

TALES FROM THE RIVERBANK



SEPTEMBER/OCTOBER 2006

Youth Freestyle Series



Iain Robinson

“The Youth Freestyle Series consists of 5 paddling events across the UK. The main focus of the events is fun freestyle competition, but there is also free coaching available on freestyle, river awareness and safety.” (Statement taken from the Youth Freestyle Series website)

After I had posted a message on the club forum about the event Allan Hacking approached me one night at the Hand and Dagger asking whether I fancied going. He was planning to enter Joanne and he had some spare space in his car so was willing to take me along; I jumped at the opportunity.

Llangollen 8th April, 06

Allan and Joanne Hacking and I arrived at Mile End Mill well before the scheduled registration time of ten o'clock. This gave us the opportunity to have a quick look, from outside of the rafting centre and café, at the short stretch of rapids just outside Llangollen. Following this there was a mass of form filling in and administration, which lasted at least half-an-hour, before the first event of a series of five kicked off proper.

The twenty or so youngsters who attended this event were split into two groups. One group focused on river skills whilst the other one focused more on the Freestyle. The latter Freestyle group was split into two further groups, because of the sheer number of paddlers. One Freestyle group worked with Fiona 'Flea' Jarvie (3rd in the 2005 World Freestyle Championships) on flat-water Freestyle skills, whilst the other Freestyle group worked with a chap nicknamed 'Pies' on the three play features found at Llangollen. Joanne and I joined the latter group, which included some of the GB Freestyle Team and they were definitely good, setting a high standard for the competition, which came after dinner.

The group slowly moved on down the river, with some instruction from 'Pies', stopping to play in each feature before arriving at the bottom of the course. Once at the bottom the group walked back to the top for another quick run down to the first feature before getting off for dinner.

The afternoon session was kicked off with a Boater Cross for each age group, which involved a kind of slalom race down the river in one group, but without the slalom poles. This, in short playboats, seemed extremely hard work. All I can remember about this event was overtaking someone who was stuck, side surfing the middle hole, and finishing with arms which felt like lead!



After the three age groups had completed the Boater Cross and the judges were in place at

the middle hole the Freestyle competition kicked off. Each competitor was scored on the technicality and the variety of moves and had two forty-five second runs in the play feature. If they flushed they had to quickly paddle up the eddy and carry on. Forty-five seconds doesn't sound that long, but it certainly was when you were 'strutting your stuff'!

The under 15's went first and there were some spectacular moves being pulled off by some extremely good paddlers. After this it was the under 18's, which included Joanne and I. On my first run I flipped early and ended up rolling up quite far downstream. I then struggled to get back up the eddy and into the hole. When I eventually got back into the hole I did manage a couple of spins before my time was up. My second run was slightly better, I did flip but I managed to roll up and get back up the eddy quicker than the time before and carry on before my time was up.



The Nene Whitewater Centre 3rd June, 06

The second event in the series of five was much better than the first at Llangollen. To start the sun was shining and everyone was in short sleeve cags and shorts and the course was also much more friendly towards the novice Freestyle paddler, which is definitely me! The only problem with this event was that it was a good three hour drive, meaning we had to set off at seven in the morning to make the ten o'clock registration. The roads were clear so it wasn't such a bad journey after all.

Once the masses of paddlers – all the Nene locals were at this event – had been registered and split into groups, Helen James, Joanne Hacking and I started the day with a talk on river safety before having twenty minutes or so on throwline practice.

Then the water activities began with a flat-water Freestyle coaching session with a chap in a yellow Troll helmet, unfortunately I didn't catch his name; it could have been Alan. Fiona Jarvie was also coaching flat-water Freestyle and she helped all three of us with our cartwheeling.

It was now ten minutes to one and the event had been allocated river time from one o'clock till five. Before and after these times it was the rafts turn to float down the course. The centre is controlled by a series of pumps and to make any money or just break even they have to send rafts down the course, but the course is so small that no canoeists can be on at the same time. We quickly grabbed some dinner before heading over to the course for one.



We started the course activities with a session on river running, which involved practicing eddy hopping down the course, as well as keeping line of sight with a paddler above and a paddler below you. Once we had had two runs of practicing river-running skills on the course we started some Freestyle on the features that can be found at the course. Fiona Jarvie took us for this coaching session and I think we all made some headway into

becoming somewhat reasonable Freestyle paddlers. Well, I managed to get one end and Joanne nearly managed a front loop.

Once all the coaching sessions were over it was into the competition section of the day. As we only had limited water time it was a feat of organisational skills from a chap called Jamie (I think he could have been Jamie Burbeck, who is a top C1 Freestyle paddler) to get two competitions complete before the rafts started to take over.

The format of the competitions was somewhat confusing with heats for both the Freestyle and Boater Cross happening at the same time. The Under 18's started with the Boater Cross, run by Matt Tidy (a Fat Face sponsored paddler) whilst the Under 12's started off with the Freestyle, which was judged by Fiona Jarvie and Chris Chapman (another top Freestyle paddler). Helen and Joanne were in the third heat, and also the final for the Under 18 Girl's as they were the only two, there was one other competitor but she missed the race, but managed to make the Freestyle.

I was in the fourth heat of the Boater Cross and managed to come second with some cheeky lines down some of the drops, which meant I managed to overtake a couple of paddlers. This also meant I was through to the final of the Boater Cross for the Under 18 Boys and I had to wait for the other Under 18 Boys qualifying heat to finish before lining up for the final. The start of the Boater Cross was a 'Le Mans' style where the paddler had to stand by their boat and when the start whistle was blown they had to jump into the boat, get their spray skirt on and paddle off down the course. In the final one of the competitors didn't bother putting his deck on, this meant that he got a head start on everyone else, but two of us managed to catch him up and overtake him half way down the course as his boat started to slowly sink!

I was in the fifth heat of the Freestyle so once my Boater Cross had finished I had to head over to the bottom pool and prepare for a soaking as rolling was a definite in this event.

I managed to throw a couple of ends down before falling on my head and rolling up. I went for a couple of front and back loops as well but the inevitable happened, with me upside down and rolling. I could have gone for a Lunar Orbit, which is a stern squirt into a back loop, in this run, or it could have been the second run; the two were that close together they all kind of merged into one. Anyway I landed on my head again when trying this so had to roll back up. That was the end of the day for me so I hung around the pool, where the Freestyle was held, and waited for Joanne and Helens event, which was heat seven.



Helen took the safe approach and just went for pop outs. I think she could have done over ten pop outs in her allotted forty-five seconds so she racked up some points. Joanne, however, went for the much wetter option of trying to go for some loops. In their second run it was much the same I suppose.

Once the events were over we got changed and headed up to the café for prize giving. Square Rock (importers of Jackson Kayaks and Esquif Canoes), Palm Equipment, Dagger Europe and Pyranha Kayaks provided the prizes. There were prizes for 1st, 2nd and 3rd in the Freestyle and just honourable mentions in the Boater Cross, as they had no sponsors for this event. Then it was time to head home. We dropped Helen off in Leeds so that she could get back up to Teesside and I eventually got home at ten o'clock. I think Joanne and Allan made it home for about half ten.



Teesside Whitewater Centre 16th July, 06

So it was the third event and the weather looked somewhat good for participants and spectators alike. For this event my Dad provided taxi services for Joanne and I, whilst Allan went to Bassenthwaite Lake with Leslie and Steph. My Mum also tagged along for the drive and to provide photo support!

We set off at a somewhat reasonable time of eight forty-five and arrived some two-and-half hours later exactly as registration for the event opened. Once registered and the normal formalities were taken care of the Under 18's went off for some Freestyle Coaching whilst the Under 12's and Under 15's did some river running skills.

Jonny Noblett, from Clitheroe Canoe Club and whose Dad ran my Trainee Level Two Coaching Course a year ago, ran the only Freestyle coaching clinic of the day for the Under 18's. We focused our efforts in the main play feature that is found at Teesside and is known by the name of Happy Eater. The group mainly focused on spins, as this is the easiest thing to do in the hole without damaging yourself and kit.

Once the Freestyle coaching had finished we broke for lunch and then everyone swapped around. So now the Under 12's and Under 15's were working on Freestyle skills and the Under 18's working on river running. As it happened though, most of the Under 18's stayed on the water, without any coaches, and worked on their Freestyle. I however went to

the river running clinic just for a change of pace and paddling style. Two chaps ran this clinic and the four people that attended it were split between the two. I had a chap called Vic, who was a very knowledgeable and skilled paddler. On this clinic we ran the whole course focusing on getting the tightest breakouts possible below each 'drop'. Some of mine were good and some were not so. Twice I got back looped on Valentines as I got kicked into the meat of the hole as I missed the break out.



Once this clinic was over the competitions started at Happy Eater and seeing as my boat was at the top of the course I got on and tried to catch the top wave before heading down to the competition hole to watch the younger age categories. I managed to catch the wave, which was the third time today and that was the first day I had ever managed to catch it. I surfed it for about two minutes before heading on downstream.

The Under 12's competition was soon over and then the largest group, the Under 15's began. About an hour later my age group began, starting off with the girls and then moving onto the boys. Joanne was one of only two girls in this age group so that competition was quickly over. Joanne had some good rides with only two or three flushes over the two rides. In both runs she nailed countless spins and a couple of forwards and backwards blasts.



Once the girls had finished it was the boys' turn. My first run was one of the last and everyone who had gone before me looked to be doing really well. My first run was not great. I think I flushed about three times and had to roll a couple of times as well. However, I did get some spins so it wasn't all bad. My second run was a lot better. I went for an entry move; a back-deck roll into the hole, which gets you 130 points even if you flush. I flushed, paddled my way back up the eddy and then just spun in the hole for the remaining time. Near the end of my allotted time I flushed once more and just made it back to the hole to throw an end before the whistle went. I was happy with my second ride, but I didn't think it was any winning performance.

Once the freestyle was over those who wanted to compete in a Boater Cross had to go up to the top lake and seeing as I enjoyed the last Boater Cross so much I headed up there with my boat and paddle. The Boater Cross was to run from the top lake all the way to the bottom of the course. This may not be that long a distance, but when you're in a short boat, sprinting flat out, trying to beat everyone else and at the same time trying not to get caught in any of the holes it was a very tiring experience.

My age group, like in most things, went last, and the race was run with both boys and girls, which meant I was racing against Joanne. I had a good start and was tying with another competitor across the top lake and I managed to just overtake them and was leading going

into the course. I was making good progress and my arms were starting to ache. I went through Happy Eater, got slowed so that the person I had previously overtook started to catch up. I went through the next hole, and got slowed even more; whereas the person behind me managed to avoid the hole and therefore overtook me.



The Under 18's coming off the top lake and heading onto the course in the Boater Cross.

I was starting to get very tired now, however I sat just behind the leader all the way to the bottom. For the first time that day I didn't get back looped in Valentines and I went into the bottom lake about a metre behind the leader. At one point I thought I was going to overtake them, but they managed to just hold onto their lead. However, as they didn't have a bib number they were disqualified! Joanne came in a couple of minutes later after passing a couple of swimmers in Valentines!

After this it was just a case of packing up and heading for home once the presentations were complete.

Unfortunately I was not able to make the next two events, but I must thank Allan and my Dad for taking me to the events so that I could progress my Freestyle skills.

P.S. Results for the series can be found at <http://youth.ukfreestyle.com/results.php>

[The story continues over the page...]

For Sale

Perception Carolina 14'8" Red Polyurethane

Lendal Paddle, Red Spraydeck,
Red/Blue Buoyancy aid, Thigh Braces,
Custom made buoyancy in boat, Trolley.
Rudder parts, not fitted.
Boat is stored at AQUATIC in Bowness.

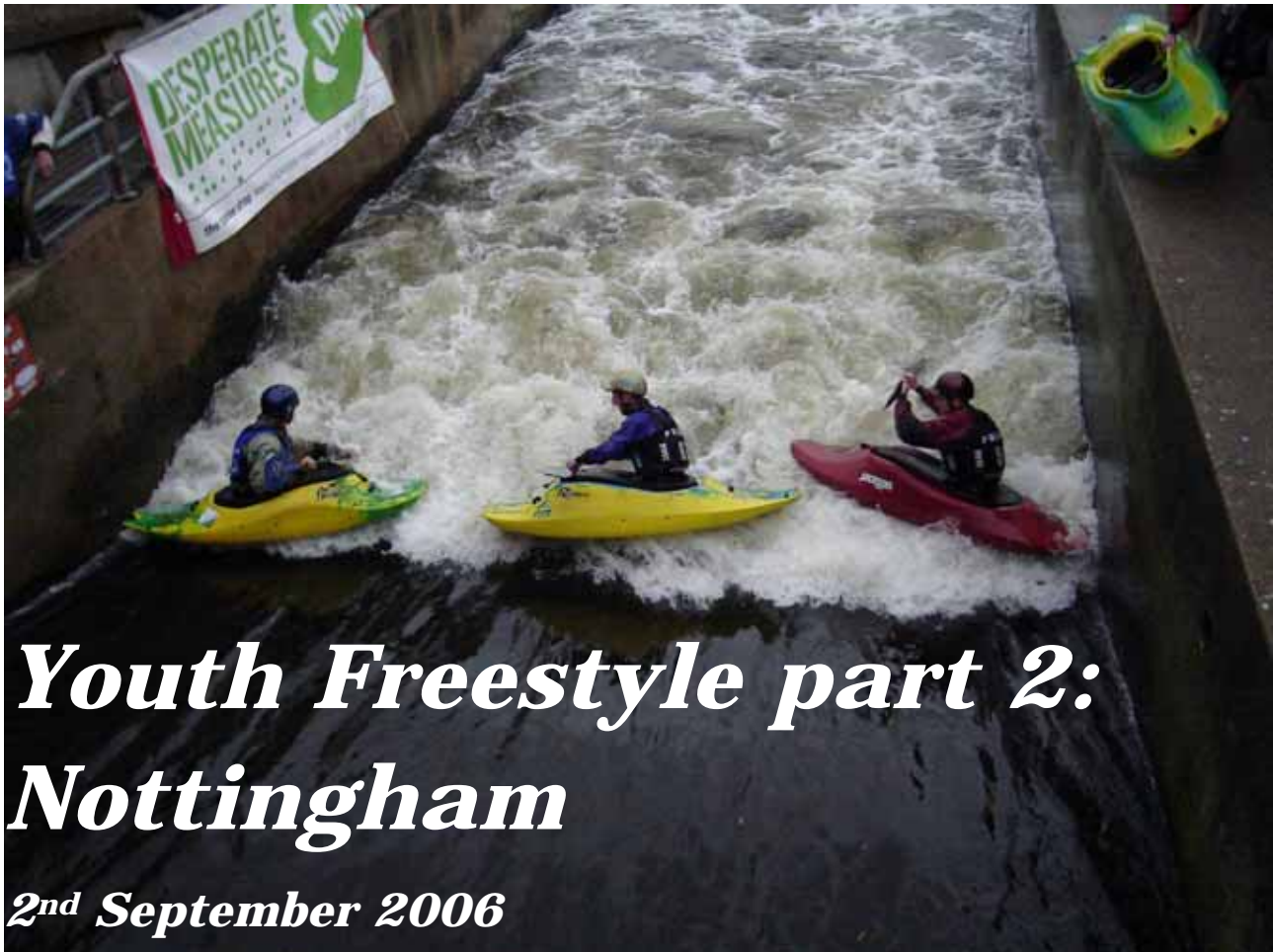
£480 ono
Ron Houston

Assorted Clothing

Semi-dry 'splash' cag size XS
Neoprene/synthetic suede gloves, size M
Palm 'Kevlar' Neoprene socks, UK 9-10
£5 each item
Daniel Stockdale

Wanted: Second hand Kayaks for starters

Perception Sonic, Supersonic, Master TG or similar general purpose boats for teenager and 'heavy' adult.
Paul Binks



Youth Freestyle part 2: Nottingham

2nd September 2006

Saturday 2nd September was cold, wet and windy. The sort of day you want to roll over and go back to sleep. I had been camping at Nottingham with Dominic since Wednesday, it had been quite good fun; lots of “kids” had been arriving and practicing their moves in the different features along the course. None of them knew exactly where the comp would be held so they were getting as much time on the course as possible. At one point we had a tribe of young playboaters chilling out at our tent, it was really good to see them all getting on so well. They are really a lovely bunch of “youths”, they are friendly and helpful towards each other and although they are rivals, they still help each out, both on the water and off.

Dominic had had an eventful week. I had bought a tarp to try and extend our living space and give us somewhere to cook that was dry and sheltered, so we had tried several ways to erect it, much to everyone’s amusement, but quite successfully in the end.

Then I got a bbq, so he now had to be chef. It took 2 hours for him to cook some sausages, and then they were either a little under done or else charcoal sticks. It was hilarious. We fried them for the rest of the week!!



We got up early on the Saturday, ferried lots of kids and boats round to the course. Desperate measures had set up their big tent which the event was organized from. Joanne was on her way, as were Tom and a few others. Then I got a message to say she had

left the directions on the kitchen table and had to go back for them. No problem, I registered her. Then Tom texted to say he was running late so I registered him. Suddenly I had umpteen kids that I was responsible for until their parents arrived to take over. Quite funny really as they are all far better playboaters than I will ever be.



There were a lot of competitors taking part and most of them were doing the coaching courses that were on offer before the comp started. They were split up into groups, each group with 2 coaches. Joanne ended up in my group. Our playboating coach was one of the Shepherd twins. He was really good and spent ages with the 5 in the group showing them how to cartwheel, spin, and surf.



It got to 1 o'clock and everyone was told to get off the water for lunch. However Joanne had other plans, she wanted some more practice on the inlet wave, so off we went. She finally got off at half one with just time to grab a bite to eat.

Dominic had been more laid back in his approach, he got on early, had a blast down

the course, got off and shivered for the rest of the morning, while watching his rivals from the side, and coaching those who needed some help.

It was probably about 11am when I got a nice surprise, Ben, my wayward child appeared. I hadn't seen him for 2 weeks as he had been on holiday, and got back at 2am or some such ungodly time. He suddenly appeared in front of me looking all suntanned but slightly tired. So he was back in time to do the competition after all. Most of his practice was done falling off the sit on tops with Tom Turner, I didn't think he was gonna take this competition seriously this time around somehow.



The competitors went in age groups. They got two runs, each lasting 45 seconds. I thought Jo's runs were good. One was much better than the other, but she was worried that the main rival had beaten her by doing one of her runs without her paddles!!! I didn't think she had but we had to wait and see.

Dom's first run wasn't that good and he got heckled from the side by Ben and his mates, who were calling him lazy. His 2nd run however was excellent. He did cartwheels, splitwheels, phoenix monkeys, front loops, back loops etc.

I missed Bens runs, as at this point the weather had taken a turn for the worse and I had to dash back to the campsite to put the tent down before it blew away. Many of the tents were battered and some were rolling round the site. I did get to see his run later as

his dad had videoed it. He did well in spite of not having been in his boat for 4 weeks.



We had to hang around for absolutely ages for the results. The weather picked up a little and there was a band playing for us to listen to. There was lots of speculation as to who would win the comp. It was the last one of five so we would get to see who had won the series as well.



Jackson kayaks were sponsoring the young age group winners, with Dagger sponsoring the middle group (Dominic); and Pyrhana the oldest group [Joanne and Ben].

Dominic came second in the series overall, but Stuart, the lad who came first, is already on the GB freestyle team, and sponsored and so was not allowed to win any prizes, so Dominic won a kayak, a Dagger Kingpin 6.1. Of course he being 6'4" it's a tad too small, but hey I was amazed and so proud of him.

Next up for prize giving were the lasses. It was Jo's turn, she had come first in the series and her prize was also a boat but

unfortunately Pyrhana weren't there so she is now waiting for her boat to arrive. We all cheered loudly when her name was called and although she hates having her picture taken, I'm sure on that occasion she didn't really notice. Allan, Leslie and Steph were so pleased and proud of Jo. She's had a fantastic summer with getting stunning results in her GCSEs and now winning the girls under 18 freestyle series.



Ben came 4th in the series which isn't bad when you haven't been in a boat for 4 weeks and spend half your life swimming down the course falling out of duckies, and generally having lots of fun.

It was a very good day, we have done really well to come away with 2 of the 6 prizes that were being awarded in the youth freestyle. It was a pity that Iain Robinson wasn't there as he would probably have done just as well as the others, but never mind there is always next year.

Mags Brayfield

Why work with Young Paddlers?

Firstly I should introduce myself. My name is Gareth Field and I work for the BCU as the Paddlesport Development Officer for the North West and Yorkshire. So I have a biased opinion and an agenda for why we should work with young people. However I have this job for a reason and that is I believe in the power of Paddlesport for the development of young people.

Physical Literacy, the reading writing and arithmetic of movement.

There has been a lot of research done into what movement skills we need to be able to achieve to participate in sport. Agility, Balance and Co-ordination (ABC) are the three main skills we need to be able to perform to achieve at sport. If we look at any sport we can see why we need these skills, and then look at paddling we can develop these skills in young people while having fun playing in boats.

So to help develop our future paddlers whatever age they start at we need to develop their ABC. If in warm ups we perform dynamic activities that use ABC we will aid all future sporting efforts. Then early on in the session we need to put ABC into paddling. Activities that develop Balance; like wobbling the boat. Then try to wobble the boat and pat your head and rub your belly.

Movement skills

There are a set of Foundation skills that we need, so we can then add sport specific skills to become sport people.

Locomotive	Manipulative	Stability
Walking, running, jumping, leaping.	Throwing, kicking, punting, striking.	Bending, stretching, twisting, turning.

hopping, galloping, sliding, skipping, climbing, gliding, spinning.	bouncing, rolling, volleying, catching, trapping.	swinging, floating, balance, body rolling, starting, stopping, dodging, inverted supports
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The list above is what has been seen as the foundation skills. If you want to become a world class slalom paddler, recreational sea paddler, pole vaulter, footballer you need to have these foundation skills. You then build the sport specific skills on these foundations. There is an ideal age for learning these skills, up till the age of 10. However we can develop these skills at any age.

Those in Italic are skills that we probably achieve in every session in a kayak or a canoe. How many extra could we cover through our warm ups, doing different disciplines (e.g. polo) or running non canoeing sessions for our young paddlers. Or as I argue it allows me to justify letting groups jump off the jetty!

Confidence

So this is all very good if our ambition is to produce world class performers! Wrong. If we want to develop young people who in the future are confident enough to have a go at anything because they feel they can achieve. The more physically competent alongside experiences of achieving success you are, the less nervous you become when faced with a new physical challenge. Imagine being asked in a group situation to throw a ball at a pile of cups to knock them down. How does that make you feel? How good would it be for you to feel confident enough in your ability to throw to have a go!

Also the foundation skills will be the same for the recreational paddler with an ambition to

paddle grade 3 as it is for the competitive marathon paddler.

Personal Development

If we look at the holistic development of young people, paddling can play an important role in this. Communication, personal challenges, expanding comfort zones, problem solving, listening and learning skills are a small number of life skills that are learnt through paddling. Through our paddling sessions we could look at any learning outcome from having fun, learning to move the boat sideways to being able to effectively communicate.

Conclusion

Hopefully we have different reason why we want to work with the young people in the club. Maybe because they are our children or their friends. Or because when you were young there were role models in clubs that took you under their wing and helped you develop. Sometimes we will develop our skills through teaching them to others. Try actively involving yourselves in the activities you set for the young people. If they are the correct activities to benefit the young people they will benefit you too.

My aim was to give an insight into what we actually achieve from doing some coaching or supporting the young paddlers in the club. So if you want to learn more there are plenty of opportunities available. As Paddlesport Development Officer I am involved in the clubs, so next time you see me pin me down and ask some questions. There is a workshop available for Coaching Young Paddlers available through me. Also the Paddlepower scheme is set up for helping run paddling for young people. For more information check out the Youth section of the BCU web site or contact me directly on gareth@bcu.org.uk.

Resources

- BCU Long Term Paddler Development Pathway booklet. Available through BCU or PDO
- BCU Coaching Young Paddlers Workshop
- BCU Paddlepower Scheme
- BCU Paddlesport development Officer
- Paddlesports and Key stage 2 and 3 booklets. Available through BCU or PDO

Gareth Field

A Kayaking Playlist

Something for the iPod-ers. In a desperate attempt to alleviate the boredom of sick leave I trawled my record collection to find this selection of songs with a paddling theme (and that were actually good tunes).

- 1: Only Happy When It Rains - Garbage
- 2: Camping Next To Water - Badly Drawn Boy
- 3: Take Me To The Water - Al Green
- 4: Waterfall - The Stone Roses
- 5: Big River - Johnny Cash

- 6: Chocolate - Snow Patrol
- 7: No Rain - Blind Melon
- 8: Play - The Wonder Stuff
- 9: No Sign Of Water - The Damnations TX
- 10: The Boatman - The Levellers

Tony Marsh

Beginners do it outside!



Students on the beginners' courses at Fulwood often ask about a follow-on course outdoors, so that they can have a better introduction to river paddling ready to take part in the regular weekend trips.

For those paddlers who have already experienced a little outdoor paddling and are looking to move onto the fluffy stuff, we will be holding informal FREE training sessions to set you in the right direction.

Thanks...

Thank you to all the members who have helped me out over the year with portaging my kayak.

I could not have done the Windermere trip if Allan Hacking, Dave Hull and Joanne had not carted my kayak on and off the water and I enjoyed the feeling of wild camping (although it was only Low Wray) and I hope I get the chance to do it again.

The course will provide you with the basic skills to survive, including the art of ferry gliding, breaking in and out of eddies and the techniques required to stay upright on the moving wet stuff.

In addition, if you already have the skills without the confidence, come on down and we'll happily point you in the right direction.

The course will take place on the 19th and 26th November and the 3rd December on the River Lune at Halton. This is an excellent venue with varying grades of water so that all abilities can be catered for. The paddling site is close to the car park so it's easy to stop for a break, and it's also a great place for family and friends to come along and watch.

For more information or to book a place, please contact:

Allan Hacking

Apart from those people mentioned, anybody that could help, did so and I appreciate it and I think that reflects well on RCC. I am not going to give names in case I miss anyone out and cause offence and that is the last thing I want to do, so thanks for the willing help I received over the recent months.

Best Wishes

Keith Horry

Almost There

After all the effort I have put into getting near to the top of the swimmers league, I have – or at least thought I had – got used to rolling.

An excellent Summer Course and some warm weather practice in the Lake District had got me to a position where I was rolling up with an unusual frequency and only mild state of panic. This was clearly going to put my pursuit of the D’Ribbler trophy in jeopardy.

Rolling practice was now being boldly carried out at the ‘Tees Barrage’ with ‘controlled’ capsizes in turbulent water, but with rescuers on hand. Unbelievably the rescuers weren’t being needed, got it sussed! All seemed to be going well apart from a truly spectacular trip through the Barrage’s ‘Valentines’ and ‘Acid Drop’ sections. On this occasion bank side observers were particularly impressed when I attempted to fend off the course wall with my paddle whilst my kayak was being ground away, the noise was grindingly expensive and the resultant swim only achieved when I managed to force myself off the wall. This was a particularly impressive swim which saw me tumble into ‘Acid Drop’ and then be circulated several times and forced under the water for what seemed like 40 minutes. My confidence was only slightly diminished as I classed this as an inevitable swim due to the circumstances.

Now let’s leap to the Tees again and a truly confident paddler / roller deciding it was time to play in ‘Happy Eater’. A careful approach from the river left eddy saw me sucked slowly into the wave – just like the other playboaters, keeping a strong edge as I glided gracefully

across the wave, boy do I look good ? In a split second I’m upside down.

Aaaaahhhhhhhh, my helmet was bumping on the bottom as were my knuckles. This didn’t feel right and the set up was impossible. I couldn’t believe how hard it was in a fierce flow of water to get in to the correct set up position. Enough was enough, so I popped the deck and swam with shattered confidence and feeling rather crestfallen.

Back to the practice stage again, but this time with the paddle not being in the ‘set up’ position when I capsize. What a difference, I can’t roll again, it’s deja vu and I’m rapidly reverting to my previous personalities again – S.Wimmer and N.E.Wayup. Still more practice seemed to help but I was still struggling and not confident when the set up wasn’t right before the capsize.

Fast forward to the Ullswater Camp and a trip down the beautiful River Eden. You’ve guessed it, another swim when I got side swiped on a rock and the water caught the edge of the deck and tipped me over. In true D’Ribbler style I didn’t even set up for the roll, just pulled the deck and swam. On the bright side the assault on the D’Ribbler trophy is back on track, and at this point I must say I see the trophy as an award for dedication, determination, commitment and crap paddling ability.

I’m sure that my coming up from a roll is just around the bend, but I just wish the bend wasn’t so bloody long.

Neal E There



Wales Sea Kayaking

Steph and 'Salty'

August 2006

Those attending: Andy & Debbie Dowe, Pat & Norman Green, Allan, Leslie, Joanne, & Stephanie Hacking, Kevin Singleton, Steve Wilkinson, Rick Patterson, Sue Garriock, Nick Ley, Eileen Ball, Nicky Marsh.

This weekend was advertised in the club calendar as one for experienced paddlers, and was organised by Andy & Debbie Dowe. Andy & Debbie had realised that the numbers of Sea Paddlers was slowly declining within the club, and wanted to encourage greater participation in Sea Kayaking. Having people who could keep their "Bums On the Seat" was considered a basic prerequisite; they could learn the other skills of sea paddling as they went along.

So the mix of people was roughly split between those who had plenty of sea kayaking experience & skills, and those who had plenty of paddling experience but not much of it on the sea.

Accommodation was on a fairly basic campsite called Treddafydd Farm approximately 3 miles north of Aberporth in the Cardigan Bay area of Wales. The plan was for all to arrive by Friday evening and have a longish sea trip on Saturday followed by a slightly shorter one on Sunday. This would allow people more time for the long drive home. The details would only be decided on the morning of the trip because we had to allow for the prevailing weather, tides etc. Fortunately Andy is very experienced in trip planning and also has all the necessary kit like VHF radio.

Each morning we gathered around his VHF at the appointed time to listen to the coastguard weather forecast. It reminded me of my childhood days before TV. Each time there was a mention of wind speed there would be an instant reaction from the gathered audience. This varied from relief that it

wasn't any higher to mild panic that it would make the sea state much more "Wibbly."

I must confess to being in the "Wibbly" group, but was much encouraged by Andy & Debbie's aura of confidence gained from their years of experience at such ventures. On Saturday Andy (having considered the variables) decided that we would paddle from Ceibwr Bay, South of Cardigan, along the coast to Aberporth. This would be approximately 12 miles, but would be with the wind at our backs, although for part of the time we would have to paddle against a slow tidal stream. The trip unfortunately meant a fairly long car shuttle, which further extended the time required for completion. Since I had absolutely no idea where I was going, I considered myself fortunate to have Debbie as navigator in my car as we drove to the put-in point.

My implicit faith in her navigating was slightly dented however when she included an optional free tour of the centre of Cardigan in the shuttle. It is a nice town however and was well worth the slight detour. Optional tour over we took the road to Ceibwr Bay and arrived without incident after near flawless navigating by Debbie.



The kayaks and gear were unloaded and the cars parked up. The weather was grey and it was drizzling slightly as we set off from Ceibwr Bay out to sea. As we left the shelter of the bay we were confronted by conditions which caused consternation and some people were not sure if they had the ability to cope

for a further 12 miles. I must confess I subscribed to this group although I kept this fact to myself until later. After a few minutes discussion it was decided that we would all press on as planned. If the sky had been blue and the sun shining I think most of us would have felt happier with the conditions, but we would have to make do with what we had and try to make the best of things.

After about an hour most of us seemed to get used to the conditions and we started to relax a little, the beautiful coastline and appearance of seals served as a useful distraction. (If only the sun would shine!)

As we rounded Cemaes Head we paddled into the relative calm conditions at the mouth of the river Teifi where we could see Cardigan (from the sea this time) and across from us we could see a large white hotel building at Gwbert. We were advised that this is where we would have lunch. Visions of hot food and cold beer were quickly dashed, when I was further advised that we were actually heading for a beach NEAR the hotel. As it happened lunch was taken on a sheltered beach complete with large cave for undercover dining (These Doves know how to throw a party).



After lunch we set off and paddled through the passage between Cardigan Island and the mainland. Once again we went from fairly rough conditions to very calm ones as we rounded the headland at Carreg Lydan. The coastline here had several caves, so some of us took the opportunity to explore them in the calmer conditions we were now experiencing.

Our next stop was the sheltered beach at Mwnt where two of the group ended the trip and sat drinking hot coffee whilst waiting for the pick up vehicle. The rest of us paddled on towards our ultimate destination at Aberporth. The last leg seemed a long slog, since we could see the headland, which we would paddle round before Aberporth, but it never seemed to get any nearer. But of course we eventually rounded it and our destination hove into view (Yessss!) After a few more minutes we landed and rested our aching bodies.



Landing at Aberporth has its advantages, a Toilet, Car Park next to the beach, Café etc but we found one disadvantage. You have to lift kayaks from the beach up a steep and winding 20 ft path to the car park. This may not sound like much of a problem, but if you have just paddled 12 miles and you can hardly summon the strength to raise your voice let alone your arms, then it is. However in the true spirit of Ribble Canoe Club we all set about to help each other and formed a human chain of sorts to hoist the heavy kayaks up to the car park. Unfortunately some of the links in the chain were weaker than the others and the whole thing turned into something resembling a Monty Python sketch. I was knocked off my feet when someone forgot that kayaks don't bend in the middle when going around corners. Others were slipping and sliding on wet rocks, some were finding that, because of over enthusiastic helpers, instead of them carrying the kayak, the kayak was carrying them. (You get the picture.) The lunacy continued when someone shouted "Oh

look - Dolphins" then someone pointed out "Actually that's those two guys in wet suits who swam past us as we entered the bay."

With that we all dressed and the drivers went off to complete the car collection from Ceibwr Bay (without the optional tour of Cardigan this time).



Sunday morning the weather was a little brighter with broken cloud but the wind had picked up a little. After the morning assembly around the VHF, Headmaster Andy came up with a "Cunning Plan" - we would drive to Cwmttydu and instead of doing a long car shuttle we would do a circular trip out and back. This would mean a difficult paddle out to the headland at Ynys-Lochtyn to the south but the return trip would be helped by the wind. Good plan, we all thought.

On arrival at the beach at Cwmttydu we were faced with much bigger seas than we had expected. Andy dutifully took out his anemometer (you are allowed to do that in Wales apparently) to measure the wind speed and duly declared it was the upper end of a force four. Not that it made the slightest difference to me: I had already made my mind up I was not going out in a puny little kayak into those pounding waves. I was not alone in my train of thought, so some of us decided that discretion is the better part of valour and decided to go for a walk instead. The hardier (and some would argue mentally unsound) souls decided they would go for the planned trip, but concern was etched on some of their

faces (so maybe not completely mentally unsound then).

The walking wimps amongst us did not look upon the day as a complete write off however, because at least we were able to witness a new technique for seal launching a sea kayak straight off the roof rack of a car onto the beach. This was achieved by cleverly forgetting to close the tailgate whilst releasing the kayak straps. I just hope Ceredigion Council don't find out who put Gel Coat Resin marks on their nice concrete sea wall. (My lips are sealed.) The person responsible for this seal launch was now committed to paddling whether he/she liked it or not since their sea kayak was on the beach waiting for him/her to get in.



So the wimps settled down to watch the paddlers set off to conquer the cruel seas down to Ynys-Lochtyn. Andy suffered a near drowning whilst standing on the beach pushing someone off into the surf, and one or two paddlers almost did back flips paddling beyond the break line, but other than that it was quite uneventful.

As we watched them paddle off we realised that we had made the right decision, because the swell was so big that both they and their paddles were disappearing from view when they went down into the wave troughs.

So the wimps had a very pleasant walk along the cliff tops and watched our heroes paddle away to what I was informed was a very "Interesting Paddle." I was reliably informed that on reaching a relatively calm bit of sea,

even Kevin Singleton was heard to remark, "Thank goodness for that, I've been wanting to straighten my cap but I daren't let go of my paddle." The return paddle was obviously an awful lot quicker than the outgoing one. This was noticed when we watched them paddling in the distance from our lofty viewpoint on the cliffs, but in the few minutes it took us to return to the car park they were back on the beach. They looked glad to be back but had learnt from the experience, especially Allan & Joanne Hacking, who had just paddled their biggest seas ever.



We all met up at the car park and wandered off to the nearby café. This was doing a roaring trade, and guess what, the sun came out and it was quite hot for about an hour while we sat outside eating and drinking and trying to get a bit of a tan so that those who were going home soon could lie about "what great weather we had in Wales this weekend."

After late lunch we all said our good-byes while some drove back home and others stayed on for a few more days. Fortunately Pat and I, along with Hacking Family, were in the group staying on.

We spent the rest of our time walking or kayaking during the day and enjoying Allan's trademark barbeques in the evening. Of special mention was the trip we did from Llangrannog around the headland of Ynys-Lochtyn to Cwmttydu and then back. The weather was good, the sea fairly calm and the route had lots of interesting caves to explore.

Allan had quite a surprise when he paddled into a cave and a seal dived under his boat and swam out. This same seal followed us for the rest of the day; it even seemed to want to play with the rudder on Pat's kayak. Steph & Joanne Hacking named this seal "Salty" and were quite sad to see it go when we eventually ended the trip back at Llangrannog. However they, like us, took consolation from the fact there is a shop selling absolutely wicked ice-creams in lots of yummy flavours and we soon forgot about Salty. (We would have called him ashore for an ice cream but they didn't have any fish flavoured ones.)



On the Wednesday, the Hacking Family drove home and Pat and I drove down to St. David's for two more days' holiday. This time we checked into a HOTEL (yippee) with Sea Views and Full English/Welsh Breakfast, Breakfast TV, no washing up, no more trudging across fields for the toilet, no queues for the shower, our own patio for drying wet canoeing gear, it was going to be tough acclimatising but I was really up for it.

As we were new to the area we did a recce of possible put-ins and get outs on Wednesday evening and decided that we would paddle from the small quayside at Porthclais which had a nearby car park, toilet, and café. What more could you ask?

Well, the following morning when we arrived at Porthclais we found out we could have asked for seawater. The tide was much further out than we had anticipated and we had a long carry from the car park. But we had calculated that by the time we came back the tide would

be no further out and most likely a bit further in. After a backbreaking walk down to the water's edge we set off.

We had a very enjoyable paddle around the rocky coast between Porthclais and Caer Bwdy Bay, where we had a long leisurely lunch on a beautiful beach in beautiful sunny weather. After lunch we bimbled along exploring the coastline back to Porthclais, where we found that we had got it wrong again, and the tide was even further out, meaning an even longer walk back carrying heavy kayaks over slippery rocks.

Out of the blue I spotted a 4-wheel drive vehicle had just launched a motorboat and was just about to set off back with his empty trailer. I put on my most grovelling pathetic, tired but respectful voice and asked the driver if he could possibly, possibly, pretty please, let me put our kayaks on his trailer so he could take them back up to the car park. This he cheerfully did whilst the two of us slipped and slid over the rocks thinking "We got out of that little pickle quite nicely." Back at the car park we thanked the driver profusely and from now on I will not hear a wrong word said about drivers of 4 x 4's (unless they are women driving their kids to school of course).



So that was it, our first trip to this part of Wales came to an end and the following morning we set off home thinking what a great time we had just had, and we now had to start thinking about paddling on rivers in time for the trip on the Washburn on Sunday. (Does the fun never end?)

Norman Green

Summer 'Slaloming'

Manchester

We welcome back Mark Vaudrey to slalom and hope he continues his successful season. The following is his first Division 4 race and he was promoted to Division 3. He is currently climbing up Div 3, but the table on the web has not been updated yet to know how he is doing.

Pos	Bib	Name	Age	Club	Pen	Time	Pen	Time	Total	Pnts
1	68	Tom Rawlings	J14	Manchester C.C.	6	154.00	4	155.00	159.00	--
2	70	Mark Vaudrey	Snr	Ribble C.C.	2	163.00	2	176.00	165.00	--

Washburn

Saturday's results; when Richard had a very good clear second run, Jacquelyn fought off her summer tonsillitis, Nicky pipped her by 3 seconds, and Jonathan was within a whisker of coming in the top half on the Sunday.

Mick had to put up with coaching and supporting from the side as he is undergoing a course of physio, so no paddling!

Officials					Run 1			Run 2			Best Total
Pos	No.	Name	Club	Cls	Time	Pens	Tot	Time	Pens	Tot	
1	35	Peter Francis	Army Canoe Union	K1	136.8	8	144.8	135.9	2	137.9	137.9
2	32	Tim Meyrick	Ribble CC	K1	143.1	2	145.1	140.7	2	142.7	142.7

Div 1 Mens Kayak					Run 1			Run 2			Best Total	Pts
Pos	No.	Name	Club	Cls	Time	Pens	Tot	Time	Pens	Tot		
1	150	Ben Richardson	Yat Racers	S	133.7	0	133.7	130.6	0	130.6	130.6	1000
8	16	Richard Draper	Ribble CC	J16	141.9	4	145.9	140.0	0	140.0	140.0	900
47	137	Jonathan Shaw	Ribble CC	J14	157.2	8	165.2	155.3	10	165.3	165.2	343

Div 1 Womens Kayak					Run 1			Run 2			Best Total	Pts
Pos	No.	Name	Club	Cls	Time	Pens	Tot	Time	Pens	Tot		
1	16	Bethan Latham	Bradford & Bingley	J14	146.8	6	152.8	149.7	6	155.7	152.8	100
19	49	Nichola Marsh	Ribble CC	S	178.3	58	236.3	177.2	6	183.2	183.2	51
21	54	Jacquelyn Shaw	Ribble CC	J16	172.2	106	278.2	179.6	6	185.6	185.6	46

Sunday Alex raced as an official. Richard managed to get exactly the same position and Jonathan improved by 11 places. Jacquelyn found slightly better form, reversing places with Nicky.

Officials					Run 1			Run 2			Best Total
Pos	No.	Name	Club	Cls	Time	Pens	Tot	Time	Pens	Tot	
1	37	Alan Cardy	Kingston KC	K1	118.0	2	120.0	115.7	0	115.7	115.7
3	40	Alex Jones	Ribble CC	K1 3	127.8	110	237.8	125.4	6	131.4	131.4

Div 1 Mens Kayak					Run 1			Run 2			Best Total	Pts
Pos	No.	Name	Club	Cls	Time	Pens	Tot	Time	Pens	Tot		
1	9	Sam Taylor	Bradford & Bingley	J18	126.5	2	128.5	124.4	0	124.4	124.4	1000
8	16	Richard Draper	Ribble CC	J16	131.1	2	133.1	136.7	10	146.7	133.1	897
36	137	Jonathan Shaw	Ribble CC	J14	163.3	4	167.3	148.6	8	156.6	156.6	485

Div 1 Womens Kayak					Run 1			Run 2			Best Total	Pts
Pos	No.	Name	Club	Cls	Time	Pens	Tot	Time	Pens	Tot		
1	18	Natalie Wilson	Stafford & Stone CC	J14	145.9	0	145.9	144.9	4	148.9	145.9	100
12	54	Jacquelyn Shaw	Ribble CC	J16	185.2	2	187.2	164.2	12	176.2	176.2	66
17	49	Nichola Marsh	Ribble CC	S	175.3	14	189.3	174.9	64	238.9	189.3	50

Tryweryn (Above and through The Chipper)

Only Jacquelyn and Jonathan made the event due to the holidays. Jacquelyn unfortunately sustained torn ligaments around her ankle before Saturday's race so only managed one run, Jonathan on the other hand had a fantastic second run in only his second Div 1 C1 race. Junior Development which is now renamed as the Olympic Development Programme are trying to persuade him to focus less on his K1 this coming Winter and concentrate his training more into his C1.

Jacquelyn made up for the poor Saturday by dosing up with painkillers on the Sunday and being the first lady judge.

Div 1 Womens Kayak					Run 1			Run 2			Best Run	Pts
Pos	No.	Name	Club	Cls	Time	Pens	Total	Time	Pens	Total		
1	10	Kate Dixon	Holme Pierrepont CC	J14	106.87	4	110.87	111.30	52	163.30	110.87	100
11	54	Jacquelyn Shaw	Ribble CC	J16	118.74	8	126.74	Scratch			126.74	64

Div 1 Canadian Singles					Run 1			Run 2			Best Run	Pts
Pos	No.	Name	Club	Cls	Time	Pens	Total	Time	Pens	Total		
1	30	George Tatchell	Stafford & Stone CC	J14	101.73	0	101.73	103.16	6	109.16	101.73	100
11	34	Jonathan Shaw	Ribble CC	J14	126.28	6	132.28	120.93	0	120.93	120.93	29

Tully

Richard, Nicky, Jacquelyn and Jonathan all went off up to Tully. Richard after top Div 1 points, Jonathan after a few points in his C1, Jacquelyn and Nicky after some decent Div 1 points.

Of the two days, Saturday's course proved the most challenging with a difficult move at gate 2 and 3 with the need to surf back upstream to a gate on a difficult plateau, one that caught out many paddlers. Jacquelyn after a safe 1st run thought she might push the speed on run 2 and found out the reason why you don't speed up too much at the start of the course before the top drop, as it was rather like a rocket taking off! Her boat hardly touched the river until gate 4. Richard had a super race Saturday, his best result this season; as did Jonathan who stunned us all by showing the best C1 paddlers how to surf up onto the plateau very successfully in both his runs.

K1 Ladies Div 1					First Run		Second Run		Total	Pnts
Pos	Bib	Name	Age	Club	Pen	Time	Pen	Time		
1	23	Kira Grant	J14	Fife C.A.G.	2	124.30	8	120.60	126.30	100
5	54	Jacquelyn Shaw	J16	Ribble C.C.	2	131.70	106	127.50	133.70	81
18	49	Nicky Marsh	Snr	Ribble C.C.	62	162.60	204	110.10	224.60	19

C1 Div 1					First Run		Second Run		Total	Pnts
Pos	Bib	Name	Age	Club	Pen	Time	Pen	Time		
1	10	Adam Burgess	J14	Stafford & Stone CC	0	114.40			114.40	100
6	34	Jonathan Shaw	J14	Ribble C.C.	2	144.20	8	138.30	146.20	55

K1 Men Div 1					First Run		Second Run		Total	Pnts
Pos	Bib	Name	Age	Club	Pen	Time	Pen	Time		
1	8	James Dixon	J18	Holme Pierrepont CC	2	97.00	6	108.40	99.00	1000
3	16	Richard Draper	J16	Ribble C.C.	0	107.20	4	117.30	107.20	963

Jacquelyn had a good Saturday but was even more pleased with Sunday, her first top 3 place in Div 1. Jonathan had a good run, but the much faster men who couldn't blast onto a plateau shot past him once the course was modified for the Div 2 paddlers, making it a sprinters course rather than technical.

K1 Men Div 1					First Run		Second Run			
Pos	Bib	Name	Age	Club	Pen	Time	Pen	Time	Total	Pnts
1	20	Simon Grant	J16	Fife C.A.G.	4	98.70	2	95.50	97.50	1000
7	16	Richard Draper	J16	Ribble C.C.	0	102.50	4	103.80	102.50	885

K1 Ladies Div 1					First Run		Second Run			
Pos	Bib	Name	Age	Club	Pen	Time	Pen	Time	Total	Pnts
1	23	Kira Grant	J14	Fife C.A.G.	0	110.50	0	111.50	110.50	100
3	54	Jacquelyn Shaw	J16	Ribble C.C.	0	118.60	56	118.90	118.60	91
18	49	Nicky Marsh	Snr	Ribble C.C.	2	137.40	10	137.20	139.40	26

C1 Div 1					First Run		Second Run			
Pos	Bib	Name	Age	Club	Pen	Time	Pen	Time	Total	Pnts
1	10	Adam Burgess	J14	Stafford & Stone CC	0	109.00	0	106.40	106.40	100
9	34	Jonathan Shaw	J14	Ribble C.C.	4	126.90	4	130.70	130.90	27



Alex came for paddling practice and judged both days, winning the judges prize for coming 1st on the Sunday.

Grandtully, on the River Tay, grade 3 rapids. It is about 30m wide and depending on water level can provide some very challenging whitewater. The slalom course usually starts at the gabions, (large metal baskets filled with stones) before taking the top fall, usually run on river left through a narrow right to left 'S' type line to avoid a small hole. There is a strong eddy on the right hand side immediately after the top fall that is frequently used as a testing breakout.

Washburn

We all thought it had rained hard at the Tryweryn in April, but that was nothing compared to the rain at the Washburn on the Saturday. It rained cats and dogs all day and there was a river from the car park to the food tent. Rain got in the computers on control and Jacquelyn wasn't happy when she waited 40 mins in the pouring rain on the start line before her first run.

Div 1 Mens Kayak					Run 1			Run 2			Best Total	Pens
Pos	No.	Name	Club	Cls	Time	Pens	Tot	Time	Pens	Tot		
1	150	Ben Richardson	Yat Racers	S	134.68	0	134.68	133.64	0	133.64	133.64	1000

18	16	Richard Draper	Ribble CC	J16	141.70	4	145.70	145.93	52	197.93	145.70	734
41	137	Jonathan Shaw	Ribble CC	J14	182.26	104	286.26	152.51	8	160.51	160.51	375

Richard was a little disappointed with his result, as he is still chasing the last few promotion points. Jonathan in his first year in Div 1 was pleased with his K1 place and one more decent result should see him in the top half of the table for next year. He didn't C1 at the Washburn, but hopes to at Llandysul, at the moment he is heading for a top 10 C1 place in Div 1.

Div 1 Womens Kayak					Run 1			Run 2			Best Total	Pens
Pos	No.	Name	Club	Cls	Time	Pens	Tot	Time	Pens	Tot		
1	18	Natalie Wilson	Stafford & Stone CC	J14	148.60	2	150.60	157.30	4	161.30	150.60	100
9	54	Jacquelyn Shaw	Ribble CC	J16	174.61	8	182.61	153.43	10	163.43	163.43	75
31	49	Nichola Marsh	Ribble CC	S	177.99	60	237.99	181.65	60	241.65	237.99	6

Jacquelyn is gradually creeping into the top 10 of Div 1 ladies, one more good result should achieve that. Nicky was disappointed to get a 50 on each run. Jacquelyn could have been 3rd if she hadn't touched quite so many gates, she could try blaming the rain for the mistakes but it wouldn't wash with her coach.

Mens Kayak					Run 1			Run 2			2 Run Total	Pens
Pos	No.	Name	Club	Cls	Time	Pens	Tot	Time	Pens	Tot		
1	3	Neil Caffrey	Northern Ireland/Quickflow	S	125.32	0	125.32	123.90	0	123.90	249.22	1000
34	64	Alex Jones	Ribble CC	U23	138.48	2	140.48	141.38	8	149.38	289.86	250
38	65	Tim Meyrick	Ribble CC	S	146.92	0	146.92	145.76	2	147.76	294.68	159

Alex and Tim both continue to battle their way up Prem. With a proposal for 55 men to remain in Prem at the end of the season both need to get reasonable results in the last 2 Prem races to stay up, as they lie between 50th and 55th at the moment.

Races still to go

Interclubs takes place in just a few days time - report in the next magazine. The Prem's have a race at HPP and Llangollen and Div 1's HPP, Llandysul and Llangollen. Final positions in the tables should be available by November.

Susan Shaw



Caz and I made the trip up to Ullswater to take part in the annual paddling race organised by Outward Bound on 15th July 2006.

We travelled up on the Friday night, picking up Caz's new-ish Valley Pintail sea kayak en route. We found a handy lay-by for our van near enough to the start to enable us to paddle to it the following morning. We settled in, had tea then paddled across the lake to Howtown and back, this was without doubt the best bit of the weekend, as it was dusk and we had the calm lake all to ourselves for a while.

This was in total contrast to the mayhem of the race itself. We packed and paddled round to the Outward Bound centre where all manner of people and boats were either waiting for the off or being unloaded into a compact area at water's edge. We registered

and sought a quiet spot under a tree to chill and people watch.

Start time arrived and is an "in your boat in line on the water" affair, quite straight forward, sit in line, horn goes, paddle like #@\$%, go round Norfolk Island, and don't stop till you cross the line again, easy really!

So, after a couple of paddle clashes and charging through gaps, there were 3 sea kayaks out in front, fast leaving the field behind. I paddled like a madman to get in front of the other 2, then it dawned on me that I don't have to beat the whole field, just the bloke who's going to be second. New plan emerged from this revelation, namely stay with the leading kayak, relax and save energy for big push later, just creep up alongside, to let them know you're there, then back to cruising mode.

This was hard work, but quite fun, several racing kayaks whizzed by us, but by the turn around Norfolk island there were really only 4 contenders for the money, 1 being local legend Peter Roscoe, and a chap in what looked to be another racing design of boat, who I wrote off as being no threat as he must be in the K1 class.

As we neared the finish Pete dropped behind slightly and the pace hotted up until there was me neck and neck with the leading sea kayak just behind the racing kayak. So it stayed, all guns blazing and really a case of who's going to tire first, the finish was creeping up and just as I thought I couldn't go any faster, a largish bow wave from a ferry or something threw us around, well matey eased off for a second and I saw this as my big chance to shine, I gave it 110% through the chop, and hurrah, opened a slight gap of about 2 boat lengths.

So it stayed to the line, although I caught and passed the racing kayak too, just because it was there. I crossed the line between the jetty and a buoy, even though this meant turning off course and coming inland, a horn went as I did, then just afterwards a horn sounded for second place, then third etc.

So that's the story of my race, I paddled my socks off and did quite well, as did Caz in the ladies race coming in 7th, as did Peter 3rd and

a host of great paddles by local Windmill Youth Group, or so I thought, until we all went for the customary brew a presentation.

It turned out that the people on the finish line had awarded me second place as I had turned to cross the line, the other boat had gone straight ahead and finished ahead. Also they awarded the chap in the racing boat 3rd place ahead of Peter!!

So a period of complaints and protests ensued, on the lines of the winner didn't cross the designated line to finish and the 3rd boat was a racing boat not a sea kayak etc.

In the end I was awarded 1st place and Peter 3rd, all very nice, but felt a bit tainted by having to haggle and a guy who'd paddled really well being disqualified for not crossing the line.

We have now engraved the winners' trophy with my name under Ian Tordoff's, who won it for the last 2 years. After all the agro, it is still a top race in a wonderful setting, and I for one will be going back, fitter and wiser to run it again next year.

See you all there????

Chris Packman

Equipment Audit

We will be carrying out an audit of all the club's equipment during October.

Please can everybody make sure that all loaned kit is returned by the end of September at the latest.

In addition, please can I remind people of the procedure for borrowing club equipment:

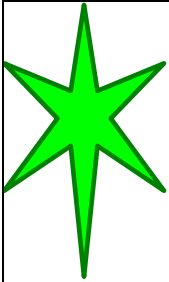
All equipment loans must be booked beforehand with Steve on the numbers below

(not by email). The best time to ring is a Monday evening. Equipment will be available for collection on a Wednesday evening and should be returned the following Wednesday.

There are **NO** exceptions to this procedure: equipment must not be taken without prior arrangement with Steve.

Steve Swarbrick

Polo Weekend

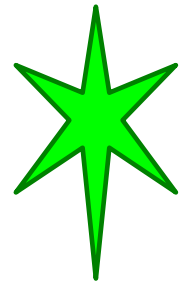


Green Star Canoe Club

BCU Affiliation No. 056372/A

Esther Mathews

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Beginners & Improvers* *Canoe Polo – Training & League

You are cordially invited to enter a team, or send scratch players for this event. We can loan some equipment if needed.

Saturday, 7th. October, 2006
Training & Introduction to the Game

Sunday, 8th. October, 2006
League of Games

Cost £30/team or £6/scratch player

These events will last all day.

They will be organised on a friendly basis with a handicapping system, increasing as more goals are scored.

Players with BCU 2 Star will be able to cope with this event.



Sex, age, ability? No matter what, if you're game for a laugh, you're suitable..... Ribble will be heading to sunny Doncaster in the balmy month of October to learn the delights that polo has to offer. Camping is available at the water park with costs depending on your tent size (£7 for a 2 man tent, or if anyone owns a 10 man tent that's only £10!) For further information or to say yay please contact me.

Nicky Marsh

Your newsletter needs you!

Please remember that most of the content of the newsletter needs to come not from me, the editor, but from you, the club members.

Did you do something interesting this month? Tell the rest of us about it.

Did you go on a really great trip which you enjoyed and had fun on? Tell the rest of us about it.

Did you go on a trip that was awful, where everything went wrong and you wish you'd just stayed at home in your armchair and watched the Grand Prix? Tell the rest of us about it – if only so we can all have a good laugh at your misfortunes!

The newsletter is only as good as the content I receive. However much he tries, an editor can't make a silk purse out of a sow's ear. (Although I can think of one canoeing magazine which seems to do a good job of making a sow's ear out of a silk purse...)

So please take the time to write up what you've been up to and send it to me.

Words

Email is easiest, and I'll do something with any file format (with the possible exception of something from a ZX81 or a BBC Micro ...), but I'll cope with nearly anything: even a sheet of notepaper will do, if you're a hand-writing sort of person (stand up Peter R!).

Pictures

A picture paints a thousand words. If you can get some pictures to go with your article then please do.

Again, email is easiest, just send them to me and I'll work out what to do with them. I can also scan prints, and I can now cope with slides as well, but if you want me to use slides please give me warning since I have to go and visit my Dad and borrow his slide scanner... Be assured that if you give me prints or slides I will look after them and get them back to you as quickly as possible.

One final word of caution, please don't send me pictures unless they are yours or you have permission to use them. In particular, please don't send me pictures from the internet unless the website specifically permits you to do so. I don't want to end up having arguments about copyright!

English? Fonts?

Please don't decide not to bother sending something because your spelling or grammar isn't too good. Part of my job is to make sure that what goes in here is readable, and I'll happily correct things along the way.

Also, please don't spend a lot of time formatting your article. The newsletter has a 'house style' (which was designed by Harry Hull some years ago and I think is still very good) and I will reformat articles to fit that style. Simple words and pictures is all I ask for!

Don't embed the pictures in the document, send them separately. If you want to tell me where to put a picture then put a note saying "picture I here" and I'll do my best (allowing for page breaks) – otherwise, leave it to me to position them.

At the end of the day, the rule is quite simply 'anything goes! If you send me something I'm sure I can make use of it.

If you've got any questions please feel free to get in touch.

Martin Stockdale

Chairman's Congratulations

It's just as well that Ribble Canoe Club is so flexible - because it now needs to give itself a resounding pat on the back! Why? Well, here goes:-

1. Nearly 50 members got their 1, 2 or 3 Star Certificates and Badges presented at the Hand & Dagger on Wednesday 6 September. So that's congratulations to all of them, plus all the Instructors, assistants and drivers who made it possible. Over 80 people booked in for the Presentation making close on 100 people connected with the Club at the Hand & Dagger that night! It was elbows in and beware the stampede when the pies came in. Many thanks to Gareth Field, the BCU North West Paddlesport Development Officer for presenting the prizes, including one he brought with him for the young person who got the most out of the course – this was awarded to Francis Twizzel.
2. Joanne Hacking won the recent Youth Freestyle Series and got a well deserved prize of a kayak. See elsewhere in this august (and September) journal for a more detailed article.
3. Rob Byrne got a First Class Honours Degree in biochemistry at the

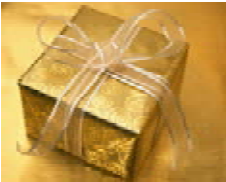
University of York. He is going on to do his PhD at the same University.

4. A joint Ribble & Ormskirk team (or Ormskirk & Ribble as they would have it) came fourth in the Interclub Slalom Championship and Steph (I don't like slalom) Hacking won the U14 Girl's prize. Sorry, that's now Steph (Slalom's alright) Hacking!
5. And last, but certainly not by any means least, three Club Members paddled the Lancaster-Kendal Canal, from the Preston Basin to Tewitfield at the northern navigable limit (it falls over the edge just past there!). Congratulations to Adam Fielder, Albert Risely and Anthony Brown, henceforth known as The A-Team! Oh, by the way, I forgot to mention that they did it in one go - yes in one day. It's close to 50 miles and uphill all the way. The only question that remains is "WHY?" I think it's something to do with what we had to write about in school in that essay "Why I climb mountains". Only it's more subtle - a lot more subtle than that.

What a Club!!!!

Terry Maddock

**CHRISTMAS DINNER AND DISCO
ON
SATURDAY 9TH DECEMBER
AT
THE NEW DROP INN
(ON LONGRIDGE FELL)
COST £20.95**



STARTERS:-

- Garlic mushrooms.*
- Tropical melon*
- Home made duck liver pate.*
- Platter of prawns*
- Vegetable soup*

Main Course :-

- Roast Turkey with all the trimmings.*
- Poached salmon*
- Roast duck with apple sauce and stuffing.*
- Shoulder of minted lamb cushion.*
- Chicken breast with mushroom and cream sauce.*
- Pasta bake: Pasta shells in a stilton and mushroom sauce.*

Sweets:-

Christmas pudding or a choice of sweets from the trolley. (Decide on the night)

Don't miss out! First come, first served! Places limited.
Cheques made payable to: Ribble Canoe Club.
Please return the slip below with payment,
as soon as possible , but no later than Friday October 27th to:
Debbie Dowe

BOOKING FORM

Name/s _____

Phone No: _____

Starter/s _____

Main Course/s _____

I/We enclose a cheque for:- _____



Paddlers: Adam Fielder, Anthony Brown, Albert Risely.

It was one of those suggestions that sounded a good idea after a couple of pints on a winter evening in the Hand & Dagger. So when Adam said, "Who fancies paddling the Lancaster Canal end to end in a day?" I immediately said, "Count me in!" It was at this point I realised that not only was I the sole volunteer, but that most people in the room were staring at us with a look that verged on pity.

"How far is it anyway?" inquired Adam, who had obviously not thought this through fully. Various estimates of between 40 and 60 miles were suggested depending on whether the "upper reaches" are included. I figured that as the Ministry of Transport had kindly driven the M6 through the canal above Tewitfield, the navigable section between there and Preston would be enough. This would turn out to be 43 miles and should be do-able in about twelve hours of paddling. The general

consensus was that it was pure folly to attempt that mileage in a single day. Chris and Janet Porter had done the trip over two days and regaled us with tales of flagging limbs and stamina as they completed the last few miles. Terry was briefly interested in joining us until it was pointed out that it was the same distance as two full circuits of Windermere. "I have managed one full circuit of Windermere," he said "but I couldn't have gone on to do a lap of honour! It's impossible!" So, with so much encouragement it was ... Game On!

Adam's grand plan was to do the paddle on Midsummer's Day to give us a dawn start and plenty of daylight for a leisurely pace, but in May we found out that a section of canal and towpath around the Lune Aqueduct would be closed for repair. My brief sense of relief was short-lived as Adam told me "It'll be fixed in a few weeks, so we'll do it in August." So it was that Bank Holiday Monday was agreed. This allowed Anthony to join us at the last minute (well, with a few days to go). He

asked what training we had done to prepare for it. Adam summed it up nicely: "Training is for wimps!"



After a short night of poor sleep thanks to a rattling good thunderstorm, Kath kindly drove me and my boat into Preston to be on the water for setting off at 5.00 am. That way she could see us off, get back to bed and keep the car to collect us later. We met up with the others on the dark city street and started to carry the boats up through a small park to the canal. As we did so, a police car pulled up beside us and the street-wise copper said "I just wanted to check that isn't a body you're carrying up to the canal!" I suppose he had a point: strangely dressed guys carrying long heavy 'boxes' at five in the morning!

With little ceremony we back-paddled as far as we could into the rubbish and weeds that choke the terminus, and set off with head-torches lighting the way in the pre-dawn darkness. On several occasions suicidal ducks flew up at us as they were roused from their slumber by our lights. I'm not sure who was more frightened, us or the ducks.

By 6.30 it was fully light as we arrived at the Hand & Dagger for our first scheduled stop, right on time. We figured that stopping every hour and a half to stretch our legs and take refreshment would be the way to pace ourselves to the finish. We were maintaining a good speed, with Adam and I in the Carolinas, and Anthony in the club's new sea boat usually at the front.

After a longer stop at Owd Nell's (where we blagged our way past the early morning

cleaners to use the toilets) I was horrified to find blisters forming where the cut-off ends of my cycling gloves had rubbed my fingers. A change into full gloves stopped these getting any worse, and we were on our way.



By mid morning a stiff head wind was slowing progress, and by Garstang we were about a quarter of an hour behind schedule. This pattern continued, with Adam logging our section times with train-spotter precision, until by Lancaster we had lost forty-five minutes. This was a shame as Peter Roscoe had pre-arranged to join us there, and although he backtracked towards Galgate to find us, we had missed him by a couple of minutes. Sorry Peter.

We were all in great spirits and confident that the full distance was within our grasp. To pass the time we'd had a sweepstake on how many boats-on-the-move we would see before the end. I had "20", Anthony "30" and Adam "42". Spookily, the final tally was 42!

We had been in touch with our "support teams" throughout the day, and as we stopped for our planned rest at Hest Bank, we confirmed that we should be at Tewitfield just after seven o'clock. Kath, along with Pat & Norman Green, met us at Carnforth to cheer us on our way, with Norman paddling with us the rest of the way for moral support. We were still buzzing, and with the end in sight, talked about doing it again next year, with the Upper Reaches thrown in for good measure. Adam suggested paddling across the Channel, until it was pointed out that getting out to stretch your legs could be a problem!



Fourteen hours after setting off, we finally reached Tewitfield at 7.15 p.m. and ceremoniously touched our bows on the end-boards of the canal. At which point my boat got stuck under a metal grating and I had to be pushed back out. We had enjoyed a great day, and were still conscious! So, next time someone tells you "It can't be done", take it from us they could be wrong!

Albert Risely

Special Pool Sessions

Three special pool sessions coming up this autumn:

Freestyle Practice

This session is reserved for our Freestyle paddlers to have some practice without endangering other paddlers in an open session.

This session will be limited to 10 attendees only, first come, first served: book a place with Tom/John Kington. The session will cost £5 per person.

This is not an open session - please do not attend if you're not a Freestyle junkie!

Demo boat night

Our friends at Brookbank Canoes will be bringing a collection of demo boats along for people to try out. They're bringing play boats, creek boats and some all rounders so there should be something for everybody.

A few rules I'd ask everybody to follow please:

1) Brookbank will bring 16 boats. Since we are limited to 16 boats in the pool, please do not bring your own boat or get a boat out of the store since it will not be allowed in.

2) Brookbank will not bring paddles or spraydecks, please bring your own or borrow out of the store.

3) I expect this session to be very popular, so please play fair – don't hog a boat, give it up if somebody else wants a try and accept the fact that you may spend some time sitting or standing waiting. Please don't get into the pool or swim around since this can be dangerous.

Sea/Touring safety

An opportunity for all our sea and touring paddlers to come along with their touring boats and learn and practice safety techniques.

The session will concentrate on capsize and rescue drills, but will also allow people to practice skills such as rolling in touring boats.

It's easy to think that 'it's flat water, nothing will go wrong' but I think a number of people will tell you that's not the case.

If you're a touring or sea paddler then please take advantage of this session – even if you don't learn anything to improve your own safety technique, I'm sure you'll learn techniques to help others in trouble.

Martin Stockdale

Ribble CC Library

To borrow a book or video, ring Clive Robinson or see him at the Hand & Dagger. Donations of books or videos are always welcome.

Technique:

BCU Handbook

Franco Ferrero

The Practical Guide to Kayaking and Canoeing

Bill Mattos, Andy Middleton

Canoeing & Kayaking

Marcus Bailie

Kayak

William (not Bill) Nealy

Bombproof Roll and Beyond!

Paul Dutky

Eskimo Rolling for Survival

Derek Hutchinson.

White Water Safety & Rescue

2nd Edition, Franco Ferrero

Weir Wisdom Rapids

Tim Parkes

Canoe & Kayak Games

Dave Ruse/Loel Collins

The Playboater's Handbook

Ken Whiting

The Complete Book of Sea Kayaking

Derek C. Hutchinson

Sea Kayak Navigation

Franco Ferrero

Path of the Paddle

Bill Mason, Paul Mason

Canoeing

Laurie Gullion

Open Canoe Technique

Nigel Foster

Anglesey Sea Paddling Information

Rowing it Alone

Debra Veal

The Handbook of Survival at Sea

Chris Beeson

BCU Coaching Handbook

British Canoe Union

 **Sea Safety: The Complete Guide**

Donated by Allan Hacking

Guidebooks:

English White Water

Franco Ferrero

Scottish White Water

Andy Jackson

White Water Lake District

Stuart Miller

An Atlas of the English Lakes

John Parker

Canal Companion: Cheshire Ring

J.M. Pearson and Son Ltd.

General:

The Rough Guide to Weather

Robert Henson

The Liquid Locomotive

John Long (ed)

Many Rivers to Run

Dave Manby

Norwegian rivers

Canoe Focus

BCU N/W Newsletter

Expeditions:

Travels with a Kayak

Whit Descher

On Celtic Tides

Chris Duff

Blazing Paddles

Brian Wilson

Dancing with Waves

Brian Wilson

Paddling to Jerusalem

David Aaronovitch

The Last River

Todd Balf

Paddle to the Arctic

Don Starkey

Canoeing across Canada

Gary & Joanie McGuffin

The Canoe Boys

Sir Alastair Dunnott

Odyssey among the Inuit

Jonathan Waterman

Barbed Wire & Babushkas

Paul Grogan

Videos:

Liffey Descent

Deliverance (18)

Extreme Sports Canoeing

A Taste of White Water

Wicked Water 2

Drill Time

DVDs:

Tony Morgan in the Grand Canyon

LVM Lunch Video Magazine

Ribble Newsletters (CD)

Doubleyouess

Without a Paddle (13)

Whitewater Kayaking

The Cockleshell Heroes (U)

Mags Brayfield in Nepal

EJ's Advanced Playboating

The Chaos Theory

Jackson Kayak Promo

It's Different Every Time

Norman Green

EJ's Playboating Basics

Eric Jackson and Chris Emerick

Wavesport: Sessions

Pool sessions

The following lists the pool sessions booked at Fulwood Leisure Centre, the contact for the courses and the Supervisor and Committee member on duty. All sessions are Friday 9:00pm – 10:00pm.

Date	Session	Contact	Supervisor	Committee
Sept 22 nd	Beginners Course	Tom Byrne	Grahame Coles	Mark Loftus
Sept 29 th	Beginners Course	Tom Byrne	Allan Hacking	Clive Robinson
Oct 6 th	Freestyle (*)	Tom Kington	Mark Loftus	Tim Langridge
Oct 13 th	Demo Boat	Martin Stockdale	Mark Green	Brian Woodhouse
Oct 20 th	Sea/Touring Safety	Steve Swarbrick	John Kington	Clive Robinson
Oct 27 th	Open	N/A	Grahame Coles	Martin Stockdale
Nov 3 rd	Slalom Training	Susan Shaw	Allan Hacking	Susan Shaw
Nov 10 th	Polo	Nicky Marsh	Mark Loftus	Peter Jones
Nov 17 th	Rolling Course	Bob Smith	Mark Green	John Kington
Nov 24 th	Rolling Course	Bob Smith	John Kington	Tim Langridge
Dec 1 st	Rolling Course	Bob Smith	Clive Robinson	Brian Woodhouse
Dec 8 th	Slalom Training	Susan Shaw	Grahame Coles	Susan Shaw
Dec 15 th	Open	N/A	Allan Hacking	Martin Stockdale
Dec 22 nd	Open	N/A	Mark Loftus	Tom Kington

Prices:

(*) Freestyle session £5- and will be limited to 10 people. Please phone Tom to book a place. Beginners Course £20, Rolling Course £15 (both plus club membership). All other sessions £3. Please book in advance for the Beginners and Rolling Courses by phoning the named contact.

Editor's bit

Email newsletter

Well, here we are at the end of another mammoth newsletter. The change to email is giving me a lot more flexibility because I do not need to limit the newsletter in size to meet postage costs.

If you are enjoying the newer, larger newsletters as well, then remember that there's only one thing I need and that's – articles!

There were a number of club activities over the summer which we haven't seen a write-up for yet, including the summer camps and the filming session on the Lancaster Canal. I'm sure a lot more exciting events will be happening in the next couple of months, so please make an effort to write a quick article to let people know what's been going on.

There's an article elsewhere in the newsletter which outlines what's needed, and it's not rocket science. Remember that the writer of the best article every year is awarded with our 'Shakespeare' trophy. So if you haven't written anything before, get writing!

Dates and deadlines

The next committee meeting will be on November 7th at 7:00pm at the Hand & Dagger. The next newsletter will be published on November 21st. All submissions to me by Saturday November 18th at the latest please.

Martin Stockdale
secretary@ribblecanooclub.co.uk

CALENDAR

Last minute trips organised at Hand & Dagger (Weds, 6:30pm onwards) or Fulwood Leisure Centre (Fri, 9:00pm).
If you have any dates for the calendar please contact **Terry Maddock**

Ribble CC development trips are in **bold**.
Ribble CC recreational events (assumed risk) are in **bold italic**.
Other Ribble CC events are in *italic*.
Events in normal type are external events listed for information only.

River information:

Burrs 0161 764 9649

www.activity-centre.freeserve.co.uk

Canolfan Tryweryn 01678 520826

www.welsh-canoeing.org.uk

Tees Barrage 01642 678000

www.4seasons.co.uk

Washburn/Wharfe 0845 833 8654

<http://www.yorcie.org.uk/>

Trips / Events

September

24 Washburn Sunday Cruise

24-25 Tryweryn
Chipper to Bala

30-1 Tees Barrage

October

1 **Beginners' Trip**
Note change of date!
R. Rothay
Grasmere-Windermere
Terry Maddock

6-10 **Scottish White Water Week**
Roy Bridge, nr Spean Bridge
Ian McCrie

7-8 Tryweryn
Chipper to Bala

8 **Estuary Trip (HT 12.57)**
Bore (HT 10.1m)
Arnside Bore at 11.00am
Terry Maddock

8 Washburn Sunday Cruise

14-15 Tees Barrage

15 **Flat Water Trip**
Selby Canal
Tom Byrne

22 **Estuary Trip (HT 13.00)**
R.Lune (HT 9.2m)
Halton to Glasson Dock
Terry Maddock

28-29 Tees Barrage

November

4/5 **Tyne Tour**
Hexham
North and/or South Tyne
see www.tynetour.co.uk
***To book places phone Allan**
before 27th September*
Allan Hacking

5 **Beginners' Trip**
R Lune
Halton, Lancaster
Terry Maddock

11/12 Tees Barrage

12 **White Water**
R Greta
Threlkeld Bridge to Keswick
Andy Rushton

19 **Intro to Moving Water**
R Lune
Halton, Lancaster
Allan Hacking

19 **Flat Water Trip**
Coniston
Tom Byrne

25/26 Tees Barrage

26 **Intro to Moving Water**
R Lune
Halton, Lancaster
Allan Hacking

December

3 **Intro to Moving Water**
R Lune
Halton, Lancaster
Allan Hacking

9 **Christmas Dinner/Disco**
New Drop Inn
Ribchester
Debbie Dowe

10 **Recover from above**
quiet room
or roadside verge

17 **White Water**
R Kent
Kendal to A590
Steve Swarbrick

17 **Flat Water Trip**
Leeds Liverpool Canal
Tom Byrne

Slalom

Please see www.canoeslalom.co.uk for event details and to confirm dates, or contact Susan Shaw

September

23/24 West Tanfield 3/4 Double
West Yorks CC

30 Princes Quay 4/Open
Kingston (Hull) CC

October

7/8 Stone 3/4 Double
Stone CC

Polo

October

7/8 Green Star CC
Beginners / Improvers Weekend
Doncaster, £30 per team.
Nicky Marsh