

FLATWATER NEWSLETTER JUNE 2009

MARATHON WORLD CUP AND JUNE REGATTA

This issue sees the first Marathon World Cup in Copenhagen just completed and the previous weekend seeing the June regatta at HPP. Both suffered from the weather but it seems that those in Copenhagen might have been the luckier of the two even though many suffered Trench Foot.

The weather impact for the regatta meant that surfing was the main skill required with a following wind to go with the rain. Here we are in jolly June with temperatures and rain more akin to April. The weather men said at the beginning of the year we could get out the BBQ. Obviously this was only to wash out last year's remains and they were more of the marinade type than burnt.

If anyone likes to send me a report of the coming regattas they would be a useful addition to the next edition.

The Thursday and Friday in Copenhagen saw torrential rain and strong winds. Thankfully the rain abated for the race days but the wind was very strong down the far end of the course and materially affected the racing.

There was only a small entry for the WC even so there were 15 nations. Notable absentees were Germany and Hungary. Bearing in mind the geographical location this was a bit disappointing. With school exams, the expectation of a low entry in the junior classes and a reduced budget available for this year's internationals the selectors decided on a seniors only team. The course at Copenhagen is Lake Bagsvaerd. This is a small lake just over 2,000m long and about 400m wide. It is surrounded by a park of trees and paths that are used by the locals for running and dog walking with a strong emphasis on conservation. It was home to many sorts of birds including the novelty of a cuckoo with a stutter. In the early morning it could be heard as part of the dawn chorus. "Cu Cu Cuckoo" it went, with some monotony.

The park is owned and run by the municipality and this was the cause of some considerable difficulty on the part of the organisers. The organisers could do nothing, any work had to be carried out by the operators of the park. The main man there was really helpful but was obviously hindered by officialdom. The arrangements for the portage were not ideal but it did not seem to hinder the paddlers unduly.

The wind down the far end of the lake was very strong and with the course that was laid out there was a section where paddling was with a side slop. This caused a number of capsizes notably the Polish K2 of Barbara Przybyliska and Katarzyna Wrobel. This was all the more significant as Barbara had won the Ladies K1 the day before by an enormous margin of about 1,000m. It was expected they would probably win the K2 as well but with this disaster a double was not to be.

Another capsize was that of Tim Pendle and John Simmons when John was forcibly ejected from his cockpit by an unfriendly Spaniard who no doubt had decided that this upstart GB crew should not be in the lead group or anywhere near for that matter. There were two small redeeming features to this in that for the rest of the race Tim and John paddled very strongly with a pace that matched the winners and even gained on them near the end. The other was that the attacking Spanish crew who were third for much of the race died big time!

John Sawyer had paddled a really good K1 the day before being in the lead group for much of the race before being dropped. Tims K1 was disappointing but as he commented, they do go quite fast at the front.

Roy Fieldus and Robin Williams enjoyed a good race with a creditable finish well in the middle of the field.

Likewise John Sawyer and Robert Beer. John seemed to be feeling the effects of the previous day.

The low entry is a topic that is being considered by the ICF as is the whole calendar.

Elmbridge Assessment

There is a change to the Marathon Assessment race programme as aspirants can now compete at Elmbridge on August 22nd. It seems there were a number of crossed wires over the dates needed to allow all paddlers to be available for selection and this change should accommodate all those who want to be considered.

Marathon Levy

From 1st September 2009 the levy for all marathon races is to be increased for the first time since God was in short trousers. At least it seems like that. The levy for seniors goes up to £2.00 and Juniors to £1.00.

Marathon National Championships

Worcester has agreed to hold the Nationals in 2011, which means that a venue is needed for 2010. Any club willing to do this please would they contact the Chairman Brian Gandy.

5,000M Racing

The MRC have agreed that a regional 5K competition in the quiet months of the summer, with a final possibly held at the September regatta, would be worth trying. Sue Hawthorn is going to draft some outline rules and the idea will be raised for discussion at the Marathon ACM.

Hasler Points

Rule 32(b) of the Marathon rules will be rewritten to allow all those racing in division 1,2 and 3 to score Hasler points.

Marathon ACM and Committee

For the Annual Consultative Meeting those members of the existing committee due to end their current term have agreed to continue with the exception of Steve Harris so there is one vacancy. Sue Hawthorn who is currently a co-opted member is willing to stand for election but other nominations should be sent to the secretary. If you want to have a say in how the discipline is run then get yourself nominated and seconded and send this to the secretary, Di Bates. The address is in the Flatwater Yearbook

Poznan Senior World Cup 2009

Report by Alan Williams

The World Cup in Poznan was a high quality international with 40 nations taking part. This was the second world cup of the season but GBR did not take part in the first. The team were therefore quite eager to race at their first 2009 international.

Flights were from London Stanstead direct to Poznan. The flights took less than 90 minutes which was great and the transfer to the hotel taking around the same time. Ryanair have reduced their luggage allowance to 15 kilos for hold baggage and 10 kilos for hand baggage. Check in at Stanstead is now only available through the automated terminals. After check in you go to the baggage drop off and get retruned on the auto check in machines if your baggage is overweight. This makes it quite difficult to check in paddles etc.

The team stayed in the Park hotel which is on the side of the regatta course and about 10 minutes walk to the boat sheds. This means that athletes can walk down to the course at any time of day and there is no need to wait for transport.

We had a team of 22 athletes 10 women and 10 kayaks and 2 canoes that were entered in 13 events. The World Cup programme in Poznan was again different. On Friday we had heats for the 500m in the morning followed by heats for the 1000m in the afternoon. This year the LK4 500 which is normally run in the men's 1000m programme was together in the 500m programme. This made it almost impossible to double women in the K1 and K4. On Saturday they ran the Semi Finals for the 500m followed by semi finals for the 1000m events and then ran the 500m finals. On Sunday we had 1000m finals in the morning and then 5000m long distance races in the afternoon. There were no 200m races!

Unfortunately this programme was only published 2 weeks before the competition by which time we had already committed to return flights on Monday.

The organisation of the regatta was very good. Some of the B finals scheduled for Saturday afternoon were rescheduled for Sunday Morning due to windy conditions. This did not affect any of the GBR boats.

On Friday all of the GBR boats progressed through the heats to semi finals and the Women's K4 went direct to the final.

On Saturday the weather was not so good. It was windy all day with gust varying from 3-6m second. The wind was from the west (a tail wind) but the water was too rough to record really fast times.

The young LK4 had a good race in their semi final finishing ahead of NOR, ROM, CHN, CAN. Their best time was 1.38 which was good for their first high level international.

Following this came the K1 500 semi finals. Ed Mckeever was having a great race just half a length down on Adam Van Koeverden and well clear of the rest of the field when he capsized just 50m from the finish.

Ben and Jon had a reasonable heat but then suffered boat problems in the men's K2 500 semi finals and went out of the competition.

We had three boats in the 500m finals. The Women's K4 finish in 5th place (there were two GER boats) less than a second of the medals. Rachel Cawthorn had a terrific race coming through strongly to take the silver medal right on the line. Lani and Lucy followed shortly after and also finished strongly to snatch the Bronze medal.

In the 1000m events J Boyton had a 3 solid race finishing with two runs at 3.36 John Finished 4th in the C final. Matt and James both made it to the B final in the C1 1000 finishing in 6th and 7th position. The Star of the 1000m races was Rachel who raced her final brilliantly to take the gold medal. Ed Cox and Ed Rutherford had a great regatta, they were 5th in the semi final just a few tenths from qualifying for the A final. In the B final they raced really well finishing 4th in a time of 3.17.27. The Men's K4 competition was really tough. Our boat had a solid heat breaking the 3 minute barrier for the second time. In the semi final they had a bad lane draw on a very rough course and did go on to the final. Racing was abandoned shortly after their race.

The team also placed some late entries in the 5000m events. Paul Wycherley and Stuart Hasting raced in the MK1 5000 finishing 7th and 15th respectively.

In the Women's K1 5000m GBR won Gold and Silver with Lani Belcher taking the Gold closely followed by Louisa Sawyer's taking the Silver.

Results from the team are attached. The team performed well finishing 7th overall in the point table and 4th in the medal table. Our women's squad finished second overall with GER taking the first place and Poland taking third. This put them ahead of large team from CHN, AUS, and CAN.

Number of Nations		40 Nations					
Fri: The weather was warm approx 19C with a tail/cross wind about 3 m/sec							
Saturday: The weather was wet and windy 14c-18c with a tail wind 3-6 m/sec							
Sunday: The weather was warm 20c – 22c with a light tail wind 1 m/sec							
Name	Event	Heat	Semi Final	Final	Winner	Time	Place
J Boyton	K1 1000	2 nd 3.37.05	6 th 3.41.46	C 3.37.11	GER	3.29.85	22/38
M Lawrence	C1 1000	4 th 4.04.65	5 th 4.06.76	B 6th 4.03.70	UBZ	3.55.26	15-32
J Train	C1 1000	5 th 4.07.20	5 th 4.10.64	B 7th 4.04.56			16-32
R Cawthorn	WK1 1000	2 nd 4.07.73	3 rd 4.06.86	A 1st 3.55.57	GBR	3.55.57	1-29
	C2 1000				BLR	3.36.77	
E Cox / E Rutherford	K2 1000	2 nd 3.21.88	5 th 3.20.55	B 4th 3.17.27	GER	3.14.38	13-28
B Farrell / A Daniels P Wycherley / S Hastings	K4 1000	7 th 2.59.96	8 th 3.01.98		GER	2.55.50	17-18
Ed Mckeever	K1 500	1 st 1.40.99	Capsized		FRA	1.40.29	
R Cawthorn	LK1 500	1 st 1.52.33	1 st 1.56.07	A 2nd 1.56.65	GER	1.54.54	2-23
J Train	C1 500	5 th 1.56.28	7 th 1.57.37		GER	1.51.96	19-29
L Belcher / L Wainwright	LK2 500	2 nd 1.45.01	1 st 1.44.52	A 3rd 1.45.29	GER	1.43.31	3-23
B Brown / J Schofield	K2 500	3 rd 1.33.56	8 th 1.43.09		BLR	1.30.74	32-38

		1.33.56	1.43.09				
J Walker / H Mason L Sawers / L Wainwright	WK4 500	3 rd 1.35.99	Direct	A 5th 1.36.74	GER	1.33.79	5-16
A Edmonds / J Hawkey A Hannah / V Towers	WK4 500	6 th 1.38.79	5 th 1.40.26				13-16
P Wycherley	K1 5000						7 th
S Hastings							15 th
L Belcher							1 st
L Sawers							2nd

Anna Hemmings

The six times Marathon World Champion and double Olympic paddler has decided it is time to hang up her international paddles and settle down to married life. Her fame is such that it is her picture that is on the front page of the ICF Marathon website.

We wish her well and hope sincerely that she will be able to find time to pass on her experience and knowledge to youngsters following in her footsteps.

Sella Entries

Entries for this year race should be sent to Andy Goodsell at BCU HQ in Bingham.

European Marathon Championships – Ostrada - Poland

These championships take place at the end of July for those wanting to support the GB team. Unlike Gdansk it is a small town of about 30,000 and does not seem to suffer the same security problems experienced by those going to Gdansk some years ago. Going by car and caravan however does not seem to be such a good idea as the rest of Poland does seem to be a bit difficult in places.

The Interview - John Anderson – Making a Significant Difference

As part of an ongoing series which started with the last issue, John Anderson is the next victim and below is what came out of the conversation he had with the editor.

As the BCU Director of the World Class Performance Programme, since it was created in 1997, John Anderson has probably had more influence on Sprint and Slalom GB athletes, coaches and results than any other single person.

The Performance Department of the BCU was started with funding from the National Lottery and is overseen not only by the Board of the BCU but by UK Sport as well. Contrary to popular belief at the time the department started, the way the funding was to be spent was closely controlled by UK Sport and indeed this remains the same today.

Now 52, John started his canoeing at the age of 10 in his native town of Ayr in Scotland with the Sea Scouts. Those of you who know the place will be aware that the town is on the Scottish West coast with some of the most beautiful scenery in the UK. As an aside it is also the home of Marianne and Alistair Wilson of Lendal Paddle fame, both ex sprint Olympians.

A wooden and canvas sea touring boat was his first and self built canoe and this increased enthusiasm for the sport and membership of Irvine Canoe Club followed. A desire for white water canoeing led to Downriver Racing competition and throughout his competitive paddling life this was John's favourite discipline. Indeed he was a member of the GB squad from 1979 and competed for the GB Team in the early 1980's.

Helping others to improve their skills and to succeed in Canoeing has always been a passion for John and he moved easily from competing to coaching. In 1989 he took up the position as National Coach to the GB Junior Downriver Squad and from 1989 to 1997 he coached many young athletes at home and abroad. John coached and managed the Junior Team at four World Championships events as well as all the other major internationals. In 1994, John also took on the role of National Competition Coach for Downriver and organized and ran coaching courses for Club coaches. Both of these roles were in a voluntary capacity.

Active in Marathon and Sprint as well, he obviously has gained an all round knowledge of the sport and the way the BCU competitive disciplines operate

In tandem with all this activity of canoeing there was a career in the RAF from the age of 17 as a Physical Educator in which he specialized in outdoor education gaining Coaching and leading qualifications in several outdoor activities including canoeing, mountaineering and skiing. John's career progressed quickly and he was commissioned in 1982. He developed his people skills and became established as the RAF's leading exponent of personal development and leadership training for air crew personnel. Senior management positions with responsibility for hundreds of staff and training literally thousands of RAF Personnel were John's key responsibilities. When he eventually left the RAF in 1997 it was as head of their operation of leadership training. This included all the training for the fighting men that would come into play in the first Gulf War for many of the crews and especially those who were shot down. Much of the work John did is still in evidence in the forces leadership training now.

Coaching was a part of life for John and he is a level 5 BCU coach with a level 4 Competition Coaching qualification in Downriver. It's hard to get much higher in the coaching award stakes and with his career background it starts to become clear just why he was appointed by the BCU in the first place.

Despite all this activity he found time to marry Lynn in 1980 and now has two boys of 25 and 21 to complete the family. Grant who is the older is also a GB Team Downriver athlete and the current National Champion but Robbie did prefer Rugby until a serious knee injury prevented further competition; not to be outdone, he turned to Canoe Polo and now plays in the National League

I asked John what he felt he had achieved in his canoeing life with the BCU as Director of World Class Performance even though this was almost like asking him to blow his own trumpet coming off the back of Olympic medals from Beijing and the BCU first Sprint gold.

When I started in my role as the PD, there were some very talented athletes and some quality coaches but we did not have a World Class System that supported the careers of our athletes or coaches. Building the system to support athletes in their careers and developing World Class Coaches from within the UK have been key aspects of my role in the BCU. World Class Coaching is the cornerstone of Olympic success in our sport and before Lottery funding, a career in coaching was not really an option in the Olympic disciplines. We have called on the expertise of a number of overseas coaches and many of these have made a significant contribution to our sport. However, we have also fast tracked elite athletes into coaching when they retired from competition and it is these coaches that will take our Olympic athletes forward in the next 4 Olympic cycles.

The results that we have achieved in Sprint and in Slalom at the past 3 Olympic Games in Sydney, Athens and in Beijing are a great credit to the athletes and to their coaches. Special mention must go to Tim Brabants and Ian Wynne who between them have won 4 Olympic medals and to Eric Farrell their coach, for their outstanding achievements at Olympic level. These successes in Sprint combined with the contribution of the Slalom athletes and coaches who have also won 4 Olympic medals in the past 3 Olympic Games have put the BCU and GB canoeing in the top 6 most successful Olympic sports in the UK. We should all feel justifiably proud of the achievements of our athletes and our sport of Canoeing.

For me, the most important factor that motivates me in my role is making a significant difference in terms of supporting our athletes, our coaches and our sport – this is what really matters. Providing strong and effective leadership on a daily basis is the key aspect of my job and continually improving everything that we do is what drives me forward.

What do you feel could help most in your relationship with the funding bodies?

“In the main a very good relationship has been developed over the years with the main government agencies. Improvement could be had however with an increase in the level of trust that is given to those Sports and Programmes who have consistently shown that they *can* be trusted with public funds and have delivered on the Olympic stage. There is still such a considerable measure of bureaucracy involved that a great deal of time and valuable resource is wasted in us being over administered.

What do you feel most strongly about?

“I believe that although good coaching is essential for the athletes’ development the most important factor in terms of contributing to success is the need for the athlete to take responsibility and ownership for their own programme. This holds true whether the context is sport or life in general. Whilst a coach can be a mentor and provide close guidance and the World Class Programme or any other organisation can provide support the one person who really needs to take control is the athlete. If an athlete does everything possible in training to improve and controls their environment and personal life and races to the best of their ability then we should congratulate them on a job well done. We cannot control who wins the race but we can do our best in the process.

To quote a World famous coach from American football –

“Take responsibility, expect nothing, do something”.

Many may blame others for their lack of success and not see that the fault is really their own. Those who do everything possible in the process and can be honest with themselves will have really succeeded.

Where next?

Well the London Olympic Games offers sport in the UK and our sport of Canoeing the most wonderful opportunity in our sporting lifetimes. To be part of supporting our best and most talented Sprint and Slalom athletes at our Home Games is truly a great honour - I hope you will be there to cheer them on.

Szeged Senior World Cup 2009

Report by Alan Williams

The second world Cup in Szeged was a high quality international with 38 nations taking part. This was the third World Cup this season and the second that the GBR team competed in. At this event we had a smaller team of 9 athletes, 6 women, 2 canoes and 1 men’s kayak. The

men's coaches had elected to stay at home build a better physical base for the senior Europeans and World Championships.

The 2 ½ hour flight to Budapest with British Airways were from Heathrow's T5 direct to Hungary. British Airways are Olympic sponsors and give an extra allowance for luggage, (2 x 23kg) which was a pleasant change after our Ryan Air flights to Poznan. The team were met at the airport by the organisation with 2 mini buses which completed the 90 minute transfer to Szeged. .

The team stayed at the Tisza Sport hotel which is a budget hotel on the far side of Szeged. The reason for staying here was the high cost of accommodation due to the organisation loading hotel prices to subsidise the costs of running a World Cup. Even this basic hotel with no air conditioning cost a whopping £90 per person per day. Thankfully the weather was reasonably cool for Szeged this year and the managed without the benefit of air conditioning..

The hotel Tisza Sport is about 15 minutes walk from the centre of Szeged and about 30 minutes drive on the shuttle bus which ran every 30 minutes. Breakfast and the evening meal were at the hotel and lunch was provided at the regatta course. All meals were basic but more than adequate. Water at the course was in short supply for some of the regatta.

The team were entered in 8 events. Jonathon Boyton was the only men's kayak. He was entered as a late addition to the team as the rest of the men's squad worked on crew boat development at home. He was entered in both the K1 Olympic events and had solid results for only his second World Cup competition. In the K1 1000 he finished a very creditable 3rd in the B final. When you strip out the competitors from other continents Jonathon is quite close to the standard needed to make the A finals at this years European Championships! I'm quite sure that is where he has set his sights for the season...

In the Canoes James train was entered in C1 1000 & 500 events and Matt Lawrence in the C1 1000. In the 1000 they had a really close race in the semi finals which put them both into the B final. In the C1 1000m final Matt finished 3rd and James 5th. James then went on to make the B final in the C1 500m the following day.

In the Ladies team we entered crews in the 3 Olympic events and also in the LK2 200. All of the crews qualified through to the A Finals. The first boat to race was our women's K4 crew which this time was Rachel/Jess/Hayleigh/Louisa. In the heats they finished second which qualified them direct to the final. They also beat the very strong German boat in the process. In the final they were in the race right from the start and stayed in contention for the medals right to the finish line. On the line there was a blanket finish with our boat finishes 6th. This was just 7/10 of a second away from the medals in a very strong international field. Four of the crews were from outside Europe and the Hungarians had two boats in the final. Our women's K4 are now regularly reaching finals at major competitions and has high hopes for this years European Championships.

Our women's K2 crew of Lani Belcher and Lucy Wainwright had a fantastic regatta. They made the A finals in the LK2 200 and K2 500 events looking completely at home in this level of competition. In the 200 final they finished 4th place just 3/100th of a second off the Bronze medal and less than 2/10th of the silver. In the 500m event the wind came off the right hand bank for the finals making racing conditions quite unfair for the boats in lanes 1 through to four. The girls raced well finishing 7th in the final. Again four of these boats were from other continents.

Rachel Cawthorn continued to consolidate her position on the international circuit. Rachel was stroking the GBR women's K4 in Szeged as well as racing her K1. In the singles event Rachel had a tough race in the semi finals and was battling it out with the Olympic Silver medallist Josefa Idem. Rachel was piped by a 1/10th of a second but went on to make the A final. In the final Rachel was also on the wrong side of the course and finished in 7th place. This was another very solid results for one of our emerging athletes.

The organisation of the regatta was very good but the racing conditions were difficult throughout the regatta. There were strong head winds for the first two days with just a brief respite on Sunday morning before the wind changed direction and blew strongly from the right side of the course. The regatta was always on time and the results and draws were out quickly.

Results from the team are as below. Our team of just 8 athletes performed well finishing 15th overall in the points table.

Number of Nations		40 Nations					
Fri: Cloudy approx 22 degrees with a strong head wind 2 to 3 metre a second							
Saturday: Some cloud but mostly bright 22-28 degrees with a strong head wind 2-4 metres a second.							
Sunday: Bright sun 28-32 degrees almost calm for the first 2 hours then a strong cross wind varying 1 - 2 metre a second							
Name	Event	Heat	Semi Final	Final	Winner	Time	Place
J Boyton	K1 1000	5 th 3.56.05	5 th 3.50.21	B 3rd 4.09.71	SWE	3.46.91	12-34
M Lawrence	C1 1000	5 th 4.26.96	5 th 4.25.78	B 3rd 4.43.00	HUN	4.28.57	12-25
J Train	C1 1000	4 th 4.24.66	4 th 4.25.72	B 5th 4.55.57			14-25
	WK1 1000				SWE	4.20.40	24
	C2 1000				HUN	3.55.18	16
	K2 1000				AUS	3.38.00	22
	K4 1000				HUN	3.12.05	14
	WK2 1000				HUN	3.58.17	13
J Boyton	K1 500	4 th 1.49.27	5 th 1.47.66	C 3rd 1.47.91	SWE	1.41.10	21-
R Cawthorn	LK1 500	4 th 2.02.04	2 nd 1.56.17	A 7th 2.03.63	RSA	1.58.06	7-
J Train	C1 500	5 th 2.03.72	5 th 2.01.76	B 3rd 2.06.00	Hun	1.57.86	12-
L Belcher / L Wainwright	LK2 500	2 nd 1.45.60	1 st	A 7th 1.49.04	Hun	1.43.11	7-

	K2 500				Hun	1.34.09	
	C2 500				Rom	1.46.21	
J Walker / H Mason L Sawers / L Wainwright	WK4 500	2 nd 1.45.43	Direct	A 6th 1.48.01	Hun	1.45.61	6-13
L Belcher / L Wainwright	K2 200	2 nd 42.43	Direct	A 4th 39.74	Hun	39.13	4-18

Any opinions expressed in this newsletter are not necessarily those of the BCU.

Edited by Alan & Christine Laws