

S U M M E R 1 9

RICHMOND  
CANOE CLUB



NEWSLETTER

# INTRODUCTION



Welcome to the Richmond Canoe Club newsletter, which we will be publishing periodically to share news, successes and information with our members. This edition recaps the main events from the 2019 racing season, and shares some information about what is coming up in the early winter.

This season has brought great success in all sorts of racing. Internationally we have had Richmond members racing at sprint, marathon and surfski races winning medals in all disciplines. We had a large team at the Hasler Final in Southampton, and achieved a strong third place in the club competition.

The committee and other volunteers are always working hard to make the club work well for its members. Tom Walker has started our major project of replacing the aging club fleet by ordering some new stable K1s, while Ludy Hills has secured funding from the PLA to buy new introductory K1s designed specifically for juniors. Jemima Johnstone is working on arranging coaching course opportunities for some of our adult paddler coaches, and Nick Garner is finishing negotiations with British Canoeing to finalise our involvement in the Talent Partnership Programme, which will provide funding for us to focus coaching of junior paddlers with a focus on high kneeling canoeists.

I am delighted to be able to confirm that Robyn von Maltzahn has agreed to take on the role of marathon secretary having done an excellent job as Rear Commodore. With the upcoming 10@10 k2 series, the Frank Luzmore, and the Hasler Final next year she will need a strong group of volunteers to make sure these events continue to meet our reputation as a club of putting on expertly run events. Roly Lucas will take over from Robyn as Rear Commodore, and will continue to be assisted by Nick Cotton who diligently makes sure the club never runs out of milk, tea bags and other supplies. Nicole Prendeville has taken on the role of marathon team leader, and got straight to work making sure the strong team we took to Southampton covered all races and delivered the maximum points possible. Finally Sam Lee Gill has agreed to take on the role of Safety Officer and is working with Nick to make sure we educate all members of the safety requirements of paddling at Richmond.

I hope you enjoy reading this newsletter and if you have any ideas of items you would like to see in the next edition please let a committee member know.

Tom Sharpe  
Commodore

## DATES FOR THE DIARY

October  
19th: Royal Paddling Challenge

November  
3rd: Wey Hare & Hounds  
10th: Thames 10@10: Elmbridge  
24th: Wey Hare & Hounds

December  
1st: Thames 10@10: Royal  
7th: Canoe Club Christmas Party  
15th: Thames 10@10: Richmond

January  
5th: Frank Luzmore K2  
12th: Wey Hare & Hounds  
26th: Wey Hare & Hounds

# CLUB NEWS

## CLUB KIT

We are now fully stocked up with a range of club kit in lots of different sizes. Please see Alex Flockhart if you wish to buy any kit:

- Racing t-shirts £25
- Racing vests £25
- Casual t-shirts £25
- Hoodies £35
- Half zip sweatshirt £35
- Gilets £45

## 10KM TIME TRIAL

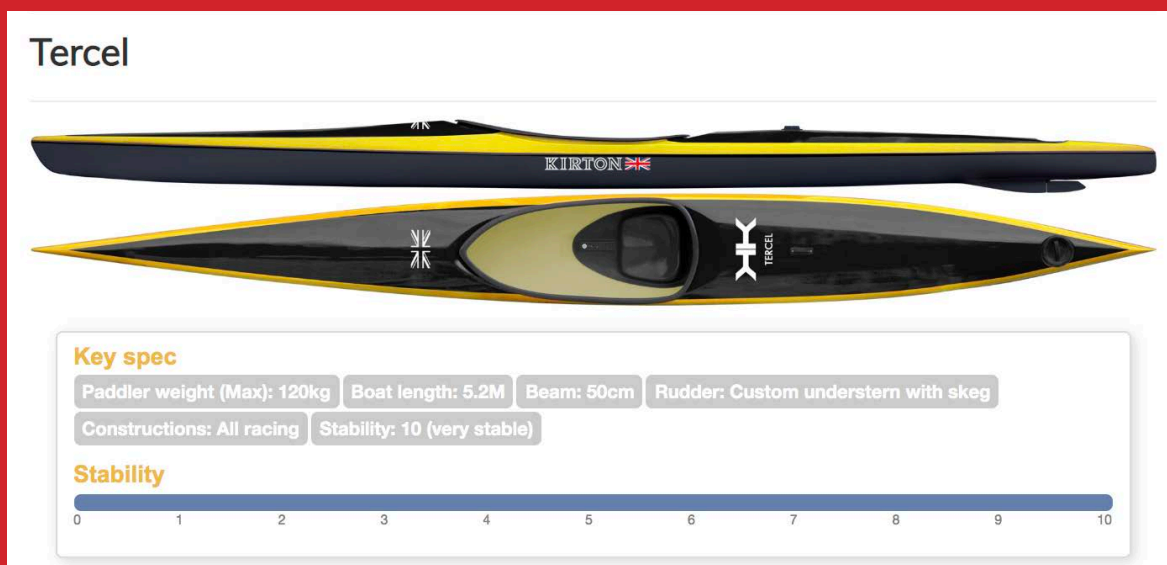
The Wednesday 10ks are now over for another year. Thanks to everyone who took part, timed, or supervised junior paddlers. The top times of 2019 are below.... something to aim for next year!

Senior Men K1: Tom Sharpe 41:36  
Junior Men K1: Andras Keresturi 48:43  
Veteran Male K1: Steve Baker 42:35  
Senior Women K1: Lizzie Broughton 42:51  
Junior Women K1: Freya Peters 47:27  
Veteran Women K1: Ludy Hills 58:20  
Senior K2: Lizzie Broughton/ Jane Swarbreck 41:41  
Junior K2: Luke Phillips/ Freya Peters 43:09  
Veteran K2: Ben Hunt Davis/ Will Abson 49:07

## NEW BOATS

As part of a commitment to updating the ageing fleet of boats the club has ordered four new Kirton Tercels. These new boats will arrive shortly and be used for introducing new novices to paddling. They will be finished in the Club Colours to make them easily identifiable at races.

The entire fleet of club boats is currently under review, with plans to update and upgrade all boats in priority order. Coaches of all the different groups have been consulted as to which boats best suit the needs of their groups.





# RACING NEWS: MARATHON RACING 2019

## NATIONAL CHAMPIONSHIPS

This year the National Championships were held in Norwich in mid-August, with the extremely strong winds adding an extra challenge to the event. Richmond had a reasonably small team competing but came away with a good set of results and several medals.

1st place & National Champions: Freya Peters U18 K1 & K2, Lizzie Broughton Senior K1 & K2, Jane Swarbreck Senior K2, Ladies K1 Team prize, Dylan O'Connor U14 K2, Brett Irvine O34 K2

2nd place: Jane Swarbreck Senior K1, Brett Irvine O39 K1, Nicole Prendeville O34 K2

3rd place: Georgina McMullen U23 K1

Also racing: Tom Sharpe, Chloe Dobbs, Annette Peters, Max Henderson, James Rushby, Josh Barzilai, Guy Peters & Sean McCarthy





# 2019 MARATHON PROMOTIONS:

Since the first Hasler of the year at Wey, 50 Richmond paddlers have been promoted. Extra congratulations to Harvey, James R, Fernando, Hannah, Trishan and Faye who have all been promoted three marathon divisions this year.

JAMES RUSHBY	3
LUKE PHILLIPS	3
JACK PROSSER	3
KARIM SEBTI	3
ROLY LUCAS	3
JOSHUA BARZILAI	3
DEVIN KLETA	3
DYLAN O'CONNOR	3
MELODY HILLS	3
PETER CHANNON	3
BORIS MAVRA	4
HILARY WELLS	5
CHI HIN CHA	5
DANNY MAVRA	5
TECK CHUA	5
DIANA CAMEKOVA	5
FERNANDO CORTES	5
ELLY O'CONNELL	5
CHLOE DOBBS	5
EVA GRIESBAUER	5
JEMIMA JOHNSTONE	5
ANNETTE PETERS	5
FAYE WHITEAR	5
HARVEY GRANT	6
SHIRAV MEDEPALLI	6
MORGAN GIBBS	6
HANNAH PECK	6
JAMES CONWAY	6
TRISHAN BHOOLA	6
NAHUEL SALLUZIO	7
MICHAEL KERMALIS	7
CLAIRE STREET	7
KARIN RYDERMAN	7
MARK LOUW	7
JAMES HILLS	7
TOM SILVERMAN	7
SUE HURST	7
MIKE GRANT	7
INGRID KLETA	7
LOUISE PHILLIPS	7
JASON METCALF	7
MARTIN SENIOR	7
CLAUDIA FUNDARO	8
ALICJA DRENDÁ	8
MATILDE METCALF	8
FABRIZIO CESCHIN	8
UNA PICKLES	8
TERESA TRIVISONNO	8
CATHERINE PARKE	8
JOHN GIBBS	8





# HASLER FINAL 2019: SOUTHAMPTON

## THIRD PLACE FINISH IN HASLER FINAL

Our marathon season ended last week with the Hasler Final, hosted at Southampton. This event required not only the top clubs from each region to qualify, but also individual paddlers who needed to have completed three races across the year to be eligible to take to the start line.

As would be expected from a national competition there were some huge startlines, with nearly 50 boats in division 4 and 5 K1 with over 30 K2s in those divisions. The course was a four mile lap in increasingly bad conditions as the day went on with a huge headwind and fairly sizeable waves causing multiple capsizes on the day.

Clubs scored points for their top 3 K2 results and top 6 K1, with our team securing some great results on the day to finish joint 3rd (with Royal) of thirty participating clubs, four points down on winners Wey Kayak Club who pipped Norwich to the post by just one point.

Our scoring paddlers on the day were:

Joshua Barzilai: 1st Division 4  
Trishan Bhoola: 2nd Division 8  
Lizzie Broughton: 3rd Division 2  
Devin Kleta: 3rd Division 4  
Jane Swarbreck: 5th Division 2  
Tom Sharpe: 6th Division 1  
Melody Hills/ Dylan O'Connor: 1st Division 4  
Alex Flockhart/ Sue Hurst: 3rd Division 7  
Julia Maslova/ Una Pickles: 4th Division 8

There was some excellent efforts from the rest of the team including 7th for Elly and Faye in division 5 K2 despite Faye only just being promoted to division 6, and 7th for Ingrid and Louise in division 8 K2.

With Richmond hosting the Hasler Final next year it would be an ideal time to move up a couple of steps on the podium and challenge for the win. Start getting your qualifying races in now!.



# RACING NEWS: RECENT HASLER RACES

## PANGBOURNE: 8<sup>TH</sup> SEPTEMBER

Although not in our region, Pangbourne is always a well attended race and is on a lovely stretch of river. A large Richmond team made the trip and was rewarded with big startlines and competitive racing across all classes.

In perhaps a first occurrence for the club we took a clean sweep of division 1, 2, and 3 with Tom S, Lizzie and Freya winning their respective races. There was also a 1st place for Tom W and Max in division 4 K2, and James H in division 8 (also with a promotion), and Tom Silverman in division 9. Faye took 3rd in division 6, as did Mike in division 9.

We also had three C1 paddlers in division 9 which was pleasing- David, Owen and Frank.

## ELMBRIDGE: 6<sup>TH</sup> OCTOBER

The first Hasler of the 19/20 season was held at Elmbridge and we came away with maximum points thanks to a huge entry of 71 paddlers- 20 more than anyone else.

We picked up no less than seven victories across the classes, with Tom picking up maximum points in division 1 alongside wins for Boris in division 5, Chi Hin in division 6, James C in division 7, Guy/ Mike L in division 4 K2, Nicky/ Caroline in division 8 K2 and Jason/ Martin in division 9 K2 by a huge four minute margin.

There was also podium places for Luke with 3rd in division 3, Peter C 3rd in division 4, Teck and Hilary 2nd and 3rd in division 6, Mike and Una 2nd and 3rd in division 8, John G 2nd in division 9, Will/ Roly 3rd in division 3 K2, Eamon/ Nicole 3rd in division 4 K2, Trishan/ Morgan 2nd in division 7 K2, Ingrid/ Louise 3rd in division 8 K2 and Alicia/ Mathilde 2nd in division 9.

Some notable performances also included Ellie who is working her way towards the top of division 5 with a 5th place finish, James R who was 6th in his first 12 mile K1 race, the division 6 entry who locked out 1st- 4th positions and Frank and Owen who were the only canoes in the whole race and finished a close 4th in division 9.

This bumper crop of results meant we scored maximum points in the club competition. This puts us in a great position ahead of the next round of regional races next year.

# RACING NEWS: SPRINT SEASON 2019

## NATIONAL CHAMPIONSHIPS:

The sprint National Championships were held at the start of September, and following the good weather of the Interclub regatta this weekend saw the more traditional high winds. A small, mainly junior team, raced this event in their age groups.

Richmond saw three paddlers win their races to be crowned national champion:

Arthur Leech: C1 500 & 1000

Arthur Leech/ Ben Phillips: C2 500m

Dylan O'Connor: Under 14 K2 200, 500 & 1000, K4 500

Yun Ip also picked up 3rd in the U18 200m K1, and 2nd in the 200m K2 with Melody Hills.

## 2019 SPRINT PROMOTIONS:

JAMES RUSHBY: BOYS B (DOUBLE PROMOTION FROM BOYS D)

DYLAN O'CONNOR: BOYS B (DOUBLE PROMOTION FROM BOYS D)

LUKE PHILLIPS: BOYS A

MAIA WALLACE-LOIZOU: WOMENS B





## INTERCLUB REGATTA

The Interclub regatta is the main sprint event of the year for club competition, and this year we were able to secure 6th place overall. This is a competition we have won in recent years and next year we need a BIG team to race so we are able to make crew boats across all divisions and challenge for the podium. If you are a competent racer this is an event you should be going to!

### Highlights this year:

- A number of first timers came up to sample the world of sprint racing, including many younger juniors who were racing for the first time. In Boys D Shirav, Danny, James R and Joe W raced in K1, K2 and K4 picking up some great results between them. James was 2nd in 500m K1, with both James and Joe making the A final for the 200m.

- In the womens/ masters field Kirsten was very successful in masters races with 3rd place in both the 200m and the 500m. Elly O'Connell raced in the Women's D category, also taking 3rd place in her 500m. We were able to field a K4 of Izzy, Elly, Kirsten and Annette Peters which took 2nd place in the 200m in a very close exciting race.

- Best performances from our mens masters paddlers came in the Masters D K1 200m where Dimitri, Tom and Tony Waskiewicz finished 2nd, 3rd and 4th respectively.

- The canoe team had a number of notable performances with Arthur Leech winning the C1 1000m and taking 2nd in the 500m. He also got in a C2 with Ben Phillips to win the C2 1000m. The final flourish of the canoe team was the C4 of Ben, Arthur, David and Gabor who won their race by a significant margin.

- Our top juniors were racing with selections to the international Olympic Hopes regatta up for grabs. They missed out on this occasion but put in some good performances. Luke was 2nd in the Boys A K1 1000m and 3rd in the 500m, with Freya 1st in the Girls A 1000m.

- We had a very small senior contingent, but in the senior A races Lizzie was able to win the K1 1000m, with Jane Swarbreck not too far behind her in 3rd. These two combined in K2 to finish 2nd in the 500m.

The date for next years Interclub regatta has not been confirmed yet but it likely to be in June/ July time. This is a great event for racers across all different classes.



# INTERNATIONAL RACING: MARATHON

## WORLD CUP: OSLO

The international marathon season kicked off back in May with a World Cup event held in Oslo. Following two winters training at Richmond and on a sharp improvement curve Jane Swarbreck had made the senior team and was making her debut at a major international competition. She opened her account well with a 5th place in the short course race (3.6km with three portages). The following day on the long course event (26km) she surpassed this with a brilliant bronze medal, winning a sprint finish for 3rd place behind two World Champions from Hungary and well ahead of the chasing pack.

## EUROPEAN CHAMPIONSHIPS: DECIZE

The next major event was the European Marathon Championships, held in Decize in France, with Richmond paddlers making up four of the team of sixteen. In the middle of a French heatwave paddlers faced temperatures in the high thirties. Kicking off racing was Freya Peters in the junior ladies K1 race over 19km. She had a great start to make the lead group for the first few laps but was unable to stick with the pace of the fastest Hungarians and went onto to match her 7th place from last year.

Lizzie Broughton was next up in the short course 3.6km race and raced well to stay out of trouble and take a bronze medal. Lizzie was back for the full course 26km K1 race alongside Jane. Following a difficult start for both, Lizzie was able to make it back to the front of the race and contest the lead group for four laps before a mistake at the portage led to her losing contact with the group. She finished in 5th position. A little further back Jane spent the race working her way back through the field, catching most of the paddlers ahead of her to take 6th place. Tom Sharpe had been selected to race senior K1 for the first time at a major international and was in a large senior mens field of 24 paddlers. He had a good race and worked well within his group to finish in 16th position. Finally, Lizzie and Jane teamed up for the senior ladies K2 race and finished 7th.

## WORLD CHAMPIONSHIPS, SHAOXING

The World Championships are late this year in mid October and are taking place in China, on a lake about 2 hours outside Shanghai. Both Freya and Lizzie made the team of eight GB paddlers and are in the final stages of preparation for the event.

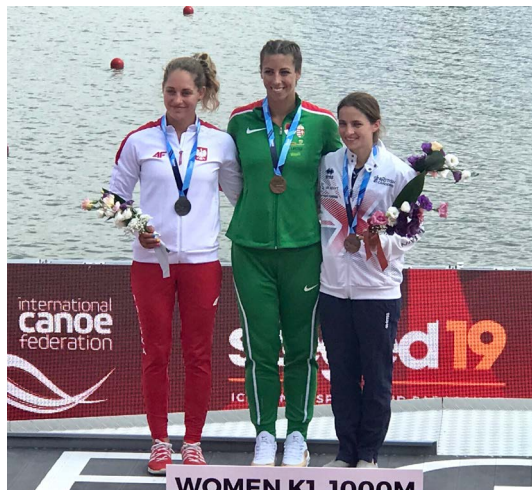




# INTERNATIONAL RACING: SPRINT

The summer season saw a small group of Richmond paddlers representing Great Britain at various competitions across Europe. Arthur Leech raced in the U23 C1 1000m at the Junior & U23 European Championships held in Racice, Czech Republic and later at the World Championships in Piesti, Romania. Freya Peters joined him to race in the Junior K1 1000m at the Worlds, finishing in 3rd place in the B final giving her an overall position of 12th. Andras Keresturi also raced in the junior K4 500m event at both regattas, finishing 2nd in final B at the Worlds (11th overall).

At the end of August Lizzie Broughton went to the Senior World Championships held in Szeged, Hungary. Lizzie was able to bag herself another medal on the world stage, finishing 3rd in the K1 1000m, less than 0.1 seconds ahead of 4th. She also took 6th place in the 5000m event.



# INTERNATIONAL RACING: SURFSKI

Whilst the rest of his training group have been out and about racing sprint and marathon this summer, for Sean Rice the main event of the year was the Surfski World Championships which were held in Quiberon, France. Sean won this event in 2013 and was one of a number of favourites in a very competitive field.

He was able to forge a small lead during the middle part of the 20km race and went onto hold this to the line, taking 1st place and being crowned World Champion 40 seconds ahead of his brother Kenny (who could also be found training at Richmond over the summer).



# AROUND THE CLUB

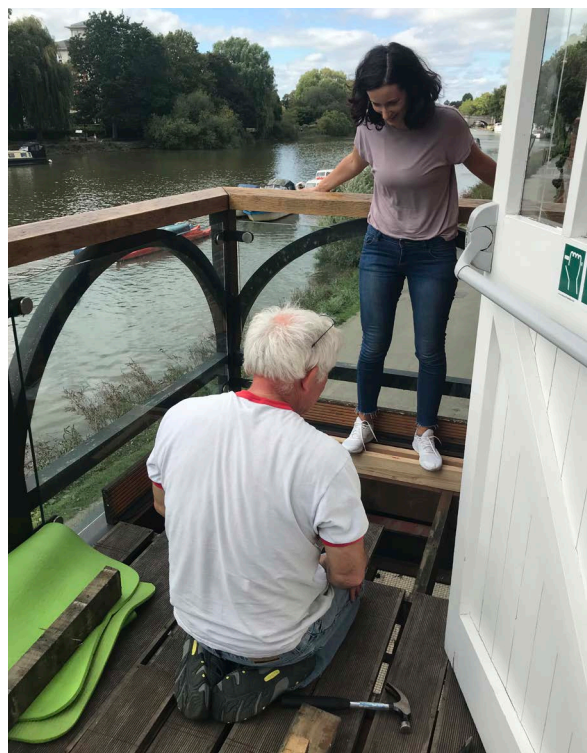
## VOLUNTEERING

Thank you to Tony, Diana, Mike, Faye, Tim, Arthur, Gabriella and David who spent a long time working hard to replace the rotting joists on the balcony.

The club relies on volunteers for many things, including some maintenance like tasks such as repairing the balcony.

We are always looking for volunteers to take on the galley on a Saturday morning to cook lunch for the club- the sign up board can be found next to the kitchen.

If you have other skills you think would be useful or would like to find out more about volunteering and what can be done please speak to Gareth King, volunteer co-ordinator.



## PADDLE CAMP

Over the summer the club held two five day paddle camps for local children. These were a great success with 27 participants learning to kayak and canoe in our new junior specific beginner boats. Some of these children have gone onto become members and are taking part in regular club sessions.

A big thank you to everyone that helped organize this and make it such a success. The coaches and helpers included Boris Mavra, Gabor Szeltner, Catherine Pickering, Elly O'Connell, David & Arthur Leech, Louise, Ben & Luke Phillips, Nic Biggs, Lucy Ross, Georgina McMullen and Izzy King. We received some really positive feedback from children and their parents.





# WINTER PADDLING

## PLA LIGHT GUIDANCE

A reminder that anyone who is paddling in the dark is required by the Port of London Authority to have a forward facing white light on their boat. It is critical we stick to this to ensure we can be seen on the river. The following guidance is taken from the PLA Tideway Code:

- >> All paddlers in a group must have lights if it is dark at any time whilst they are on the water
- >> Should have a light on front and back
- >> All lights should be white – not red

A cheap and effective way to arrange suitable boat lights for both rowing and paddled boats is as follows:

Take a small polythene food container, a basic LED bike light, some self-adhesive dual-lock tape (or heavy-duty Velcro/magnetic tape). Use the tape to first fix the light inside the container and then the container to the boat.



Lights with multiple LEDs and either AA or AAA batteries are best. Single LEDs and button batteries are not sufficiently powerful for Tideway use.

### ➔ Lighting paddled boats

As far as possible, the following lights should be firmly fixed to the boat. On SUPs or kayaks and canoes low to the water, lights may have to be fixed to the chest and back of the paddler rather than the boat.

**On the bow:** a constant (not flashing) white light.

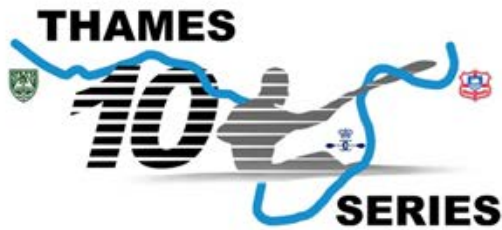
**On the stern:** a constant (not flashing) white light.

*Note: In the Tideway Code Areas a flashing white light is required on the bows of rowing boats to help determine their direction of travel. It is not required by, and should not be used by, paddled boats.*

- Each light must be **visible for 800m** and **through 180°** – the boat must effectively have white lighting visible through 360°.
- Red or other coloured lights should never be used.
- Lights must have **good batteries**, be waterproof and diffused, so as not to 'dazzle' other river users or members of your group.
- Unidirectional lights are not permitted as they are not safe. At least one spare light should be carried and *additional* lights such as head torches can be used to warn approaching vessels of your presence, but can also 'dazzle' other river users if used inconsiderately.
- White LED sticks, attached to the paddler, may be used and reflective tape on paddles is recommended to improve visibility.
- When paddling as a group, **all boats in the group must carry lights.** It is not sufficient to have a single set of lights to cover the whole group.

**If you do not have the correct lights you are breaking the law so you do not go afloat.**

# COMING UP....



**ELMBRIDGE C.C 10<sup>th</sup> NOVEMBER**

**ROYAL C.C 1<sup>st</sup> DECEMBER**

**RICHMOND C.C 15<sup>th</sup> DECEMBER**

**CHECK IN 8.30 am**

**BRIEFING 9.20 am**

**START 10 am**

Race classes are the combined divisions of both paddlers:

- A: Divisions 3-5
- B: Divisions 6-8
- C: Divisions 9-11
- D: Divisions 12-14
- E: Divisions 15+ (5km)



## CHRISTMAS PARTY & 2019 AWARDS

This years Christmas party and 2019 Awards will be held on Saturday December 7th. Tickets will be on sale soon through WebCollect.



## MEMBERSHIP RENEWAL

Membership and boat rack fees will be due on October 31st for the upcoming membership year. You will receive an email ahead of this date with all the information you will need to renew your membership and boat racks. Please ensure you read this email and make payment promptly.

