

**Photo Competition:  
the results are in**



**Joe Clarke: British  
Open Champ 2010**

**Clear runs 2010, winners  
and the hall of shame**

**You got designer shades?**

# Gateline

Dec, 2010

**Who's running this  
place?** This month we speak  
to the child welfare officer

**Agony Chris**

**Meathead offers advice  
and support to paddlers  
struggling to get to grips  
with canoeing life!**



**Winter  
Training with  
Adam Burgess**

**24 Hour Slalom: A world  
record challenge. How  
long can you go for?**



**Stafford and Stone Canoe Club**  
 Excelling in Canoe Slalom

# Gateline

**December 2010**

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## Editors Waffle

In case you are unaware Andy Neave has relinquished his temporary position as the “Gateline” editor in order to focus his expertise on the training and development of club members. During the AGM it was discussed where he would be of maximum benefit to the club and it was unanimously decided that he needed to be training our

athletes. Andy has been doing a great job of editing this paper since the un-timely loss of our beloved community sports coach Ruth Holdway. I would just like to say a big thank you to him for his commitment to the Gateline, I always looked forward to reading about what you are all up!

Now, I know that you are thinking “Monty is the greatest joiner and builder in the area whose work is well worth the very reasonable rates that he charges, plus he’s also extremely awesome in a kayak……. But what does he know about editing a newspaper?” I think I got away with the shameless plug so moving on to answer the question; I do not know how to edit a newspaper and do not know how this issue is going to turn out. What I do know is that I care about this club, and all of you. I am surrounded by fantastic people who are helping me with IT support (thank you Chris G) and the committee members who are helping me to acclimatise to this new role (thank you all). I am dedicated to this project and I will be trying my utmost to fill the shoes of the previous editors.

In the summer of 2009 I didn’t even know that Stafford and Stone CC existed, but an internet search later I had Carole’s phone number and she hasn’t been able to get rid of me since! She invited me to turn up to one of her adult beginner classes which was the biggest turning point of my life, I met a group of brilliant people and had a great time. It now feels like a lifetime ago when I first sat in that yellow plastic boat and I just cannot believe how many places I have been to all thanks to Stafford and Stone CC and its members! My life has completely changed for the better since discovering the sport so I really want to give something back to the club.

So let’s get this ball rolling, we now have a shiny new website which can be found at <http://www.staffordandstonecc.co.uk>. This edition of Gateline and all future editions will be on there for you viewing, just go to the homepage and click on the “Gateline” tab. As of next year all Gatelines will appear on the website and the paper copies will no longer be sent out. I do appreciate however that not everyone has access to the internet so if you wish to continue to

receive paper copies then please don't hesitate to contact me on 07515444648 and I will ensure that you continue to get the paper version. Alternatively you can email me to request a paper copy at [chris\\_morrisbsc@yahoo.co.uk](mailto:chris_morrisbsc@yahoo.co.uk).

### **Welcome to new Members**

Even with the lack of clubhouse our members list is growing, new participants are braving the cold weather alongside our most hardened paddlers! The club welcomes new members Pierre, Pierrick and Maxime all the way from France who are taking advantage of our more equatorial climate. Also Rachel Bradshaw who has joined us from Manchester CC, after moving into the area to join our canoe club she purely coincidentally chose to study at a local university.

### **Promotions for 2010**

Congratulations to the following on their promotions over the 2010 season:

- Aaron Pope (J12), Phil Darlington and Simon Wilde on reaching division 3 K1 this year.
- Nikita Setchell (J10), Paige Nutton (J14), Karen Dickinson, Megan Bate (J14), Isaac Barker (J12), Michael Owen (J12), Jamie Weddell (J12), Toby Kemp, Chris Gildroy and Keith Sunderland for reaching division 2 K1 this year.
- Carl Sunderland (J18), Peter Tansey and Chris Morris who all reached div 1 K1. Mikey Wilson (J16) who made it to Div 1 C1.
- Laura Kedwards (J14), Philippa Hipkiss (J16) and Beth Miles (J14), James Roden, John Dickinson and Jack Weddell (J16) on reaching Prem K1.
- Jazz Royle for reaching P/1 (J18 C1W).
- Robert Harratt and Bradley (Matlock) on getting into P/1 in their C2.

Commiserations to many of you who narrowly missed out. All in all this was a successful season from the paddlers at Stafford and Stone, with paddlers getting promoted in most of the divisions.



## Fundraising

Target: **£10,000.00**  
 Raised so far: **£2,781.94**

28%

Donate now

In order for the new clubhouse to be finished we have been given 3 key tips: “Fundraise, Fundraise and Fundraise!” If we can raise £10,000 then we have been kindly promised a £20,000 donation in the form of “The Ruth Holdway Fund” which will push us ever closer to walking into a state of the art clubhouse befitting a club of our national standing. We are off to a flying start and I would personally like to extend a huge thank you to everyone at the club who have been brilliant in helping us to raise, so far, £2781.94. However we still have a long way to go, the powers that be are doing their utmost to plan fundraising events but without you nothing will happen. Please, please roll up your sleeves and start fundraising for the 24 hour world record attempt slalom or just help in anyway you can. Meeting the £10,000 target is a very big deal for the club, it will mean that we will continue to provide the best training of any club in the country for junior athletes! We will continue to produce world standard home-grown athletes! We will no longer get changed on a freezing cold car park!

## The Role of the Welfare Officer

The Club Welfare Officer is responsible for acting as a source of advice about safeguarding and protecting children, promoting good practice and for coordinating action within the club on receipt of any concerns or referrals about the welfare of a child. Carole McGranachan speaks about her duties in this key role:

*“I have recently volunteered to undertake this role and just wanted to make everyone aware of it. Further information will go on the website as I continue to develop the position.*



*The Welfare Officer is responsible for ensuring policies and procedures are in place to provide information and advice on child protection within the club and to ensure that the club follows the BCU Child Protection policy and all related procedures.*

*An example of this is to make sure that all coaches are screened for their suitability to work with children – essentially this means to ensure that coaches and anyone else working closely with children have up to date Criminal Records Bureau (CRB) checks.*

*If anyone, at any point has any concerns about the welfare and safety of any child involved in the club, or at an event run by Stafford and Stone Canoe Club then they should report this to me. I will listen to concerns and assess what action needs to be taken, if any. Hopefully most issues can be resolved very easily and smoothly within the club and will not need to be referred on. Any more serious issues where the child is, or is potentially, at risk of harm may have to be reported to the BCU Child Protection Officer who will investigate further. Extremely serious or urgent issues may need to be managed locally through referral to Social Care Services or even the Police. I hope, of course that the latter will not happen at*

*all but wish to reassure parents that I will take the appropriate course of action following any issue or concern raised.*

*The Welfare Officer is also responsible for keeping up to date with training opportunities in child protection and ensuring that all coaches and volunteers working closely with children have current training.*

*I have recently completed the Sports Coach UK Safeguarding and Protecting Children Workshop and have had further training in Child Protection through my work in the NHS and as such, am familiar both with local procedures and how to liaise with the BCU if necessary. I am also more than happy to provide advice to people on an informal basis if there is anything that you want to talk over or need clarification on, such as taking photographs of children at events.*

*At every competition we organise we are also required to have an Event Welfare Officer to be a source of advice on child protection matters and to manage any concerns. At most races this will be me, however I cannot promise to be at all of them so would really appreciate it if someone would volunteer to do this job if I am unable to attend any particular event. This can be anyone, apart from a coach who is directly involved in coaching children. So willing parents, please give me a call if you would like to discuss further. There will not be very much work involved or much of a time commitment, apart from at events that I am unable to attend, and even then it is mostly about just being there in case you are needed. You would also need to attend the Sports Coach UK Workshop, which is 3 hours duration in an evening.*

*I will be developing the role further over the next few months, mainly ensuring that all relevant policies and procedures are available to club members and ensuring that all coaches are fully aware of child protection issues and practices. Hopefully any serious concerns or real incidents will be extremely rare and we can all continue to enjoy our paddling within a safe, encouraging environment!*

*I can be contacted on **0789 6374709** and will usually be around at events.”*

## Clear Runs 2010



When it comes to staying clear, the old guys rule for the 2<sup>nd</sup> consecutive year. John Dickinson (left) has claimed the crown with 19 clear runs, equalling the record set last year by Ant Barker (right). Ant did not give up his title easily claiming 17 clear runs for the season. James Bailey (14), David Bain (13 and 1<sup>st</sup> junior), Tom Brady and Martyn Setchell (11) were the only

other paddlers in double figures. Leading lady was Sarah Chynoweth (8), top C1 Adam Burgess (8) and C1W Jasmine Royle (7).

The Hall of Shame with no clear runs recorded this season includes: Adam Moorcroft, Horst Mayer, Megan Bate (K1) and Carole McGranachan (below).



# Photo Competition 2010

29 photos were entered into the competition by 13 photographers. The appointed Judges, who did not have their own entries, were Jasmine Royle, Robin Vasey and Sean Miles.

Results:

1<sup>st</sup> Tom Brady @ Markkleeburg by Andy Maddock



2<sup>nd</sup> Emily Woodcock @ Markkleeburg by Andy Maddock



3<sup>rd</sup> Lizzie Neave @ Tacen by Pete Astles



1<sup>st</sup> Junior Emily Woodcock @ HPP by Nikita Setchell



Congratulations to Andy, Pete and Nikita.

The photos entered into the competition will be used for the 2011 Stafford and Stone Calendar and for other club fundraising and publicity purposes.

## You got designer shades just to hide your face and you wear 'em around like you're cooler than me?

We need a junior member of the club to volunteer as the correspondent of the Gateline; you will receive as little or as much help as you like to write stories of interest to the junior members of the club. This is a chance to have your say, you can write about what ever you want and the aim is for this section to be fun. To get the job you must be J18 or under and you must be cooler than me! Anyone interested should contact me at [chris\\_morrisbsc@yahoo.co.uk](mailto:chris_morrisbsc@yahoo.co.uk).

## Upcoming events

1<sup>st</sup> Jan 2011 – New years day race

16<sup>th</sup> Jan 2011 – Mini 1

22<sup>nd</sup>/23<sup>rd</sup> Jan 2011 – 24 hour World record attempt

How much can you do to help the club? The aim for every member



of the club and wider canoeing community is to raise as much money as possible through sponsorship and donations during the build-up to the Event. You will be asked to do as many runs as you can during the 24hr period. This can be achieved as large blocks of 1-3hrs or smaller blocks of 1 hour at a time. Or for the extremely hardy there is the 24 hour maximal effort.

The club will be providing toilets, and catering and hopefully a beer tent to keep you fuelled up and raring to go throughout the day and night.

The exact arrangements during the event as you can imagine depend on numbers, but believe us when we say there will be a number of different ways in which you can challenge yourself during the

24hour period. We may have themed hours throughout the event, themes may include: kayak hr, Canadian hr, Teams hr and Fancy dress hr, all other suggestions are welcomed at this stage.

We are also hoping to have some timed runs down the course, but the number, and time, of these will depend on the number of volunteers to time the event. But even if you're not paddling you could volunteer to do a Start or Finish Slot for 2 hours at 2:00am for example, and get people to sponsor you to raise money for this instead.

**30<sup>th</sup> Jan 2011 – Mini 2**  
**13<sup>th</sup> Feb 2011 – Mini 3**



## **Slalom Committee – Annual Consultative Meeting** **(ACM)** **by Andy Neave**

This is an update to all members on the outcomes from the Slalom ACM that I attended on Saturday 27<sup>th</sup> November, a lengthy meeting so just a basic summary.

### **Elections:**

Chair – Anne Hounslow, Treasurer – Andy Koszary,  
 Secretary – Colin Woodgate (Vice-Chair – Jenny Walker remains in position).

Committee Members – Jackie Wetzig, Ken Trollope, Pete Atkinson, Peter Curry (Steve Bright and Andy Grudzinski remain in position).

**Motions:**

1. C1W Div 2 and Div 3 will now be two separate divisions.
2. All divisions will now be ranked on 1000 points. Proposal to base Div 2 and Div 3 promotions on 5 races was rejected.
3. K1W promotion Div 3 to Div 2 now 3300pts – brings in line with K1M.
4. C1W Prem/Div 1 ranking must now include at least two Prem results.
5. Race quorum increased from 3 to 5 (for entry <5, points by comparison to K1M results).
6. J10 and u23 now recognised age categories in all divisions.
7. Shepperton double Div 1 reinstated to calendar for 2011.
8. Strategic Review to be implemented and to report by end September 2011.
9. Proposal to define exact purpose of slalom calendar was defeated (will be considered as part of Strategic Review).
10. Cancelled Div 1 events may be substituted with a replacement event (this rule already existed for Prem).
11. Div 2/3 events may be arranged at short notice (min 3 months) in exceptional circumstances.
12. Proposal to grade all slalom sites and courses to be set was defeated.
13. Proposal to define exact purpose of ranking system was defeated (will be considered as part of Strategic Review).
14. Proposal to remove section judges and timing team from Div 1 events was defeated. There is a serious shortfall in funding available which will need to be addressed.
15. Risk assessments for all events will need to be submitted in the future.
16. ICF rules will be adopted unless there is compelling reason to have specific GB rules.

17. Prem and Div 1 veteran paddlers (Purple bibs) will have points determined by comparison with corresponding class results.
18. Div 1 protest fee increased to £3.00.
19. C2/C1W results comparisons – rounding of results clarification was passed.
20. Multi class discounts now restricted to Div 2 and below.
21. Protest time now reduced to 15 mins per class after posting of results.
22. Max entries for an event will only be specified if required.
23. Penalties recorded by judges will now follow ICF convention i.e. as paddler presents to gate, not river R or L.
24. Paddlers not staying on water at finish to act as rescue for next 2 boats may be disqualified from their run.

The 2011 Calendar was also approved. With Shepperton Div 1 double reinstated, Llandysul made the case for their double Div 1 to also be reinstated and this was approved. Junior and Vet champs at Llandysul will now revert to Div 2/3 weekend in May. Applications to run Prem events at Washburn and Abbey Rapids were not accepted.

If more detail is required please contact me at [andy.neave1@btopenworld.com](mailto:andy.neave1@btopenworld.com)

## **West Midland's Region Slalom Day – Jackfield Rapids**

**By Dave Royle**

A total of 32 paddlers took part in the second West Midland's Region Slalom day on Telford Canoe Club's site at Jackfield Rapids just downstream of Telford.

Andy Neave headed up the coaching for the day and when we arrived course construction was well under way. Quite a few of the

lines were left from the previous training days, so that made things much easier. Oz Roden and Sarah Robson were hard at work getting tangled up in bailer twine and with Andy's skill at jiggling poles we soon had a course for everyone to train on.

The site has been redeveloped quite a bit during the works that have been carried out to reinstate the roadway and, particularly at high level, there are limited eddies for breakouts. On the other hand, Jackfield is a great place to hone your skills on staggers as, on this day, the water was high. To some, the high water level was intimidating, but careful guidance from Andy and myself persuaded concerned paddlers and parents that getting on the river would be a good thing to do. They agreed afterwards (Eh, Tom?)

Two sessions were organized but the weather conditions meant that many only did the morning session. This may lead to restructuring the sessions for future events to try and make things more efficient.

Quite a few rolls were witnessed from the bank, particularly Callie Halliday, who was paddling a C1. Phil Darlington, notably, came to grief the moment he said "This is so much better than the last time I came". He caught an edge and in he went.

Last swim of the day was awarded to Chris Gildroy who capsized trying to recover the training gates as we took down the course and all the lines.

Thank you to Telford Canoe Club for allowing us to use the facilities, once again and to Roger Roden for liaising with the Club on my behalf. Thank you to Andy Neave for heading up the coaching and thanks also to Viking KC who came through in a handful of open Canadians and ended up involved in rescuing some of the less stable paddlers. They assure me that the photos will be available at the Interclubs.

## Joe Clarke: British open champion 2010

By Joe Clarke



The qualification was held on Saturday and with 40 people getting through, I knew that if I performed the way that I knew I could then I would be able to qualify comfortably. Saturday's first run was all about going down the course without any big time errors, or touches and then I would be able to push the second run a bit harder and take some time out on the more technical moves. This would hopefully give me a high position allowing me to have more sleep after the busy Oscars night that lay ahead.

My first run went to plan and I was sitting in second place but I knew I would have to improve as some people that were behind me had made mistakes and could improve on their second runs. I did video review between runs with my coach (Mark Ratcliffe) and so I knew where I had made mistakes and lost time on the race leader Richard Hounslow.

My second run was going really well, I had nailed the cross under the bridge but I didn't manage to kick the bow upstream as I had too much speed so crashed into the wall, almost getting whiplash! I calmed down and managed to improve the areas lower down the course which I had highlighted after the first run and managed to improve my time by 0.25 seconds. I was happy with the run as a whole, but with people going faster I had moved down into 4<sup>th</sup> place. I was happy with the days racing, having 2 clean solid runs and the main box of qualifying had been ticked.

The course on the Sunday was definitely more technical than on the previous day. Generally I feel more comfortable with technical

courses as I know that if I have slight time errors, it shouldn't affect whether I qualify to the final as there is a lot more time separating 1<sup>st</sup> and 40<sup>th</sup>.

I walked the course with my coach and we talked it through, until I felt comfortable with it. I then had some time to relax before my run.

My first run was solid with a few elements being good, I had done enough to make it into the final in second place, just behind Joe Coombs. Afterwards Mark and I sat down to watch the video, we talked through the areas on which I could improve and set a target time of 82.0 seconds. I felt this would be realistic if I improved the areas we highlighted. I then had some time to relax before talking through the course again with Mark around 40minutes before my run.

Sitting on the start line being second to last to set off I felt rather nervous, but I knew what I had to do, and being the "underdog" in the competition helped me. I set off the start line sprinting hard, and after completing the first few gates the nerves had settled and I was on a really good run. I knew that if I kept it up I would be able to challenge the lead, and I finished the course in a time of 80.78 smashing my semi final run time by nearly 4 seconds!

At the finish I was congratulated by Campbell Walsh which was great but there was still Joe Coombs to come down the course and I knew if he had a good run anything could happen.

Joe went through the finish with a time of 81.23 + 2 and then I knew I had won!

It was an amazing feeling to have won the British Open at such a young age especially with all of the foreign paddlers attending. After warming down I was approached by some people in suits and I knew straight away they were from WADA (World Anti-doping

Agency) which was rather scary as I have never been drugs tested and I didn't know what to expect.

After testing free of drugs I collected my prize, and later that evening was called by Pete Willett asking me who was the last Stafford and stone paddler to win the British Open but unfortunately the trophy had been replaced so it didn't date back far enough. Maybe Andy Neave could shed some light on the matter?

### **Adam Burgess's guide to winter training**

We tracked down Adam Burgess and disrupted his training to ask him how he approaches winter training.

**(GL) Adam I would like to talk to you about winter training.**

**(AB) Ok**

**Why is it important?**

*So you can best prepare yourself for the following season*

**What do you focus on?**

*I mainly focus on physical sessions for first half of winter, and delivery focus over full runs for the 2<sup>nd</sup>. What's "delivery focus"? Training as though it were a race; mentally focused on achieving the best possible run that you can possibly achieve.*

**What is the objective?**

*To work on your weaknesses, it's also a good time to do more volume in your training because you don't have to stay sharp for races.*

**What targets do you set yourself?**

*For this winter: I want to put on weight (5kg), my targets are personalised... Mainly improving technical consistency on feature*



*moves and to develop a more attacking style, I'm trying to pull harder on my paddle!*

**Why are they important to make?**

*They are a reason to wake up in the morning, and to get you training! I was in the gym at 7 o'clock this morning even after a weekend of wild-water racing in Yorkshire at the BUCS.*

**How do you keep yourself motivated?**

*With targets and performance goals for the following year. Thinking about racing goals that is, not so much testing although we do test a bit.*

**Does your diet differ from in-season?**

*Due to the increased volume of training I have to eat more over winter, it doesn't change I eat healthily but more!*

**Do you look forward to the Stafford and Stone minis?**

*Yes the minis are a rare opportunity to get on a start line before selection races, this gives me a chance to practice the mental skills that you can't in training. I tend to use every opportunity that I have to practice mental strength to aid my canoeing. A composed athlete is a strong athlete.*

**Are the mini's a tester of how training are going?**

*Not really as I won't have started to taper training down to be race sharp, it is just really useful race psychology training.*

**Last year you beat Etienne Stott by 7 seconds, how???????**

*The general raw speed that you get from being from Stone gave me the edge.*

**Who would win out of you, Dave F, Greg and Mark on Stone? Put them in order in your opinion?**

*Argh! No I can't say that, it's too harsh of a question all I can say is that I'd win. I'd like to see the senior paddlers at Stone if they are up for the challenge?*

**Do you have one key tip for winter training?**

*Rest is as important as the training; I rest better this winter than I did last winter. I sleep better and warm down better after training sessions. Warming up fully in winter training is vitally important as it staves off injuries, I haven't suffered any this year so have missed*

no training. That's two but they are the two key morals that I train by.

Thank you very much for your time, best of luck with the training!

## Agony Chris

Solves your canoeing problems



### My Boat is bendy

Letter of the Month

*Dear Agony Chris,* Recently I have started to notice that my boat isn't as stiff as the other boy's boats at Stone. It just droops when I am on the water and that makes me feel sad. I think my friends will laugh at my droopy boat what can I do?

**Toby Kemp,  
Stafford**



*A droopy boat is more common amongst paddlers than you might think. It is often embarrassing and you may feel lonely. Why not phone my help line, "don't run into rocks with your boat", to talk to others who are struggling to keep their boat stiff?*

### Feeling inadequate

*Dear Agony Chris,* I am feeling very inadequate when changing with the real men at Stone who have much better muscles than me.

**Phil "He Man"  
Darlington, Stone.**

Why not pack loads of bags with shopping for 2 hours at M&S Stafford? That would help you build some real muscle mass.

### Girly car troubles

*Dear Agony Chris,* I have recently started to turn up to the club house in my convertible car to impress all my friends, and it works! I have tried really hard but I cannot get my Kayak to stay in the passenger seat when I need to take it to races. What will I do when I am not paddling at Stone? If I turn up to a race in my crappy Mazda then they will laugh at me.

**Philip Gooding, Stone**

*Buy a Skoda.*

### Kayakers are stupid!

*Dear Agony Chris,* Most of my Kayaking friends are not as clever as me. What can I do?

**Christopher Morris,  
Stoke**

*Why not try teaching them a few skills by organising a quiz?*