but finished in a good time and had a great scull. The WNov quad of Paula Fuentes, Emma Haynes, Maisie Watson and Megans Burns finished second of six in their category. The crew have progressed rapidly over the past couple of months, and are seeing some really encouraging results.



The women's Novice quad.

The weekend women took on responsibility for trailering, and also put in some great performances on the water. The WIM3 eight in their first race together had a solid row, building on all the training they've been doing. The two women's novice crews, also racing in their crews for the first time, looked promising for the summer racing season.

Overall, a great day out with some really promising results!



The WIM3 eight in their first race together.

JUNIOR CHRISTMAS EVENTS

ON SATURDAY 13 DECEMBER the juniors enjoyed their annual 'Christmas Pudding Races', consisting of scratch quad racing and lots of food! This year we also ran a competition for the best Christmas jumper, which brought out the sartorially challenged members of the junior squad (and coaching team). Despite the cold, great racing was had by all.

The racing was followed the next Saturday by the Junior Christmas Party. Both events had a great turn-out of around 30 juniors.

THE ERG ROOM

THERE WAS A RATHER UNPLEASANT INCIDENT at the club a couple of weeks ago. I came down to the club to run the junior erg session, and the juniors discovered animal (almost certainly dog) faeces all over the erg room floor. Someone had then walked in the mess, and scraped their shoes on the ergs to wipe it off their feet. As a result, I had to spend an hour cleaning and disinfecting the floor and the ergs.

As a club member, I am sure that you would not wish to have to clean up animal excrement before being able to do a session! This is a general plea to all club members – *please* keep dogs supervised at the club. If they do leave a mess, make sure it gets cleaned up. I think it's best that we don't even start on the person that scraped it on the ergs...

BLADES

AS YOU ALL KNOW, FINDING THE RIGHT BLADES is quite a difficult task. We have therefore simplified the process of labelling blades, and will be updating them shortly. All club members are invited to come down on **Sunday 8 March** to help change the blades and to learn how and why we set them as we do. The subcommittee have also approved the purchase of 8 new pairs of sculling blades.

All blades, regardless of where they go, will have one line of tape just below the collar (the pink bit) denoting the length of the blade. Club blades are not to be changed under ANY circumstances. Doing so will just disrupt everything and ultimately affect everyone.

- BLUE TAPE: 288/88. Suitable for older male juniors and men.
- WHITE TAPE: 286/87. This the default blade setting for female juniors over J16 and all women, and therefore the majority of the crokers will be set to this. They will be suitable for singles, doubles and quads.
- BLACK TAPE: 285/87. These are suitable for younger juniors and novice women in small boats.
- YELLOW TAPE: 285/88. These are suitable for younger juniors and novice women in small boats.

All you need to do to ensure that your crew has the correct blades is to make sure you all have the same colour tape below the collar.

A cracking selection of jumpers at the Christmas Pudding Races.





NICK'S LOG

Hello again –

We've had a few icy weeks on the river, but a bit of cold and frostbite doesn't seem to deter Falcon paddlers. Fortunately the river level has been much better than last year – not so many red flag flood warnings – so water-based training sessions haven't been so badly affected.

We've also been busy away from the river, with the circuit training sessions continuing to be well-attended, and many people taking advantage of the warm swimming pool water to practice capsize and rescue techniques. If you haven't been along to any pool sessions please check with Doug or me to see if there are spaces left for the rest of February or March.

2015 promises to be a very busy year at Falcon. The lead-up to Devizes to Westminster has started, with the series of Waterside and Thameside races. It all culminates with the DW itself, over the Easter weekend. We had some great results at Waterside A – well done to everyone who took part and especially to those who got on the podium

The Hasler and Sprint race seasons kick off (or re-start) in April/May and when the clocks change we will see the re-emergence of our weekly time trials and midweek evening sessions. Our Midsummer Hasler is actually on Midsummer's day this year – 21st June and at the end of the Summer we will be co-hosting the Hasler finals from St Edward's boathouse in Wolvercote overlooking Port Meadow.

So plenty to look forward to, goals to be set, training to be done. See you on the water!

Best wishes

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.

CHRISTMAS REMINDERS

REMEMBER CHRISTMAS? The last *Newsletter* came out just before Christmas, so we didn't report on the Falcon Christmas dinner, the kayakers' Christmas Eve paddle, and other festive events. As a small remainder (and maybe to slightly embarrass a few people!), here are a few photos as Christmas reminders.

Love the hats, boys...



Surely Christmas jumper of the year (it has lights!)
Scrooge of the year on the right.



Rob Sibley's amazing kayaker Christmas cake.

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ADULTS & JUNIORS

Day	Time	Group	Coaches/Notes
Saturday	09:00	Div 9+	Nick, Roger. Contact Nick or Roger to join
	09:00	Divs 5-8	Jason
	10:00	Divs 3-6	Cath
	10:30	Lightnings	Jeremy, Lucy P
	10:30	Divs 7-9	Jen, Andy, Oli, Nick B, Roger
Sunday	10:00	Everyone	10K timetrial or other session: Jo, Dan. Improvers: Andy
Every other Sunday: 22 Feb, 1 Mar, 15 Mar, 29 Mar	09:00 and 10:00	Everyone	Pool sessions on skills/safety. Doug, Nick
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: Dan
	17:30-19:30	Everyone	Circuits: Dan, Jo
Wednesday	07:00	Div 8 & quicker	Interval training. Not coached Contact Jen if you want to join
	17:30-19:30	Everyone	Circuits: Jo, Dan
Friday	07:00	Div 8 & quicker	Interval training. Not coached Contact Andy if you want to join

KEEP IN TOUCH

Twitter: @Falcon_Rowing

Web: www.falconrcc.co.uk;

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

Captain:
n_barnett@btconnect.com

Race captain:
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Falcon Kayaking

2015 – so far!

KAYAK POOL SESSIONS

AS USUAL WE HAVE BOOKED a series of pool sessions between Christmas and Easter. These sessions are open to all and are a good place to gain confidence in boat skills, play some games and learn what to do if you capsize or are being rescued. There's no fee for the sessions, you just need to bring your swimming gear and other clothes you'd usually wear when kayaking.

Ideally we would like all our paddlers to attend a pool session at some point even if it's just as a refresher as to the best way to empty a waterlogged boat. We'd especially like to see new junior members come along.

The pool sessions are held on Sunday mornings at Brookes University swimming pool at Harcourt Hill, Botley starting at 9:00am and finishing at 11:30am. If you're interested please contact Doug or Nick B to book a place.

KAYAK CIRCUIT TRAINING

THE EVER-POPULAR KAYAK circuit training sessions are continuing on Tuesday and Thursday evenings at the Sea Cadet Hall next to Falcon boathouse. These sessions are for juniors and adults and an ideal way to get/keep fit and work on that core strength. Sessions start at 5:30pm but don't worry if you're a bit late, they go on until 7pm, and are followed by a run. The sessions really are for anyone, at any level of fitness. It's all about self-improvement, not comparing yourself against others. If you're not sure or would like further information please speak to Dan, Jo or Nick.

WATERSIDES, THAMESIDES, THE DW

FALCON HAD GREAT SUCCESS in the first of the races that lead up to the Devizes to Westminster race at Easter (see race report on page 00) – and there are plenty races more to come, each one longer than the last! Waterside B (see events table for details) is on Sunday 22 February. Waterside C is 2 weeks later

on 8 March, and Waterside D on 22 March.

There is also the second Thameside race (Jo recommends this one!) on 1 March. The DW itself – 125 miles long, with 77 portages – is on the Easter weekend, 3 to 6 April.

FALCON COURSES

THE SUMMER KAYAKING SCHEDULE is still taking shape, but there are some courses already in place. If you know anyone who wants to start kayaking, either juniors or adults, there are a series of Beginner Paddlesports Courses over the Easter weekend (7 to 10 April). There are three courses for juniors and three for adults, costing either £60 (short course) or £120 (long course). See the events table for more details. Anyone who is interested should contact Doug.

There are also plans for four adult beginner/improver kayaking weekends between April and July. The first one is an 8-hour course over the weekend of 24 and 25 April. If you are an improver interested in developing the skills needed for BCU 2-star, contact Andy.

HASLERS!

HASLERS ARE MARATHON kayaking races over distances of 4, 8 or 12 miles, depending on the division you compete in. There are 9 divisions in total: Divs 1 to 3 paddle 12 miles, Divs 4 to 6 do 8 miles, and Divs 7 to 9 paddle 4 miles. Which division you paddle in depends on how fast you are. Most people start out in Div 9 and get promoted as their paddling speed increases. Falcon is in the Southern region for Haslers, and all the races are fairly local.

Midsummer Hasler

This year the Falcon Midsummer Hasler marathon race will actually be on Midsummers day! Put the date in your diaries now and start your training whether that's race preparation or perfecting the finer points of cake baking! We will need the usual team effort to make this another success!

Date	Event	Details
February		
Sun 23	Waterside B	Start and finish Newbury 17½ miles, 19 portages
March		
Sun 1	Thameside 2	Reading to Marlow 19 miles, 8 portages
Sun 8	Waterside C	Pewsey Wharf to Newbury 23 miles, 35 portages
Sun 22	Waterside D	Devizes to Newbury 34 miles, 35 portages
April		
3–6	Devizes to Westminster	Devizes to Westminster 125 miles, 77 portages
11–12	Sprint regatta	National sprint regatta, Nottingham
May		
Sun 3	Marathon	Marathon assessment race, Elmbridge K1
9–10	Sprint regatta	National sprint regatta, Nottingham
Sun 17	Hasler: Basingstoke	
Sun 17	Marathon	Marathon assessment race, Norwich K2
Sun 24	Hasler: Reading	
Sun 31	Marathon	Marathon assessment race, Chester K1
June		
6–7	Sprint regatta	National sprint regatta, Nottingham
Sun 14	Marathon	Marathon assessment race, Burton K1
Sun 21	Hasler: FALCON	
July		
4–5	Sprint regatta	National sprint regatta, Nottingham
Sun 12	Hasler: Wokingham	
Sun 19	Hasler: Southampton	
August		
22–23	Marathon	National Marathon Championships, Norwich
Sun 30	Hasler: Longridge	
September		
5–6	Sprint regatta	National sprint regatta, Nottingham
Sun 13	Hasler: Pangbourne	
Sun 20	Hasler: Wolvercote	HASLER FINALS, run jointly by Falcon and Banbury
October		
Sun 25	Hasler: Banbury	

Course title	Dates/length	Time/cost
Easter courses		
Junior Beginners	Tue/Wed 7/8 April (6 hr)	10 am–1 pm, £60
Junior Beginners	Thur/Fri 9/10 April (6 hr)	10 am–1 pm, £60
Junior Beginners	Tue–Fri 7–10 April (12 hr)	10 am–1 pm, £120
Adult Beginners	Tue/Wed 7/8 April (6 hr)	10 am–1 pm, £60
Adult Beginners	Thur/Fri 9/10 April (6 hr)	10 am–1 pm, £60
Adult Beginners	Tue–Fri 7–10 April (12 hr)	10 am–1 pm, £120
Weekend beginner/improver courses		
Adult 1-star/ towards 2-star	Sat/Sun 25/26 April (8 hr) TBC	2–5 pm Sat 10–4 pm Sun, £80 TBC
Adult 1-star/ towards 2-star	Sat/Sun 21/22 May (8 hr) TBC	2–5 pm Sat 10–4 pm Sun, £80 TBC
Adult 1-star/ towards 2-star	Sat/Sun 27/28 June (8 hr) TBC	2–5 pm Sat 10–4 pm Sun, £80 TBC
Adult 1-star/ towards 2-star	Sat/Sun 25/26 July (8 hr) TBC	2–5 pm Sat 10–4 pm Sun, £80 TBC

A canoe rescue at one of the swimming pool sessions.



HASLER FINALS

Falcon has agreed to co-host the 2015 Kayak Hasler Finals together with Banbury Canoe Club. This is a first for Falcon and promises to be one of the highlights of our 2015 race calendar. The Finals will be based at St Edward's boathouse in Wolvercote overlooking Port Meadow on Sunday 20th September. We will be looking for people to help during the preparation for the race and on the day. Please let Jo Bates and Nick B know if you're able to help.

SPRINTS!

AS THE NAME SUGGESTS, SPRINTS are a lot shorter than marathon races. The sprint distances are 200 m, 500 m and 1000 m. The sprint regattas happen every month between April and September. See the Events table for full details.

WATERSIDE A – GREAT RESULTS FOR FALCON!

THERE WERE SOME VERY GOOD RESULTS for Falcon paddlers at the Waterside A race on Sunday 8 February. It is the 1st of the DW preparation races, but at "just" 13 miles long (with 21 portages!) it is popular with non-DWers too.

Junior men's K1:

- David 1st
- Sam 2nd (4 seconds behind)
- Fred 12th (very encouraging in his first race back after a shoulder injury).

Junior men's K2:

- Timo & Josh (Wey) 2nd

Junior women's K2:

- Emma and Kate 3rd

Junior/Vet K2:

- Dan and Lucy 2nd

Mixed K2:

- Madi and George 5th

Senior men's K2:

- Mark and David 21st

Senior men's K1:

- Tom 17th

♥ VALENTINE'S POP-UP CAFÉ ♥

THIS YEAR, VALENTINE'S

DAY was on a Saturday. So Karen, Elaine and other members of the Pop-up Café team put together an amazing collection of extravagant cakes, Love Hearts and other Valentine's treats. Everything (except for the mini tubes of Love Hearts) sold out by the end of the morning, So are Falcon members a bunch of romantics? It's possible. But I suspect that very few valentine's cakes actually got given to loved ones. They were mostly scoffed on the spot by hungry punters.

Karen and Elaine with their wonderful selection of Valentine's Day wares.



Paddling in East Greenland

I DON'T HAVE MUCH KAYAKING experience: just a 1-Star certificate (from an Adult Beginner's course at Falcon), the odd session at Falcon and some paddling on the Beaulieu River. So going off to brave the ice in Greenland might have been a bit mad. But it worked – and how!

My wife Mary and I have been sailing in smallish cruising yachts since we met some 50 years ago. More recently we have joined parties in bigger yachts to go to less accessible places: south to South Georgia and Tierra del Fuego. For a 2014 change we went north, on a yacht going to Greenland from Iceland. As it carried kayaks for paddling in the sheltered fjords on the east coast a crash course in kayaking was needed. The friendly Falcon facilities were just fine.

We flew to Iceland at the end of July some days before the trip started and had an introductory paddle or two in Isafjordur, on the north west coast. There we boarded the yacht *Aurora*, with skipper Siggı (Sigurdur Jonsson), his son Haukur, and an international group of people: a Finn as mate, an Inuit, another Brit, an Aussie, two Americans and two Norwegians.

The 36-hour crossing of the Denmark Strait

in mercifully moderate weather took us to a remote un-named fjord on Greenland's East coast. At that time of the year a large anticyclone forms over the Greenland ice cap bringing still air and sunshine every day. Superb scenes of mountains, glaciers and icebergs were reflected on the calm surfaces of the fjords. A wonderful place!

Almost immediately we chased a polar bear in circles as we tried to get photos. Sometimes it is good to be in a large, safe vessel. It felt a bit more tense later when we were met by a polar bear in the water as we were kayaking. We didn't stop to take *its* picture!

We went southward along the Forbidden Coast, anchoring in fjords for the night when the ice would let us in. In the fjords the routine was for us to form two groups, for walking in the mountains and another for kayaking. I always chose kayaking.

After towing the kayaks to a nearby 'beach' we would launch from the shore and explore the fjord, with its icebergs. A shelving patch of shoreline would be used to beach the boats and have a lunch break before paddling back to *Aurora*. The round trip might be about 20 km. We had two single kayaks and two doubles. I

The *Aurora* off the East Greenland coast.





usually sat in front in a double, doing the work. The local style of paddling was very relaxed, not a bit like Falcon's racers. I would get protests like "You're in power mode again!".

Eventually we had to leave *Aurora* and our new friends but we stayed on for a few more days in Tasiilak, the larger of the two towns in East Greenland, for some more conventional touring then flew back home.

After having such a wonderful time in Greenland, we have booked a similar trip in March, but in the Antarctic. We will join the boat in Antarctica, do some exploring there, then sail back to Argentina at the end of the season.

In the meantime I have bought myself a new sea/touring kayak, and Mary and I have been getting in more paddling practice at Falcon.

Norman Gregory



Tasiilak, our last port of call.



Timo and Josh on their way to victory in the Canal Challenge.



THE CANAL CIRCUIT is 18 km/11 miles of paddling, with 7 portages, starting and ending at Falcon. It's a good training route for crews training for Watersides, Thamesides or the DW; in fact, it's great endurance training for anyone. It's most often used for winter training: in the summer people tend to concentrate on improving sprint performance. This year there have been two notable canal circuit trips.

CANAL CHALLENGE

ON 23 NOVEMBER Falcon ran a trial event, the Canal Challenge, for K2 crews from Falcon and Banbury. The plan is to expand the event in 2015, opening it up to other clubs in the region.

There were 22 boats on the starting line, and no retirees. Conditions were pretty poor: rainy, misty and cold for most of the race. Despite this nearly all the crews finished in under 2 hours, a very respectable time for a canal circuit. The winning crew were Timo Morris and Josh Westwood (from Wey), with Thomas Leising and Jamie Wedlake second, and Sam Glover and David Stubbs third.

In spite of the weather, the Canal Challenge was definitely a great success. Let's hope it becomes a fixture in the Falcon calendar!

TEAM	DIVS	TIME
Timo Morris/Josh Westwood	2/2	1:27:48
Thomas Leising/James Wedlake	3/3	1:28:21
Sam Glover/David Stubbs	2/2	1:34:50
Billy Butler/Nick Kay	2/4	1:37:42
Alice Murphy/Sam Jones	3/5	1:43:32
Isla Johnson/Max Harper	5/4	1:43:39
Annelies Flack/Andy Flack	5/4	1:43:43
Arthur Urquhart/William McCracken	3/5	1:43:55
Joe Peterson/Robin Flack	2/4	1:44:00
Matt Pickin/Rachel Bennett	6/6	1:44:41
Jason Bennett/Maria Musgaard	4/8	1:47:11
Alan Archondakis/Ian Robson	5/7	1:48:57
Roger Tritton/ Rob Sibley	6/8	1:49:05
Morten Lidegaard/Trevor du Plooy	6/7	1:51:06
Seiko Makino/Chris Booth	7/6	1:51:21
Lucy Hield/Kate Clark	4/4	1:51:35
Chris Hills/Ray Pearce	6/6	1:52:15
Nick Herbert/Becci Morris	5/8	1:55:13
Nick Barnett/David Waters	4/9	1:55:30
Annie Webster/ Andy Solway	7/6	1:56:47
Jess Long/Sophie Long	5/7	1:57:27
Jess Knight/Julian Knight	7/7	2:13:29

THE CANAL

NEW YEAR'S EVE ON ICE

SOMEONE WAS SUPPOSED to write an account of this canal trip (they know who they are!), but I never received it. So we just have a couple of photos and some notes from someone who wasn't there (me)...

On New Year's Eve, Jen organised a canal circuit, leaving from Falcon at 10 am. I didn't go (can't remember why: maybe I wanted a lie-in), but at about 2 pm I cycled past Falcon on my way to somewhere else. I looked down from the bridge towards the club, and there was a knot of people standing on the landing stage. I was curious, so I went down to see what was going on. It seemed that the group doing the canal circuit still hadn't arrived back at the club.

Before we began to get really worried, a text came through from Jen to say they were on the final stretch of the trip. They arrived a few minutes later, about 4 hours and 20 minutes after setting out! Had someone fallen in? Been injured? No – the problem was ice. Large sections of the canal were frozen, so everyone had to portage long sections of the trip.

Bit of a tricky portage here...



The whole group were in great spirits despite the mammoth paddle. Not record-breaking times, but definitely a trip to remember!

This section was icy but passable, but in some places the ice on the canal was too thick to break.



CIRCUIT

CHENEY FALCON ROWING CLUB PAGES

Newsletter February 2015 From Dr John Forster

WITH FALCON SATELLITE STATUS SINCE 2011, we all continue to help eager young Cheney pupils enjoy rowing and watersport, giving them an opportunity not yet available to most state school pupils in UK. After a few years introduction to watersports in our Cheney Falcon club, most talented rowing pupils are transferring to be active with more advanced crews at Falcon RCC, Hinksey SS and CORC, where they can have many outings each week and more racing. Many medals have been won by these Cheney pupils in the last two years.

On 7 December 2014, Monmouth Christmas Head of the River Wye gave us a special day out, 75 miles West of Oxford into the Welsh Hills. Head Coach Christy was Falcon-trailer driver (with trailer-mate DocJohn) and regatta captain on the day, helping us to perform to our best, backed by the famous family fan club of supporters. Christy also coxed our Buzzard quad in the afternoon race, so that Captain Katherine could drive home with mum, to work on her A-levels.



Launch of the CFRC quad on Wye at the Monmouth Head of River.



CFRC expedition to Wales with three crews and families, after a great day out at Monmouth Head of the River Wye.



CFRC's two CFRC Captains Katherine and Ella are practicing hard on the water and indoors, being most helpful with their energetic coaching of younger pupils. Photo shows them racing strongly at Monmouth in the fast Falcon Peregrine double boat.



Happy cheering parents of rowers in the three racing crews were also proactive in launching boats, minding boots and blades etc.



Brave Year 7 J12 novice scullers Seb and Jago were pleased to ride the fast stream in their first ever race, cheered on by their families and coaches.

The racing was downstream for 2250 metres on the fast River Wye, with supporters enjoying the sunny rural towpath in the wooded valley.

Invaluable volunteer Falcon coaches benefit from our efficient **Head Coach Christy Job**, who designs detailed, demanding training programmes (mainly Indoors this winter!), which continue to attract students and develop better technique and commitment for young indoor and river rowers

From the CFRC after-school Monday sessions, (indoor rowing, core work and work in the re-equipped new machine gym), the most committed pupils will win places in the River Rowers Squad of about 30 scullers.

Cheney Rowing/Watersports Lead **Connie Spoor** is organizing and administering many activities, and is working to train and encourage potential coaches. Connie is also working with **Phil Rees**, (Head of PE), introducing and recruiting

pupils to our sport during PE lessons on 11 ERGs; (but more rowing machines are wanted here £££). A new Enrichment programme where a dozen pupils take part in a term of watersports is bringing in new talent to the club.

Several senior pupil rowers are coming to practices as junior coaches and role models. The young club members are benefiting also from two inspiring Outreach Coaches, Jo and Heather from Oxford University Boat Club who help with coaching on Wednesdays.

School says that the exciting watersports club development is part of Cheney's commitment to achieve sporting excellence by offering our students a wide variety of learning opportunities.

We here acknowledge gratefully Falcon rower and parent **Dr Zena Forster**, who was a leading founder of CFRC in early 2011 and has given many days each month to organizing and funding the club so well. She has had to resign (needing more time for her writing career) as Chair to the club, handing over more responsibilities to the school, particularly the Rowing Lead member of staff (this year Connie Spoor for 3 days each week). Though volunteer coaches and parent committee members are vital to continue the development and fundraising for this imaginative new after-school club that will give so many new pupils a rare chance to start brilliant and healthy water sport now and for their sporting lives.

Zena and Jutta will continue to scull and help with coaching at CFRC on Wednesdays this year.

Falcon's **Ali Grunewald** is another valuable supporter and link with FRCC and helps coaching indoors on Mondays. Another volunteer will always be welcome to our friendly team, if any reader would like to join us in some small way?



Not surprisingly in winter, again the angry Isis has kept us off the river for several weeks. We are praying for less rain than last year; so that we can all enjoy superb weather and fine sunsets on Isis for our Spring Wednesdays at Falcon Boathouse.



CFRC's coaches go for a scull before the Wednesday session on the Isis, 11 December 2014.

More about CFRC

Club activities are recorded colourfully with albums of photos on our Facebook Page Posts and on the website: www.cheneyfalcon.co.uk.

EVENTS

We are limited currently to a few agreed indoor events and regattas. Next, all are looking forward to CFRC crews entering the following Rowing Regattas and Indoor Championships for 2015 Season

Wheatley Park School Inter-School Indoor Rowing

Tuesday 10 February 2015 4pm to 5:30pm

Isis Winter League E 22 February 2015

<http://www.ourcs.org.uk/racing/IWL/2014-15/index>

National Junior Indoor Rowing Championships

Friday 27 March 2015 London

<http://www.londonyouthrowing.com/njirc/>

Ball Cup South

Sunday 10 May at Dorney, Eton

<http://www.ballcupsouth.org.uk>

2015 Canoe Sprint & Marathon Handbook



The cover of the 2015 Canoe Sprint and Marathon handbook.
Recognise any of the paddlers?