

# NEWSLETTER

## JUNE 2024



### WELCOME TO THE CLUB

Welcome to the new Norwich Canoe Club newsletter - we hope to update members on a regular basis with the latest news and updates. We welcome your feedback and suggestions!

Thanks, Sarah  
Chair

### RICHARD PHILLIPS

It is with great sadness that I begin this newsletter with the news that Richard Phillips has passed away. Many of us knew Richard as a very positive influence in the club with a great calm and steady presence. Richard and his daughter Lottie have been members of the club for several years and enjoyed racing and training with us all. Richard was great fun in a K2 always asking you to 'lower your rate'. Our heartfelt condolences go out to Richard's wife Josie, his daughter Lottie and all of Richards family. Richard will be greatly missed by all at Norwich Canoe Club.

Should anyone require any support please don't hesitate to contact our welfare officers: Jo Davis or John Franklin.



### NEWS UPDATE

Another month has passed and I can't believe how quickly the racing season is going, with lots of promotion's (particularly amongst our juniors) and Matthew Lodge's race reports are going down a treat. We are in second place in the regional league tables currently and need to keep racing and working hard to secure our place at the Hasler finals.

In particular, our thanks go to Matthew Lodge who pretty much single handedly organised our Hasler race in May. There were lots of volunteers and Mark made a fantastic film of the day that I recommend everyone watches. Thank you to everyone that helped make the Hasler a great success this year. At this point it might be prudent to mention that the committee has put Norwich Canoe Club forward to run Nationals next year and we await the outcome.

Congratulations go to Phoebe Pendle and Martha McKenna for completing the London Marathon in April, a massive feat of endurance. Martha ran for the British Red Cross and raised £2,877. There are also many members enjoying cycling sportives this year and some triathlons coming up - with even some 5 aside football in there.

# TO THE SERIOUS BUSINESS OF RACING . . .

## **NATIONAL SHORT COURSE CHAMPIONSHIPS - 12TH MAY - PETERBOROUGH**

Norwich Canoe Club was very proud to see so many competing in the short course championships: Kamila Sklenarova, Jasmine Sargeant, Estelle Widdows, Harry Sewell Catchpole, Dominic Walker, Shaun Cook, Will Towler, Flo Duffield, Tim Dowden, James How and Adam Want. There were some great results on the day, the standout being Kamila taking the win in the U18's.

## **K1 PARA SELECTION FOR EUROS - 19TH MAY - ELMBRIDGE**

Norwich Canoe Club had seven members that attended this event with some excellent results. From this Kamila Sklenarova, Shaun Cook and Will Towler were all selected for the European Marathon Championships in Poland. Fantastic!

## **MARATHON WORLD CHAMPIONSHIPS - 1/2ND JUNE - BRANDENBURG**

Tim Dowden raced for Team GB in K1 at the Brandenburg event having been selected after the marathon assessment race in Norwich. Tim had a great heat to make Final 1 and then placed 15th overall. Absolutely brilliant Tim, well done.



More photos are available on the member Facebook page

## NEW MEMBERS



Welcome to our new members William, Mason Frederick, Costas, Matt, Ada and Mathis! We look forward to you joining our sessions and being part of Norwich Canoe Club.

## LEARN TO KAYAK UPDATE

May saw Suzanne doing an assembly at St Francis of Assisi Primary. There were also several school kayaking sessions: Hethersett Primary and Wymondham College came for a series of sessions and Bignold Primary brought 50 kids for a taster session. We also finished the first Saturday course, which was very successful because so many of our members helped out!

June will see even more activities, with two school assemblies, three fetes and the Royal Norfolk Show. If anyone wants to help with these events, or with one or more sessions of a kayak course, please get in touch.

Next courses:

- Saturday 12:00-14:00, 15th, 22th, 29th June (13 people booked)
- Thursday 17:30-19:30, 20th, 27th June and 4th of July (8 people booked)

## OBJECTIVES 2024

An update on our Objectives progress:

### Coaching, Coaching Skills and Coaching Development

- Following on from the safety and rescue training that eight intrepid people completed on a freezing weekend in March, five of those then went on to complete the Paddlesport instructors course in April.
- Congratulations to Tristian Sargeant, Pepi Cuenca, Charlie Peck, Rory Smith & Estelle Widdows.
- We have also been busy ensuring the club has enough first aid trained volunteers and keeping those up to date with renewals. Four members have successfully completed an eight hour first aid and six the 16 hour first aid training course.

Continuing with coach development we have developed a coaching structure 'plan on a page' that has been circulated for all coaches, discussed and approved. This structure shows the training that Norwich Canoe Club provides for aspiring instructors from the age of 16 to fully qualified Race Coach. It also shows the supplementary training provided around risk assessments etc and any pre-requisites for the courses. Do have a look.



## DATES FOR THE DIARY 2024

### JUNE

- 2 Bishops Stortford Hasler
- 8 & 9 Open & British Masters & U23 National Championships, Nottingham
- 16 Leighton Buzzard Hasler
- 22 Norwich Sprint Regatta
- 26 & 27 Royal Norfolk Show

### JULY

- 6 & 7 National Sprint Regatta, Nottingham
- 13 & 14 National Marathon Championships, Reading

### AUGUST

- 3 International Sella River Descent, Spain

### SEPTEMBER

- 7 & 8 The National Inter-club MacGregor Paddle Challenge Regatta, Nottingham

## MEMBERSHIP UPDATES

As part of our club affiliation we are currently updating lots of our policies. Please look for the updates that will be emailed. It's important that our members take the time to read these updates and stay current with our policies. They are there to protect all of us and create a safe inclusive environment for all.

If anyone has any comments on anything included in our policies we would like you to collaborate with us to make them as inclusive as possible so please email me or any of the committee, we want to hear from you.

## BOATHOUSE NEWS

Tim Scott has spent several hours tidying the boathouse this month - please help to keep it tidy.

Does anyone know who owns the red canoe with the holes in it by the little lake shed? It is going to be disposed of by the end of June so if it's yours, you want it please remove it.

## CONTACTS



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