

Falcon Newsletter

Falcon Rowing and Canoeing Club

Issue 4, October 2013



WATER WATER EVERYWHERE...

...and never a drop to paddle or row on (except if you are working as a ferryman on the Abingdon Road). That's been the story of the two and a bit months since Christmas. Because of the severe shortage of good paddling/rowing, this is a dangerously thin *Newsletter*. We almost gave up on the patient.

But now it is officially Spring. The sky is blue (very occasionally), the birds are singing (sometimes) and the river is falling (fingers

tightly crossed). Last weekend (1 and 2 March) some intrepid rowers and kayakers braved the river currents and survived. So we might all soon be back on the water, and soon this dank, dreary winter will be a fading memory. Cheer up everyone, it's Spring!

Taling of Spring, here's an essential date for your diaries. This weekend, **Saturday 8 March** is Falcon **spring-cleaning day**. If you are down on Saturday, please do help out with setting the club back to rights after the winter floods.

Andy

LORNA'S LOG



WELCOME to the first *Newsletter* of 2014! It's been a disappointing wash-out so far, and so let's hope that next issue we have more exciting news to bring you! However, we do have reports from the weekenders, who have been

particularly proactive in organising trips to Dorney Lake, as well as other activities to keep them busy this winter. The juniors have also been putting a brave face on, and dealing as best they can.

However, we must look forwards, and we have some great races coming up. Perhaps the biggest news this term is that Tom Downes has been selected to attend Great Britain trials at the end of February- there is a short report on this elsewhere in the newsletter. Friday 14th March will see 3 junior crews (J16 4x-, WJ16 4x- and J14 4x+) racing at the National Junior Sculling Head, held at Dorney Lake, and on Saturday 22nd March, also at Dorney Lake, a number of junior crews (upwards of 10) will be racing at the trials to represent Thames Upriver at the Junior Inter-Regionals, which takes place in Nottingham in April. Women's Head of the River is also just around the corner, and I am delighted that we have a women's crew looking to race. Vets' Head of the River follows shortly after, and we hope to be able to boat crews for this as well.

Abingdon Head is perhaps the major race for this term. It takes place on Sunday 6th April, and having done a provisional look at possible crews, it is apparent already that we will need to do two trailer runs! As a result, we will have more boats available to us, but it means we have to be particularly well organised with regards to entries! Abingdon fills up quickly- I have set a deadline of 21st March, and this is absolutely final- but entries would be preferred much earlier!

Much love,

Lorna

ROWINGNEWSROW

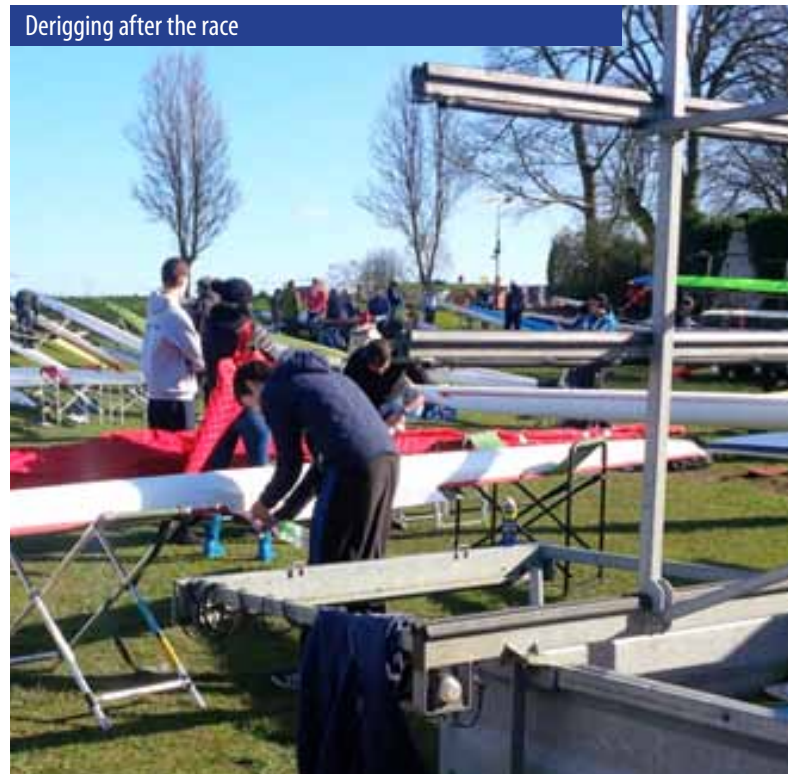
TOM DOWNES: GB TRIALS

It is with great pleasure that I can announce that Tom Downes, one of our J16 scullers, was selected by the club to attend J16 GB trials over the weekend of 22 and 23 February. In order to be selected, Tom reached the 5k assessment cut-off of 18:20.0 with a time of 18:07.3 (a 1:48.7 split).

We travelled up to Boston on the Friday evening, with plenty of time to settle in and prepare for the race the next morning. The initial schedule was for Tom to race a 5k time trial in a single on the Saturday, and to partner up with another sculler and race in a double on the Sunday. The forecast, however, was so bad that Sunday's racing was cancelled.

Saturday was a glorious morning, with near-perfect racing conditions (how often can you say that?). The field of J16 scullers numbered around 38, with Tom starting 21st (based on his erg score). Off the start, the sculler from RGS High Wycombe chasing Tom had a big push, and chased Tom hard. However, at the 1000m mark Tom found a rhythm, and the RGSHW sculler found he had misjudged his pace and blew up. Tom pushed away from him, and gradually reeled in the sculler from Monmouth ahead. He gained steadily over the remaining kilometres, catching him on the finish line.

Derigging after the race



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The boys' J16 quad, with Tom in the no.3 seat.

Tom's time of 21:26.8 put him in 16th position, higher than all other scullers from the Oxford area (including Hinksey and Wallingford). As a result, Tom has been invited to attend the GB J16 crew sculling camp in Nottingham, from 6 to 8 April. This is for scullers who are believed to have a chance of racing for GB at either La Coupe de la Jeunesse (Junior Europeans) or the Junior World Championships in the next couple of years. It is a phenomenal

achievement by Tom, and the club should be very proud of him. Tom's success is very much a club success, and reflects well on the level of support the juniors have received.

In June, our boys' quad, with Tom on board, will have the opportunity to attend trials to be selected to race for Great Britain in the J16 match vs France.

Lorna

Tom (top, second left) boating for his 5k time trial.



COMMITTEE VACANCIES

There are currently two vacancies on the Rowing Sub-Committee.

First, we are looking to appoint a Publicity Officer. Given the success Falcon has had in recent years, it would be brilliant for us to get this success out into the wider world. We're looking for someone who will be able to send out this information to local papers and TV/radio etc. Others will actually write the reports to go out.

Second, Howard has decided to stand down as Secretary of the Rowing Sub-Committee. Thanks Howard for all your hard work! The role involves organising a venue and attending the sub-committee meetings every 3 months, as well as taking and producing the minutes. It isn't a role that requires a great deal of time, but it is vital that we have someone take on this work.

If you are interested in either role, please email lorna.high@gmail.com.

JUNIOR CHRISTMAS PARTY

Friday 20 December saw the Junior Christmas Party, organised by the Junior Captain, Ed (and his mother – major thanks to Mary!). Thirty juniors attended the evening, and hopefully had a lot of fun, with music, food, balloons, and a very impressive conga line led by Rory Pearce. The High Performance juniors this year also put together a Secret Santa, with mixed results!

GODFREY KIT ORDER

Some of you have recently been asking about ordering Falcon kit. I have set up a club ordering window, which will be open from Friday 21st February until Friday 7th March. If you want to order club kit at a discount, get in there between those dates! The website is <http://godfrey.co.uk>.

UPCOMING EVENTS

Sunday 9 March: Gloucester Head (Cheney Falcon).

Possibility of a space on the trailer.

Friday 14 March: Junior Sculling Head, Dorney Lake

Juniors only

Saturday 15 March: Women's Head of the River

Selected crews only

Sunday 30 March: Vets' Head of the River

Thursday 3 April: Rowing Sub Committee meeting

Venue TBC

Sunday 6 April: Abingdon Head

Entries welcomed from all parts of the club, but entries must be received no later than Friday 21st March, and priority will be given to crews in the order they submit entries. We anticipate taking two trailers (i.e. two runs) already, and so we have to co-ordinate a lot!

Please email lorna.high@gmail.com for more information.

The High Performance juniors with their Secret Santa presents.



WOMEN'S SQUAD – WINTER TRAINING WITH JOHN HILL

THE WINTER SEASON has brought with it lots of horrible weather and lots of 'FUN' winter training. The women within the development squad have been training relentlessly ...some even on Christmas day!

This all been under the watchful eye of John Hill, with the requirement of weekly diary submissions for John to provide us with guidance, encouragement and the occasional kick up the bum when required.

The training has consisted of ergs, technical tank sessions, John's rowing-specific circuits and some strength development. Numbers have become everything, with 500m splits working their way into every conversation.

The hard work that the women have been putting in is paying off, with noticeable differences in the erg test scores which, with a bit of luck, will put us in good stead for the upcoming race season.

Prior to Christmas the women made the most of the two opportunities to race in the IWL events in November and December, entering two 4x and an 8+ on each occasion. Everyone enjoyed the opportunity to race and get involved with the marshalling, although the responsibility of holding a live klaxon was rather too much for Jane B, who managed to drop the canister and still has the burns scars on her hand to prove it!

Aside from training John has kindly organised a number of rowing-related seminars to keep Falcon rowers motivated and to aid their mental and physical preparation for the summer season. John has kindly uploaded videos from these sessions to YouTube so that we can all benefit from the sessions.

The first of the seminars was from Amy Jackson, who shared experiences from her rowing career, covering topics such as balancing career and rowing, how we should see winter training as an investment in our fitness 'bank' for the summer months, and the importance of core strength and stability. She shared with us her experience of race strategies, crew selection and crewmanship, racing at Women's Henley and at the National Championships. Amy was hugely motivating and inspirational. Those of us who attended took a lot of advice away from the seminar

and bags of inspiration for our own journey at Falcon.

The second of the seminars was from Gavin Allinson¹, Sports Nutritionist and ex-CORC rower. Gavin gave some invaluable advice on how to structure our eating during the course of a typical training day. He emphasised how important it is to ensure our meals include protein, particularly breakfast, and recommended having eggs (e.g. omelette with mushrooms) or adding flax seeds and whey protein to porridge before going out on the water.

Gavin advised that a major mistake made by rowers is to eat too many carbs (we have all prepared that huge bowl of pasta before a race!) Whilst there is a place for carbs during the day and particularly between training sessions, he advised to go easy for the evening meal. He used the analogy of a car – carbs is the petrol you need when you are going on a long journey (i.e. undertaking a training session), you don't need to put petrol in it when you're not doing the mileage.

Gavin advocated the use of a number of performance-enhancing supplements, such as beetroot, caffeine (don't overload!) and beta-alanine (which helps to limit lactic acid build-up during intense exercise). He also advocated taking a good-quality multi-vitamin, vitamin D, and fish oils. He also suggested that it is important to drink a protein and carb drink during training.

To test out Gavin's theories, a group of us went to Bills in Oxford for breakfast after the talk, where the virtuous amongst us sampled Eggs Benedict (including pumpkin seeds!) and Eggs Royale (healthy salmon!) and the not so good ones went for a full English.... back to the gym then guys!

Gavin gave us all a huge amount to think about. To get the most out of our training, we need to think a bit more about what we are eating and drinking, rather than just grabbing a banana before going on the water...although we do still love egg and bacon baps from the Falcon café.

Cathy Carr

¹ See www.gavinallinson.com for more information.



JUNIORS

The juniors have had a particularly tough time of it over the winter, because there are too many of them to train at Dorney. Instead, we have been running fitness and technical sessions each weekend, so that by the time we get back on the river we will have the edge! For the boys' quad, their training has been particularly intense, with 8 or 9 sessions a week the norm: "Our winter training this year has proved to be exceedingly tough. After an extended break over Christmas, as a crew we have found it frustrating trying to regain our pre-break fitness. With the river being constantly un-rowable we have been compensating for it with long steady-state ergos which are not only incredibly boring but very tiring. However it has not all been doom and gloom. We have enjoyed finding new ways of compensating for our lost water time by running, swimming and cycling to accompany our circuits, weights and core sessions. We have also enjoyed trips to Dorney Lake where it very satisfying to put our hard-fought fitness to the test on the water. As a crew we are looking

forward to a hopefully drier, warmer spring where we can start to focus and train hard for the regattas in summer having laid the fitness foundations throughout the winter".

Abingdon Head briefing: Sat 5 April, 10am

I will be attending the J16 crew sculling camp from 6-8 April, and will therefore not be attending Abingdon Head. We anticipate a record number of crews entering, and potentially two trailer runs. The day itself could be very hectic, and I won't be on hand or necessarily available at all to deal with any mistakes or problems. I will produce a number of documents beforehand (such as equipment and timing spreadsheets), and I will also be running a briefing on Saturday 5 April at 10am. **I expect representatives from all crews racing (including juniors) to attend this.**

Even if you are an experienced racer, I still expect a crew representative to attend if you are using any club equipment at all, or if you want to have a space on the trailer. With potentially two trailer runs and someone needed to co-ordinate on the day, there is still a lot of information we need to pass on and ensure everyone is familiar with.

Lorna

CHENEY FALCON PUPILS COMPETE KEENLY THIS TERM IN INDOOR ROWING NATIONAL EVENTS

CHENEY FALCON ROWERS won success and medals in *three* recent indoor rowing competitions.

Two teams of ten rowers won gold and silver at the Oxon Inter-Schools Competition, held at Wheatley Park School. This is the third year we have come out overall winners, again with many individual medals.

After four rounds of the Concept2 National League for Schools, our J16 boys and girls quads are close to the top of the rankings. There has also been good progress also by the WJ13 & J14 squads.

Seven pupils competed strongly in the SE Indoor Rowing Championships at Brookes University, (organized by Hinksey Scullers). Joel Garden won gold in J14, and Gabe Smith won a silver medal in J13. Our new coach Christy Job won silver in the SE Lady coaches section.

CHRISTMAS SHENANIGANS

After a mini-regatta and erg contest, we had a great Christmas party. Thanks to Lorna High for her work during Christmas Term as our Head River Coach, including masterminding our Xmas Wednesday regatta. Santa John and his helper Zena gave out sweet-treat prizes to CFRC rowers.

At our wonderful Christmas concert we raised enough money to acquire two more Concept 2 machines for the school, bringing the fleet up to 11. The keenest of our Concept 2 pupils join the river rowers.

TOUGH TRAINING

New Head Coach Christy Job is setting demanding Land Training programs; and strength & technique are improving, with help from the coaching team (volunteer rowing & yoga teachers Ali, John, Ruth and Clare, greatly assisted by CFRC J16 rowers, who inspire younger athletes).

A FLEET OF THREE!

Our unique training Triple Sculler and well-tested Octuple, (both donated wooden boats), will soon have covers for their protection. Their cost is an order of magnitude less than the cost of roofing the racks. Official launch of the Triple is planned asap.

After the proven success of our first octuple, we are looking forward to launching a second one, when Eric Simms delivers the 16 new sculling riggers.



BACK ON THE WATER

We hope that soon the river will be safe again for us to launch all the three boats in our fleet. Then on Wednesday afternoons 25+ pupils will walk or bike down from Headington, take a refreshing run along the towpath, then launch their boats and scull until the sun sets....

The photo shows a happy family event, with birthday flowers given to Coach Zena, who continues to work so hard and efficiently as Founder Chair of CFRC.





The Dorney Experience

IT HAS TO BE SAID that trips like a training excursion to Dorney wouldn't be possible without the help and organisation of many people – so first and foremost we would like to say a big THANK YOU to all of you who helped make this possible. In no particular order: Cheers to Lorna, the juniors and the men loading the trailer (more on that later), Jeff and his car, John Hill for his organisation and optimism (even in the stormiest of outings), Howard, Kieran, Jordan, Aria and everyone else who was part of the training sessions and helped us out (with blades, lifejackets etc.) Truly thank you, it wouldn't have been possible without you.

Back to rowing! Rowing at Dorney is a huge treat. It is such an iconic place that we would not want to have missed out on this opportunity to learn and improve as a team and individuals. So of course, there was lots of enthusiasm from the women to get involved and learn....and learning is what we did.

First trip: 5 January

No one starts off perfectly! We may have been too excited (or too disorganised some may say), as once the two halves of the 8 were connected we realised the riggers were left at the club...

Oops!

Lesson 1: always check your equipment.

The missing riggers didn't dampen our spirits though - some took the opportunity for a run, some just had a tea and a home-baked cake. And thanks to the men and women's quad, a row for everyone was possible.

Lesson 2: Teamwork is great.

Second trip: 11 January

We hoped that we had learned from the past. This time nothing was going to stop us from getting in the 8. Seats check, riggers check, blades check. Lessons learnt.

Lesson 3: Lesson 1 pays off.

The outing didn't disappoint - it was awesome! And so were the snacks that had been brought along.

Lesson 4: Paul's doughnuts = amazing.

Third trip: 12 January

Rowing with Balliol College was on! A great opportunity to learn and improve (thanks Aria for organising!). It was fun, it was good exercise, it was great.

Lesson 5: Inter-club arrangements are great.



Fourth trip: 25th January

This time we would get it right again. Lesson 1 was deeply engrained in our psyche. Or so we thought. We had forgotten to bring enough blades... Oops! After borrowing a few, all went well.

Lesson 6: Lesson 1 is invaluable indeed.

Fifth Trip: 8th February

Every type of weather today – wind, hail, rain and once or twice a bit of sun. Crew A were storming away (no pun intended); Crew B were blessed with an amazing cox Kieran, who kept our spirits up throughout the whole session. Rowing for survival. It was “interesting”. Special mention to Brenda and Ruth who saved us from a bank crisis. We may have had to borrow some equipment again (see Lesson 1).

Lesson 7: The weather is not always your friend. But you have to keep going....or rowing.

Sixth trip: 9th February

One session of bad weather training is never enough, so we tried again on Sunday. Training and experience from the Saturday session ensured that the outing was a belter. Good times all round even if the wind didn't seem to stop. John definitely enjoyed himself.

Lesson 8: We can row through the storm.

Thanks once again to everyone, it was a great couple of weeks!

Jula Turner and Mara Unsoeld



KAYAKINGNEWSKAYAKINGNEWSK

FALCON KAYAKERS HAVE NEW CWO

For many years Jayne Rose has done a fantastic job as the kayak club's child welfare officer. Jayne has now decided that she wants to step down from the role, and Jo Walker has very kindly volunteered to take on the job of CWO for both the kayakers and rowers. So we would like to say a **HUGE** thank you to Jayne for all her work as Falcon's CWO, and to welcome Jo into the post.

We are now a large club and Jo will need two deputies, one from each side of the club, to help and support her in her role. If you feel you can help please get in touch with Lorna or Nick.

Jo is an ideal person to be CWO as she has children who row and kayak, so she is down at the club regularly. Hopefully she will be involved for many years, as her two youngest daughters are just old enough to start kayaking with Falcon (once we can get back on the river!)

Many thanks again to her for volunteering to become part of the management team and a vital part of the junior clubs.

Jayne (with some additions from Andy)



A warm welcome to Jo Walker, Falcon's new child welfare officer.

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



RACING CALENDAR

SPRINT

National sprint regattas, Nottingham

12–13 April – including senior national championships

10–11 May – including masters national championships

14–15 June – including under-23 national championships

5–6 July – inter-club championships

6–7 September – incl. junior & paracanoe national championships

Other regattas

20th July – London Docklands

MARATHON

Southern regional Hasler races

2013/14 season

18 May – Basingstoke

25 May – Reading

8 June – Falcon

29 June – Southampton

13 July – Wokingham

31 August – Longridge

2014/15 season

14 September – Pangbourne

21 September – Henley

26 October – Banbury

Marathon National Championships

23–24 August, Worcester

Hasler Finals

12 October, Richmond

National Assessment Races

18 May Norwich (K1)

25 May Reading (K2)

13 July Wokingham (K1)

24 August Worcester (K2)

SUMMER SESSIONS

This schedule isn't certain yet, but since the summer season begins at the beginning of April, people may find it useful as a rough guide. One important change to note is that time trials will be on Wednesdays this year instead of Tuesdays.

Day	Time	Group
Saturday	09:00	Novice lightnings
	10:30	Improver juniors
	09:00	Seniors div 5-8
	11:30	Junior girls div 4-6
	11:30	Seniors div 1-4
	TBC	Seniors div 9+
Sunday	10:00	Division 8 & quicker
Monday	18:30	Division 1-4/5
	18:30	Division 4/5-8
Tuesday	morning	Canoe
	17:30	Improver juniors
	18:30	Junior boys div 1-6, men div 1-4
	18:30	Junior girls div 1-8, women div 1-6
Wednesday	18:30	Timetrial
Thursday	18:30	Advanced juniors
	TBC	Novice teens
	TBC	Canoe
Friday	18:00	Novice adults

500 metres

Kayak Erg Challenge

EARLY IN FEBRUARY we held a 500 m erg competition using the KayakPro ergs that were kindly loaned to us by Canoe England Southern Region.

It was a cold, damp day, but we had a really good turn-out for the event. Abi Edmonds gave a demo of erg technique at the start, then the first group started their 500 m challenge. We kept everyone busy while they were waiting for their turn on the ergs, alternating between short races, passing medicine balls, press-ups sit-ups, plank and various other circuit training activities. Of course no-one worked very hard

at these activities: they wanted to stay fresh for the erg challenge (at least, that was the excuse).

We had an excellent event, with everyone pushing themselves to do a good time. The full list of times is given on the next page.

Saturday 15 March is the date for the **next 500 m erg challenge**. If possible, we would like to everyone who did it last time to come along and improve their time. New people are welcome too – maybe we will have a different winner! If the river is off red flag, we will do a 500-metre time trial on the water as part of the event. So put 15 March in your diary!

Abi talks everyone through how it should be done.



RESULTS

Name	Time
Isaac Staff	1:40
Tim Morris	1:50
George Harris	1:52
Abbie Edmonds	1:56
David Stubbs	1:59
Annie Rose	2:11
Emma Hield	2:13
Fred Herbert	2:14
Chris Baker	2:20
Nick Stormont	2:27
Kate Clark	2:31
Will Alden	2:32
Vincent Rouet	2:35
Jess Long	2:38
Sophie Long	2:41
Nina Morris	3:04
Enya Dale	3:05
Danni Baker	3:30
Judith	4:04
Isabel Gimson	4:05
Ruth Gimson	4:06
Mairi Franklin	4:10
Mike Baker	4:20
Victor Rouet	4:26
Anna Tickell	4:32



Briefing at the start from Nick.



Coaches and students all have a go.



Advice from Jen: Reach! Rotation! Leg drive!



Annie and Emma were second and third best females.

CIRCUITS CIRCUITS CIRCUITS

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CIRCUITS! Not many people give a cry of joy when you mention circuit training. Dan, maybe? That's about it.

But what would we have done this winter without circuit classes? They have provided a great opportunity for everyone to meet up when there hasn't been much else going on. And actually, there has been quite a lot of fun and games in the circuit classes, as well as the inevitable pain.

You can also measure your progression quite effectively in circuit classes without sophisticated equipment. 'Hey, I could only do 5 press-ups when we started, I'm up to 500 now!' (my own personal experience).

So hooray for circuit training, and let's look forward to the huge performance improvements we will see when we get back on the water!



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CANOE/KAYAK SUB-COMMITTEE

Notes from the sub-committee meeting on 16 January 2014.

Present: Nick Barnett (chair), Jo Bates, Jen Clough, Sue Glover, Doug Staff, David Waters, Trevor du Plooy, Heidi Koldso, Peter Travis, Cath Greehy, Anna Barnett, Oli Barnicoat,

GMC/SUB-COMMITTEES

The GMC usually meets once a month but the sub-committee meetings will replace the GMC meetings for 3 months every year. It's time for sub-committees to take more active role in the club.

MEMBERSHIP

Currently 48 Adults and 17 Juniors have paid this year. Total membership last year was 250.

So if you haven't renewed, do it now!

AGM

The AGM was poorly attended by kayakers. Next year please come along and boost our presence in the club.

CHRISTMAS DINNER

Enjoyed by all. Something similar next year but maybe take our own microphones.

FINANCES

Peter T and Roger T are leading the fund raising activities but it would be good to have more help writing applications. All volunteers welcome!

BOAT PURCHASES

The club has bought several boats second-hand: Cougar, Enduro K2, Neumann K2, 3 Lightnings, 2 Ravens, Hody K2.

NEW BUOYANCY AIDS

We have 20 new BAs. They need labelling and we need better storage. Poles on the wall would be better than the hangers. We

will look at moving some of the cabinets and creating a space for the BAs to hang (a job for 8 March Spring Clean).

SESSIONS

- Oxford Uni group co-ordinated by Sam Jones has been going well. 25 people have attended and 3 have joined FRCC.
- Dan Colyer sessions on Monday – Cath is currently covering for Dan. Sessions going well.
- Jo Bates and Dan Golder – sessions going well
- Circuits have been a great success this year
- Open canoeing – it's been difficult to plan trips due to the weather
- Canal sessions – generally going well but one junior was assaulted by a canal boat owner. Club procedures were swiftly put into place to take care of the junior.

CANOE TRAILS

Jen, Doug, Mike and Bob Edmond-Seal have been writing up some of the canoe trails around Falcon. See the back cover for Bob's great illustration of the Vicky Arms trail.

PADDLE-ABILITY

This will be done over the Summer maybe with KEEN or special school in Oxford

BOAT AND ERGO REPAIRS

Jeremy Freeland has offered to help. We need to devise a monitoring system to report boat repair needs. Plan to audit boats on Saturday March 8th – check boats, pad racks, general tidy up.

WEBSITE

The website needs some work. Remember it's mainly used for prospective/new members.
Anyone who can help with this would be very welcome!

FALCON HASLER

This has been confirmed as **8 June** (earlier than usual). Lots of help will be required on the day. Steve Glover will arrange the medal/trophies this year.

WATER SAFETY

Wearing of BAs needs further discussion at coaches meeting. Oli B presented his thoughts and background to why BAs should be worn. A clearer BA policy is required in the club protocols. Our coaches have differing views. Elite athletes will race without BAs so they need some experience training that way. Jo B will consult with other clubs to see how they deal with it.

CHERWELL CANOE TRAIL

Falcon to the Vicky Arms
The brilliant artwork is by Bob Edmond-Seal.

