

# NEWSLETTER

## SPRING 2025



**WELCOME TO THE NORWICH CANOE CLUB NEWSLETTER. WE WELCOME YOUR FEEDBACK AND SUGGESTIONS!**

**CHARLIE PECK, ADULT REP**

**Spring has sprung at Norwich Canoe Club!** With the sun shining and longer days upon us, it's been fantastic to see our stretch of the river buzzing with activity. Whether you're training hard for the race season, enjoying a relaxed paddle, or just soaking up the warmth from the bank, there's a real sense of energy and community on the water. In this edition, we'll be sharing highlights from recent events, updates on upcoming races, and celebrating the efforts of our amazing paddlers.

### **THANK YOU TO SUZANNE**

A huge thank you to Suzanne for everything she's brought to the club in her role as Community Coach. Suzanne has recently taken on a full-time role outside of the canoe club, but we're delighted that she'll continue to support our *Learn to Kayak* courses and we're sure she'll still be lending a hand during club sessions too. Her enthusiasm, support, and dedication have made a real difference, and we're so pleased she'll remain an active part of the Norwich Canoe Club community.

### **WELCOME TO LOUISE!**

We're excited to welcome Louise, who has been appointed as our Community Coach until at least the end of September. Louise will be leading our *Learn to Kayak* programme, coaching beginner sessions, and helping to grow our membership. She'll also be working closely with the committee to raise awareness of the club by attending school assemblies, local fetes, and community events – all with the aim of encouraging as many people as possible to give our brilliant sport a go. We're delighted to have her on board!

## **NORWICH HASLER – SUNDAY 18TH MAY**

It's almost time for our home race – the **Norwich Hasler!** Taking place on **Sunday 18th May**, this is a fantastic opportunity for everyone to get involved, whether you're new to racing or a seasoned paddler.

You know the river, and let's be honest – it's the best in the region (okay, we might be a little biased!).

It's the perfect event to give racing a go in a supportive, familiar setting.

Entries close on **Thursday 15th May**, so don't miss out!

Around the racing, we need your help to make the day run smoothly. Speak to Matthew Lodge if you can support on the day, or add your name to the list at Betty's Bar if you can lend a hand in the kitchen.

It's a real team effort – and a great way to get stuck into the club spirit!

## RACING & SELECTIONS – HUGE CONGRATULATIONS!

A big well done to all our paddlers who have been out racing recently – we've seen some fantastic performances at events including the National Short Course Championships in Peterborough, the K1 and Va'a Marathon Assessment Race in Nottingham, and the Cambridge and Bedford Haslers. Your dedication and hard work are really paying off!

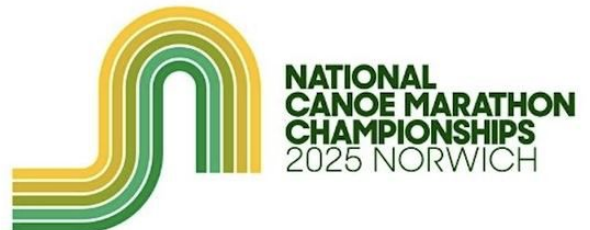
Special congratulations to **Grace Anderson**, who has been selected for the GB Under 23 Sprint Canoe Pool, and to **Lucy Lee-Smith**, who has earned a spot in the Senior Women's Canoe Sprint Pool – amazing achievements! We're now eagerly awaiting the announcements for marathon selections for the European Championships, Sanabria K4, and the World Student Games – fingers crossed for more exciting news to come!



More photos are available on the member Facebook/Instagram page

## WE'RE HOSTING THE NATIONAL MARATHON CHAMPIONSHIPS !

We're proud to be hosting the National Marathon Championships this year, right here on our home water on **26th and 27th July**! The committee is already busy behind the scenes with planning, from logistics to merchandise – but we can't do it without you.



This is a major event, welcoming paddlers from all over the UK to our fantastic stretch of river, and we'll need a big team of volunteers to help it all run smoothly. Whether it's helping on the bank, in the kitchen, or with set-up and pack-down, every bit of support counts. To get involved please speak to Sarah – let's show the country what Norwich Canoe Club is all about!

## LEARN TO KAYAK UPDATE

Our Learn to Kayak programme is in full flow with courses running on Saturdays, Thursdays, and additional sessions planned for half term and the summer holidays. Keep an eye out on the water – you might spot some new faces, as several recent participants have already joined as members!

We had a great turnout over the Easter holidays, and a huge thank you goes to Julie for stepping in and running the sessions over the Easter weekend – your support is really appreciated. If you're interested in helping out with future courses, please speak to **Louise** – it's a brilliant way to get involved and support the next wave of paddlers at the club.

## SUP YOGA – GET INVOLVED!

Looking to boost your balance, strength, flexibility, and confidence on the water? SUP Yoga might be just the thing for you! Similar to yoga or Pilates – but with the added fun of being out on the water – these sessions are a great way to improve your paddling skills while trying something a little different.

Jan will be running the sessions on varying days and times, with options for both beginners and those with previous experience. Spaces are limited due to board availability, so if you're interested, make sure to speak to Jan for more details and to book your spot.



THANK  
YOU

## BARLEY STRAW DEPLOYMENT

A big thank you to Jan and everyone who helped net and deploy the barley straw across the Little Lake. With the warmer weather upon us, algae growth can quickly become a problem – but the barley straw helps keep it at bay. As the straw breaks down, it releases natural compounds in the presence of oxygen that help suppress algae growth, keeping our water clearer and more pleasant for paddling. We really appreciate the team effort in getting this done!

## GOOD FRIDAY CHARITY RACES – SUPPORTING BURY DROP IN CENTRE

Thank you to everyone who took part in our Good Friday charity races! We were treated to great weather, plenty of enthusiasm, and a fantastic atmosphere throughout the day. Every racer donated £5 (some even more!), and together we raised over £200 in support of the **Bury Drop In Centre**. The centre, founded by our very own Robert Green, is celebrating 10 years of supporting homeless and vulnerably housed people – a truly inspiring milestone.

Your generosity and support made a real difference, and we're proud to have come together as a club for such a worthy cause.





## DATES FOR THE DIARY 2025

### MAY

18 Norwich Hasler

31-01 June Nottingham Sprint Regatta (Open & British Masters National Sprint Racing Championships Regatta, including Under 23 and Junior selections)

### JUNE

15 Leighton Buzzard Hasler

29 Bishops Stortford Hasler

### JULY

12 & 13 Nottingham Sprint Regatta (Open & British Paracanoe, Senior, Under 23 & Junior National Championships Regatta and GBSUP Standup Paddle Board Championships, including Paracanoe, Senior & Junior selections)

26 & 27 National Marathon Championships, Norwich

### AUGUST

23 Norwich Local Sprint Race

### SEPTEMBER

06 & 07 The British National Sprint Racing Inter-Club MacGregor Paddle Challenge, the Inter-Services Championship, and the Andrew Bonham Memorial C4 Race

14 Bishops Stortford Local Sprint Race

### OCTOBER

05 Hasler Final, Worcester

## BOATHOUSE NEWS

We've seen a recent rise in rat activity around the boathouse and riverbank, which brings with it an increased risk of Weil's disease – a serious illness that can be caught from contaminated water. To help keep everyone safe, please remember to wash your hands after being on or around the water, and we strongly recommend showering after each session. Please also make sure all rubbish is placed in bins or taken home to help discourage the rats. Whitlingham Boathouse are putting rat control measures in place, and we advise keeping dogs on leads while at the site. Let's all do our bit to stay safe and protect our shared space.

## Committee Vacancies

We need volunteers for:

**Digital**

**Health & Safety**

**Marathon Rep**

For 2025 Haslers (not including Norwich or National Marathon Championships unless you want to!)

Job role descriptions are available – please speak to any committee member or email: [secretary@norwichcanoecub.co.uk](mailto:secretary@norwichcanoecub.co.uk)



## CONTACTS



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