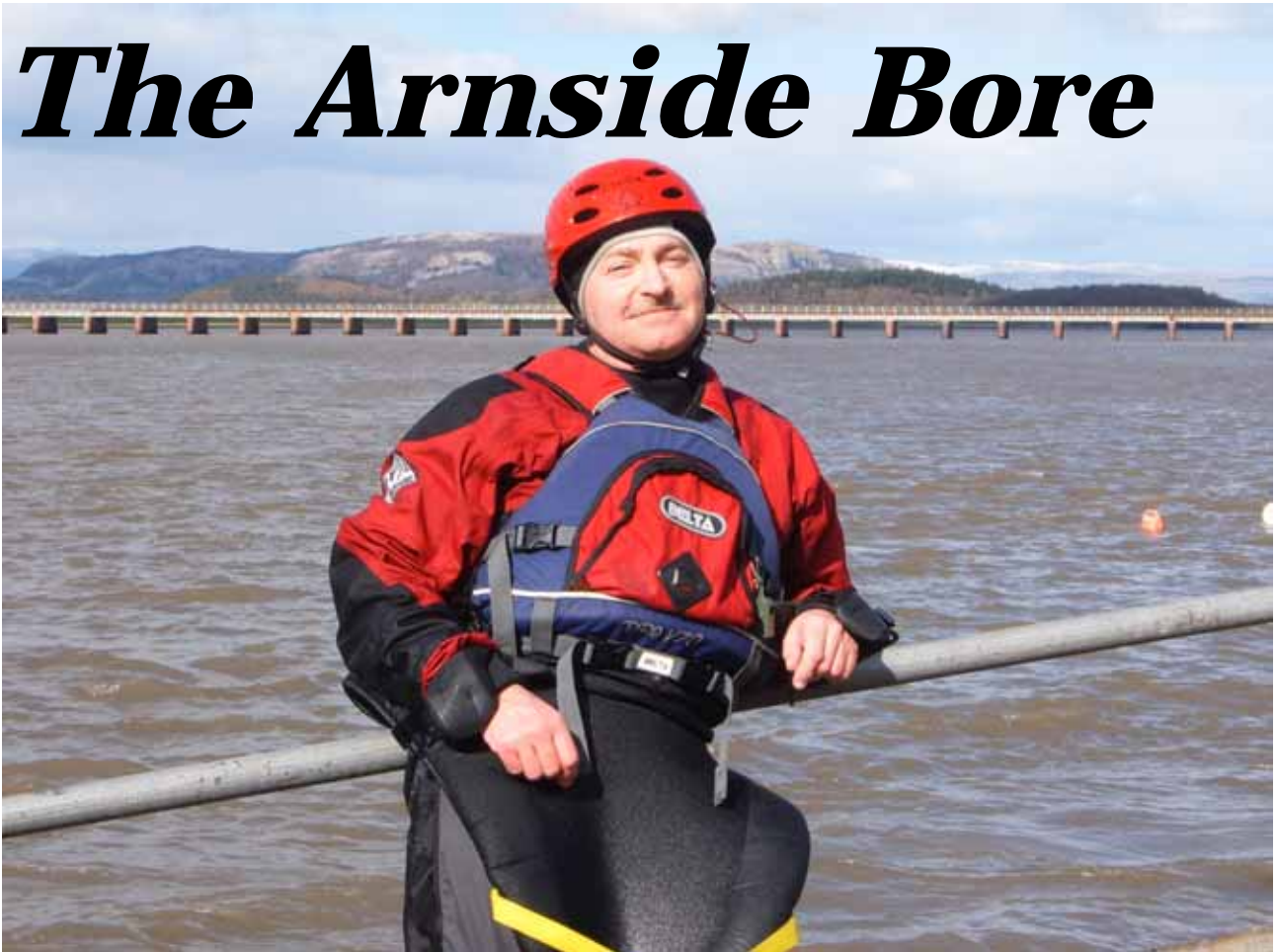


# TALES FROM THE RIVERBANK



MAY/JUNE 2007

## *The Arnside Bore*



A rather feeble representation of midweek paddlers turned out for beautiful Tuesday trip to paddle the Arnside Bore. The group comprised of Pete Roscoe and me, shame on all you midweekers who are now working instead of paddling.

The day was gorgeous with bright blue skies and the snow capped hills of the Lake District in the distance, however there was a biting cold strong wind blowing from the East right down the river valley.

Onto the water went our intrepid group to the waves and cheers of the watching public – well someone asked what time the tide was

whilst another person said it's going to be cold out there, but there was a big crowd gathering (big for Arnside) and several people were taking photos of us.

We paddled out towards the mouth of the estuary to meet what we hoped would be a great wall of water forced from Morecambe bay into the narrow mouth of the Kent and with a 34ft high tide and -1ft low tide we had reasonably high expectations. Tick followed tock.

After a few minutes the waves could be seen in the distance bursting along the Northern bank of the estuary probably a mile distant,

and it was obvious that the wall of water was building. The Rivers Guide says that it's possible to catch the wave and surf for a mile in the right conditions, so we were hopeful as we turned the kayaks round and started to paddle slowly back down the estuary to keep warm and manoeuvre into better positions. To our right there was a 2 foot high sand bank that Peter had warned me to steer clear of because to get grounded whilst on the wave could prove painful, and further back up the river estuary was the short pier which would be our eddy until the level under the Kent viaduct had risen to allow safe passage over the rocky channel.

A quick glance over the shoulder to check the wave's progress and it was gone, what, yes gone. Unbelievably the wave had flattened out, so we sat there waiting again until it built up. We could still see an increase in water height where the wave was but it wasn't the foaming boily mass I had expected and was now just a 12 inch rolling wave, so we paddled hard and managed to get onto the front of it. That weird searing push and lift from behind told me that I was on the wave and I think I may have had a 10 second surf before the nose of my kayak buried and I lost it for a few seconds before the secondary waves caught me and pushed me along. Although the actual surfing was poor we were now really travelling, caught up in the racing tide and the 2 foot sandbank was now completely covered in a matter of minutes, very impressive.

We eddied out under the pier and then progressed under the viaduct - again at an impressive speed - with the wall of water more than 2 feet high at the estuary side of the viaduct buttresses and strong eddy lines being formed by the flow of the river trying to force its way in the opposite direction under the viaduct. All this rapidly flowing water meeting from opposite directions makes this an 'interesting' place to paddle with lots of boils and swirls giving me a few panicky moments and 3 near capsizes, the River Guide rates this as a Grade 3 section and I can see why, I reckon if anyone swam here they

would have to travel half a mile to retrieve their kit.

We enjoyed this constantly changing and challenging environment for a while before deciding to paddle out in the main flow and catch a ride down to Sandside where the road would be flooded. This was to prove more difficult than it looked because although the water was flowing at a fair old rate the wind was extremely strong and blowing straight into our faces and some serious paddling effort was required to maintain direction and strong forward momentum especially in a couple of places where there were shallows and some pretty juicy waves were bursting over us. Duracell Bunny was in front and paddling strongly putting me to shame so that by the time we reached Sandside some 1.5 miles from the viaduct I was trailing in his wake and feeling the strain. Sadly the road wasn't yet flooded but there were some fairly big waves breaking on the verge and again the photographers were busy immortalising us. God, we look good on film.



Duracell asked if we should head back or wait, but after paddling all this way in the hope of paddling down the road I suggested we wait, only for the Bunny to say 'it seems a shame to waste all that water, lets paddle to the red van'. Oh joy, another paddle of 400 yards against gale force winds in a play boat, just what I needed. Okay then I replied in a cheery voice - because you can't let a 70 year old know that he's grinding you into the dirt, so I manfully paddled on at walking speed minus 3 mph.



The return trip found us trying to cope with a strong tail wind and some big side waves, with the result being the boat wanting to spin around whilst it's was being lifted and pushed, not an easy paddle but less hard work than the journey in the opposite direction. The road side at Sandside was disappointingly still

not covered – possibly due to the very strong winds holding back the water, so we set off back to Arnside with the racing tide. The trip back was tricky with us having to constantly cope with the wave and wind action and strong currents, but we were really motoring until we ran aground well out into the river some 300 yards from the shore, its easy to see how people get trapped and shows that we should be vigilant at all times in these situations. However once clear of the sandbanks we were soon passing under the viaduct to the 'get out' and the cheering crowds - 2 fishermen. It was a great day out and really enjoyable trip in beautiful countryside, you should try it sometime.

**Mark Dillon**

## ***West Tanfield Camp***

***6th – 8th July***

This is a weekend camp (one or two nights as the fancy takes). The site is Slenningford Water Mill, a well maintained private camp site located adjacent to its own stretch of the River Ure. The River at this point has a grade 3 section suitable for intermediate paddlers and a grade 2 section suitable for improving beginners. There are several family pubs within walking distance. Lightwater Valley amusement park boasting the world's longest roller coaster ride is close by for those not wanting to paddle, and Ripon with its cathedral is about 5 miles away.

The River trip is grade 2 with the exception of Hack Falls which can be portaged. At normal levels the trip takes about 3 hours, but at low levels has taken 5. There is a long walk in (thankfully downhill all the way), but once on the river you pass through pleasant wooded areas and farm land. We normally take lunch and stop on an island just below a weir to eat. The river is restricted access and so we will be making the trip on Sunday 8<sup>th</sup> July. This is an ideal first river trip following the summer course.

**Brian Woodhouse**

## ***Rhosneigr Surf Camp***

***3rd – 5th August***

Have you ever tried surfing in your canoe? Sitting down, not standing up – though you'd get extra marks for style if you did stand up successfully. If you have then you may know

about our annual Anglesey Surf Weekend. If not, read on.

One of the few things that you can do in a kayak that beats surfing a glassy green wave

on a fast river is surfing down the face of a glassy green wave on the sea – especially if the sun's shining. Every year we have a weekend camp at Rhosneigr on Anglesey. The idea is to pack in as much surfing as possible and have a generally sociable weekend. We don't always get brilliant surf, but there are other attractions – seal spotting around some of the offshore islands, beach games, kite flying, beer and barbecues - whatever.

If you've not surfed before this is a good opportunity to learn. As long as you have reasonable control of your boat and are prepared to swim a bit you should have fun – the D'ribbler award was won one year on the

basis of an afternoon at Rhosneigr – stand up Michael Moul. A playboat with a planing hull is ideal, but the club's Rotobats work very well too.

Rhosneigr is on the North West corner of Anglesey. If you've been before you'll know where the campsite is, if not get in touch with me and I'll direct you. The site is fairly basic – no water park or cabaret, but it has hot showers and is not normally crowded. We usually travel to Anglesey on Friday night, but you can always come up on Saturday.

***John Kington***

## ***Lakeland Weekend Camp***

***17th - 19th August***

This year the camp will take place at Coniston Hall, which is close to the shores of Coniston. The campsite is about 10 minutes walk from the village of Coniston, which boasts a couple of pubs and is the home of Coniston Bluebird bitter.

We will be camping on the group field, which is just one field away from the Lakeshore. The group field has toilet and washing up facilities, and there are showers on the main site close by.

Bring whatever you wish: canoes, kayaks, cycles or walking gear etc. Most people will be bringing a BBQ for Saturday night.

So come and join the fun in the heart of the Lake District.

Please contact me before Friday 10th August if you wish to attend.

***Clive Robinson***

## ***Youth Freestyle***

The dates for the remaining BCU youth freestyle events are:

Sun 20 May	Teesside
Sun 3 June	Nene
Sun 2 Sept	Nottingham
Sat 22 Sept	Boulton

The events are open to anyone under 18 on the 1st Jan 2007, parents can also paddle at all bar the Nene event (The course is a bit too small).

Each event has coaching and a competition with some decent prizes. It is best to enter early for the coaching, DON'T PUT IT OFF, do it now.

Jo, Steph and I will be at all the remaining events. I have booked a cabin at the Teeside event and we will be there all weekend, 19 and 20 May. There are a couple of spaces left in the Cabin if anyone is interested and there is a campsite next door.

Further info can be got from the website at <http://youth.ukfreestyle.com/>, for any more info email me.

**Allan Hacking**

# 2007 Slalom

## Results so far

### K1 Men Premier Division

Rank	Bib	Name	Points
1	1	Neil Caffrey	2979
2	2	Campbell Walsh	2961
3	3	Richard Hounslow	2838
50	47	Alex Jones	421
54	45	Dacre Wroe	332

There is just Alex Jones in Prem this year, his best result was the first of the Tully races.

### K1M Division 1

Rank	Bib	Name	Points
1	23	Warren Cohen	3896
2	16	Ciaran Lee Edwards	3805
3	13	Jake Silvester	3780
6	11	Richard Draper	3397
11	2	Tim Meyrick	2464

Tim is slowly finding form and trying to fight his way back to Prem, whilst Richard is getting the results to hopefully see him to Prem this year. Mick is back training after injury and hopes to be racing soon.

### K1W Division 1

Rank	Bib	Name	Points
1	6	Jasmine Royle	391
2	10	Laura Sargent	327
3	11	Eloise Meakins	322
9	9	Jacquelyn Shaw	224

Jacquelyn missed the first race at Shepperton, but had an excellent race at the Tryweryn. Jacquelyn was 10th in the GB J18 selection races.

### Canadian Singles Division 1

Rank	Bib	Name	Points
1	29	Jeffrey Pionteck	265
2	7	Joseph Hubert	256
3	8	Rhys Davies	221
4	11	Jamie Dickson	215
5	9	Jonathan Shaw	209

Jonathan is enjoying a good C1 season. He was pleased with the GB selection races, being the 6th J16 and 1st J14. He hopes to go to l'Argentière, France in August with the GB Junior Development Team.

Elsewhere, Tony Marsh has started C1 and has been promoted to Div 3.

Lots of hard work is going into racing and training now. If anyone wants to join in some training on the Wyre at Garstang on a Thursday please email Susan Shaw.

There was an excellent turn out of 120 paddlers at the Div 2/3 event run by Ormskirk Scouts and Ken Cuncliffe at Bala this weekend. Jacquelyn chanced her hand at C1 in Div 3 and was first both Saturday & Sunday. Alex Jones won the judges race on the Sunday.

**Susan Shaw**

# ***Stafford & Stone Slalom***

***11<sup>th</sup> March 2007***

After being roped (perhaps strapped is the better term) into a C1 as part of the Ribble CC and Ormskirk Scouts Interclub Slalom Championship team in September, I decided that, once the feeling had returned to my lower limbs I would try to master this dark art. A few months later and I had a second boat, a very small spraydeck, and an entry into my first race, the Stafford and Stone Div 3/4.

For the uninitiated a C1 is a decked canoe. It's paddled from a kneeling position with half a paddle. You're held in place not by thigh hooks as in a kayak but by quick release straps over your upper legs.

Anyway, my race preparation consisted of paddling my boat at the slalom pool session before Christmas, and a folk gig and copious real ale with friends the night before the event. Not the sort of carb loading that top paddlers refer to.

When we (myself and coach/cheerleader Nicky) arrived at Stone the sun was shining, the birds were singing, and the prospect of a bit of a splash about seemed very pleasant indeed. Booking in was a doddle thanks to the friendly and helpful organizers who made sure that a numpty like me was given clear instructions on where to go and what to do. Whilst Nicky eyed up the menu at the café and chatted to old Uni polo chums, I got on and had a practice.

The course consisted of 18 gates arranged around a gentle flow, grade 1.5 or so. Excellent I thought, no white water. Everything seemed to come back to me; J stroke here, cross bow there...oh no...cramp in my legs...stagger gates...cramp getting worse...the last two gates...why am I doing

this? It's getting even worse...might never walk again...thank the stars, the finish sprint. There was a short break then my first run. It went perfectly, no penalties for hitting any gates, a clean run...or so I thought. Halfway down the course I heard Nicky shouting. I thought she was just encouraging me on the sprint between to upper and lower course. It turns out she wasn't. I'd missed a gate and won 50 penalty points for not realizing that 13 did not come after 11. Bum. In my defence I don't remember ever seeing that gate during the practice. Nevermind, I knew it wouldn't happen on the second run. Despite the error I was lying in second place with an equal time (minus the penalty) to the race leader.

So after a stern talking to (by myself), it was on to the second run. It was a lot quicker. Largely due to the fact that it only consisted of five gates before I indulged in an impromptu hydrological survey. The resulting impacts to my head confirmed that the river was in fact very shallow. So much for the J stroke and on with the breaststroke...at least the time I spent setting the straps so I could wet exit was well spent.

I came second in the end, winning a funky little fish drawn on my score card and a rather stylish mug. I had a fantastic day even with the swim. Everybody was very supportive and the camaraderie between the five C1's was great.

I'll be trying/swimming again at another Div 4 soon so if anyone fancies coming along and giving it a go (the cakes at the café are worth it!) then just get in touch. In the mean time I'm going to drink from my mug and console myself in the knowledge that half the paddle = twice the man!

***Tony Marsh***



# *Come Fly With Me*

## ***RAF Gliding Scholarship 5<sup>th</sup> – 15<sup>th</sup> April 2007***

15 hours flying, 1 broken plane, 1.5 hours in casualty, being pulled over by the police and a broken toe, what a memorable 10 days!!!

While many of you were up in Scotland trying to find water to paddle, me and a fellow cadet were lucky enough to spend 10 days at RAF Topcliffe to complete a gliding scholarship.

This 10 day long course allows a lucky few members of the CCF and ATC to undergo basic flying training in a Vigilant powered glider and, weather permitting, fly solo at the end of the course. There are only forty scholarships awarded each year by the RAF.

When we arrived at Topcliffe we were greeted by staff members and officers, and then given a tour of the hanger area and surrounding barracks. After a short while of meeting other cadets on the course we were put through the first ground lecture to kick-start the course and to prepare us for the next day's flying activity. This lecture included the flight safety DVD that some of us have watched many times before, and a briefing about discipline and what was expected of us around the base.



The first four days all followed the same pattern for me, awake at 7am, open the hanger doors, march to breakfast, eat, march back, get changed into flying gear, get the planes out of the hanger onto the runway, getting the morning brief on weather, royal flights etc, then I would be on the first wave of cadets going out flying. So at 9am my pilot, Ft Lt Hardwick, would brief me and then I would get kitted up with parachute and a headset then head out to our plane.

Then came the small task of starting the plane, doing a radio check with the tower, taxiing out to the runway (the hardest part!!!), doing the power checks and then finally being able to take off. Then we would spend the next hour flying, then return, land on the runway (I say this because once I nearly found myself on the grass that is next to the runway!), taxi back to the hanger where we would do our after flight checks and shut the engine down.

Then I would be debriefed on the flight. I would then spend the next hour and a half playing on a Game Cube, then march to lunch, eat, march back, fly for another hour, play on the Game Cube then march to tea, eat, march back and go out flying for a third hour. Then we put the planes back in the hanger, cleaned them and were debriefed on the day's activities. On each flight I would do more and more of the flying and checks, I learnt how to control the aircraft and how to deal with 'in flight emergencies' such as engine failures, stalls and engine fires while on the ground.

On the Tuesday and Wednesday we were unable to fly during the day due to Tucanos using our runway, so we spent the day sunbathing, revising and playing on the Game Cube. In the evenings a few people were lucky enough to go up, but I was not. The evening where spent watching the TV or DVDS, apart from Wednesday night, where we found ourselves doing drill till 10pm!!

Thursday and Friday the Tucanos were around, but in far less numbers, so we were allowed out, apart from Thursday afternoon, when they had 2 display teams flying, this involved loops, barrel rolls, wing overs and other cool stunts. It was great to watch. However we were unable to fly solo with the Tucanos around so it was just practice, practice and more practice.

Saturday dawned bright and early; maybe today I would be able to fly solo!

Unfortunately for me, we picked the wrong plane to go in. The pedals used to control the plane's rudder are adjustable so that people of

any leg length can use them. This plane's rudder pedals kept slipping forward so I could not reach them, not good when you are trying to use them to land a plane. After quickly changing planes it was time to concentrate on my landings so I could go up solo. However I could not get my landings consistently good enough in the hour I had, to fly solo, however I was promised that I would be able to on Sunday morning, this improved my initial disappointment.



Saturday night was the final night of the course, so those of us still remaining had a game of football on the runway after we had finished our evening chores. Let's just say that it wasn't my brightest idea of the week and a few hours later I found myself at Northallerton A&E with a broken big toe. Not only did this mean I spent over an hour in casualty, but it meant that I probably wouldn't be able to fly solo the next day. On the way back to base we happened to go around a mini roundabout twice as we were unsure of the turn off and shortly afterwards got pulled over by the police, on suspicion of drink driving. The copper had a bit of a shock when the driver got out of the car with a flying suit on and the only ID he had was his 'Record of Service' book, which is a log of your flying and shooting ability!!! He soon let us on our way.

I was awarded my blue gliding wings and hopefully the option of going back to fly solo and get my silver wings once my toe is fixed. I had a great 10 days, and I am hoping to go back as a staff cadet, which would mean that I would, after more training be able to take cadets up flying!

***Helen James***



# *Chairman's Chat*

What a time we're having! Finding new venues for our summer courses, reorganising our pool and summer courses, setting up Wednesday evening coaching sessions, and the scariest bit - very nearly losing our arrangements at the Hand & Dagger. And to cap it all my tractor keeps breaking down - is that fair, I ask you? Air in the fuel system I think.

Any way our hardworking Committee have sorted it all. We've even had coaching update and coaching standardisation courses for our coaches and assistants in time for the summer courses. I've never been so up to date with my updates. I'm expecting a congratulatory letter from the BCU (not). Just need to update my First Aid now! The summer courses are all set. We need some pupils now though - only twelve so far. So if you want your 2 Star give me a ring or e-mail. All the details for the course were in the last magazine and are in this one again.

The new pool courses are working very well with almost all getting their 1 Star at the end of three pool sessions, two canal sessions and an assessment in the Lakes or at Garstang. The summer courses this year move paddlers on from 1 Star (or equivalent standard) to 2 Star. We will be running a separate 3 Star course later on in the year. The Wednesday evening sessions are proving popular thanks to hard work by Clive and Iain Robinson and Alan Hacking.

Our troubles at the Hand and Dagger came out of the blue and were a big shake up wake up call. Thanks to rapid action by the

Committee and the very reasonable attitude of our hosts Dave and Pat at the Hand & Dagger we have been able sort things out. We have agreed to screen the west side of the container with trees, clear redundant kit and other bits from the outside of the container and tidy up the access with more clean stone.

We are also getting a sign for the south end of the container to ask people not to use the car park if they are not using the pub. And here is the major problem. On a Saturday morning when we are holding our 1 star courses on the canal we can fill half the car park for several hours. No problem if we're all going to go into the pub. But it very understandably gets the landlord's back up if most of our members disappear straight after the course, having used his car park etc. So the rule now is **IF YOU AIN'T USING THE PUB, DON'T USE THE CAR PARK.** There's room across the road to park on the roadside alongside the canal.

If you see Dave or Pat around the car park or the pub (they're usually wearing black and white checked chefs' trousers), please do introduce yourselves. They work very hard to make the pub a success and we should be doing all we can to avoid causing them hassle or grief. And another thing, even if it is warm and sunny, please keep your bits and pieces to yourself when getting changed in the car park. Now I'm off back to my tractor, up to my elbows in grease and diesel - what a life!

***Terry Maddock***  
[chairman@ribblecanooclub.co.uk](mailto:chairman@ribblecanooclub.co.uk)

## *For Sale*

### **Two wetsuits**

Free to a good home. Both long john type-one ladies (size 10/12), one gents (tall slim).

**Tony Marsh**

### **Pyranha Inazone 232**

Blue/Green, full ww spec, Airbags included.

**£300 ono**

**Jenny Horne**

# 2 Star Course



**Book Early to  
Avoid  
Disappointment**

**Call Terry**

Ribble Canoe Club's 2 star course is fast approaching! BCU qualified coaches will take you through a comprehensive training course which will take existing 1 star paddlers to 2 star level. The course will include both training and assessment.

The course is suitable for people aged over 10 through to adults: the only prerequisite is that you must already have the BCU 1 star qualification (or be able to demonstrate this skill level), and be able to swim of course. If you haven't already achieved a 1 star award, take a look at our 1 star 'Beginners' course in May.

The course will take place on Wednesday evenings at the Hand & Dagger, and on Thursday evenings on the River Ribble. In addition there will be two pool sessions on Fridays at Fulwood Leisure Centre to practice capsize skills, and a day trip on a Saturday, probably in the Lake District.

The course cost including instruction and test fees will be £32 for children and £39 for adults.

If you are not currently a member of Ribble Canoe Club you will need to join at a maximum cost of £8 for children and £16 for adults.

Club equipment will be available for loan on a first come first served basis. You will need to make arrangements to move boats to and

from the course locations and store them securely between the sessions.

## ***Provisional Program***

Day	Date	Location
Wednesday	6 <sup>th</sup> June	Hand & Dagger
Thursday	7 <sup>th</sup> June	Ribble
Friday	8 <sup>th</sup> June	Fulwood LC
Wednesday	13 <sup>th</sup> June	Hand & Dagger
Thursday	14 <sup>th</sup> June	Ribble
Friday	15 <sup>th</sup> June	Fulwood LC
Saturday	16 <sup>th</sup> June	TBC
Wednesday	20 <sup>th</sup> June	Hand & Dagger
Thursday	21 <sup>st</sup> June	Ribble (Assessment)

## ***Interested?***

What do you need to do next? Simple, just call to book your slot, most of the follow-on correspondence will be conducted by email so please have your email details handy.

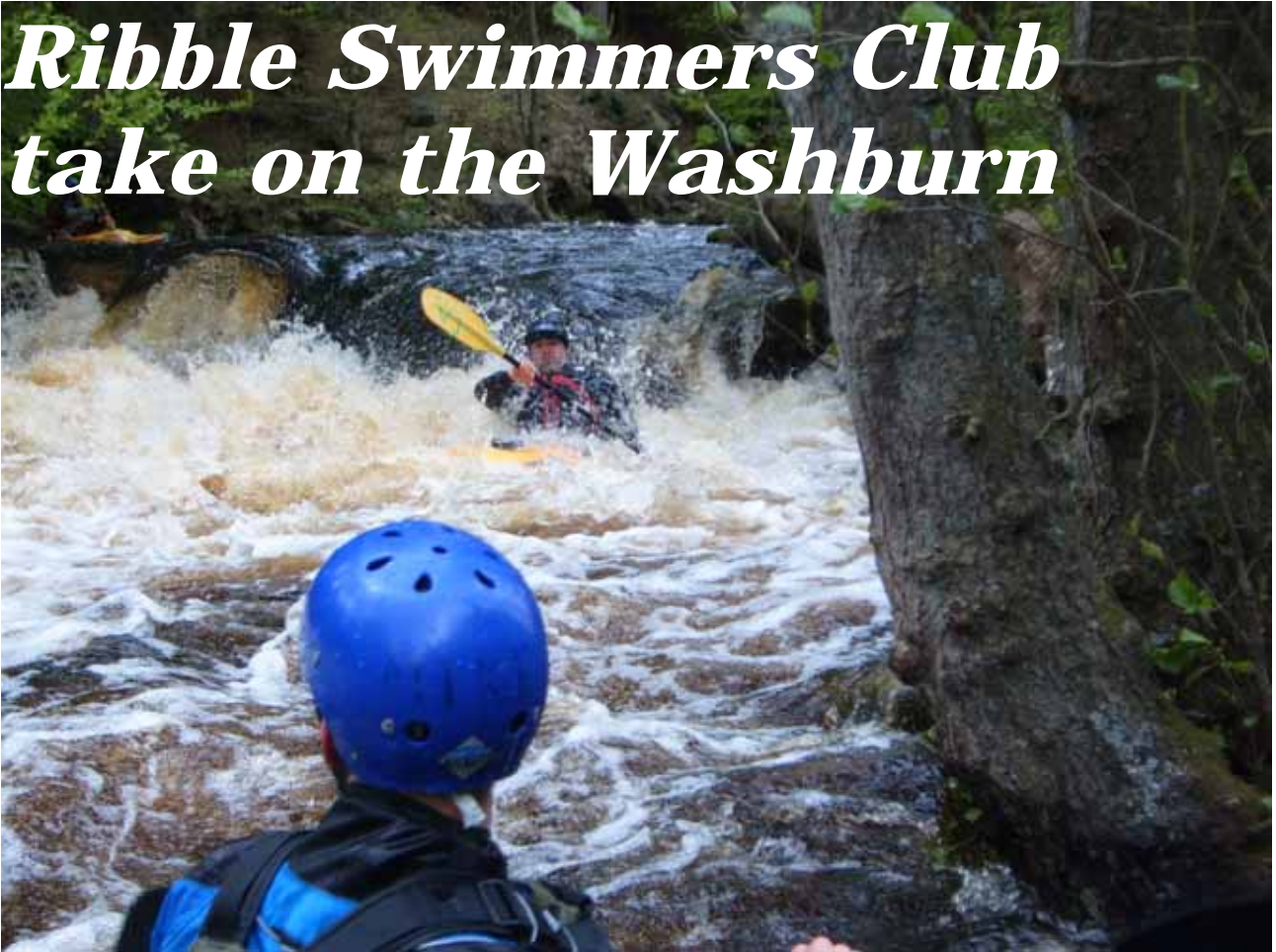
Concerned about missing some of the dates? Don't be! Call me and we'll come up with a cunning plan.

**Please Note: ALL candidates will be required to show 1 star certificate before their place on the course will be confirmed.**

For more details or to book a place, please call:

***Terry Maddock***  
[chairman@ribblecanoeclub.co.uk](mailto:chairman@ribblecanoeclub.co.uk)

# *Ribble Swimmers Club take on the Washburn*



The regular Ribble swimmers met in mid April and due to the lack of options for river paddling decided it was time to 'raise the stakes' and travel to waters new. With this in mind it was deemed time to arrange a trip of the Ribble Swimmers Club to the Washburn. Ooooooh, aaaaah, sucking in of breath I hear, tut, tut the Washburn, tiny eddies, very fast, swim for miles was the word from everyone we talked to. You must realise that nobody was trying to put us off, they were only trying to scare the pants off us. Surely it can't be that bad we considered, and as regular readers of my diatribe will know I'm more than happy swimming anywhere and now I have a serious swimming partner there may be a bravado thing going on with who can swim the best.

So that was it, arranged, sorted, date set and we were off. Just the 2 serious swimmers in our club were to do the river –Adam 'lets have a burger' Fielder and myself, along with Grant 'River God' Dillon who was to be our rescue support.

On arrival we couldn't believe how tiny the river was, for those of you who've not seen it, its very narrow and quite fast and runs for about two miles between two reservoirs. The idea is you paddle all of it and arrange a shuttle or paddle to about halfway and walk back up. We met up with another couple of Ribblers and walked the walk and talked the talk looking very professional. We nodded sagely, agreed it was 'do-able', had paddled faster, could spot the eddies etc, all the stuff you do whilst your stomach is churning and you can't hear for the beat of your heart and know you need the loo before getting changed.

We changed into our gear and chatted with all the professionals, warmed up on the bank, loosened up on the water, practised ferry glides and breaking in and out, but no matter how long we took it was nowhere near to home time, so we had to go for it. We made a cunning plan – hit as many eddies as possible but just try to get down the river for a first run

and we would try to take it steadier on the second run.

We broke in and 'Burger Boy' shot straight past the first ten eddies in seconds and almost went over when he managed to hit one, he sat there laughing that nervous laugh after shouting 'hey hey' which when translated means I'm scared stiff, out of control and close to panic. I on the other hand was awesome, I made 4 or 5 eddies before reaching 'BB' just above the first bridge, and encouraged him to follow me as I broke in and made for the next eddy. I'm sure I would have made it too if I had been the right way up, damn. I went for a roll but as usual only came half up so bailed out and swam – a long way. Thanks to the helpful other river users – River God was nowhere to be seen – my boat was trapped and I got to the bank about 100yards from my start point. How cool was that, first swim of the day managing to get me further down the river than I had managed to paddle before swimming.

Back in the boat we were off again with plenty of 'hey hey' just to show we were loving it. Then disaster struck, oh no you say, oh yes I say. That damned bridge with the moving buttresses snagged BB. There he was looking in control (interpret as - caught broadside and being flushed in a mad panic towards the bridge) when the stone buttress inexplicably moved in front of him and blocked his path, leaving him shouting 'hey hey' whilst pinned, gosh didn't he look relaxed. Wet myself, I'll say, he hung there for about 30seconds pushing up of the bottom before giving in and majestically rolling over like a stricken tanker, and swam. River God was nowhere to be seen again (some rescue support he is) so it was down to everyone on the river to fish him out. One all now. The rest of the river passage was great even the big drop going well, so now we were happy and confident for the rest of the day.

After lunch River God wanted to have a go in BB's liner, I accompanied him whilst he shouted to everyone that the boat was huge and it wasn't his and he was loving it 'hey hey'. He looked as good as they come

breaking in and out, ferrying and side surfing until his edge caught and he rolled up, then went over again, then rolled up, then went over again, then swam.

River Gods first swim in eighteen months and I had the privilege to witness it. I dashed into rescue mode and encouraged him not to panic as he attempted to grasp branches and rocks in his undignified passage down river. Shocked and stricken was the expression on his face, pure glee was the expression on mine as I was getting a real buzz out of watching him tumble and turn in the rapidly moving water. Relax, keep your feet up, backward paddle toward the eddies the voice of experience said, but River God was a really crap swimmer and was eventually fished out after 150yards. He was okay.

Should have kept hold of your paddle says I, need to relax more, try not to grab at trees when you're in the main current, I was loving it. I couldn't wait to tell BB, but River God beat me to it, however this didn't diminish our pleasure at all and we found plenty of areas to take the piss for the rest of the day. In fact as we started the next trip down the river we managed to tell everyone to keep an eye out for River God as he's just had a swim, is a little shaky, not a good swimmer, and continued in the same vein all the way down.



There ended the day with 4 passes down the river and a swim each to record, it hadn't been as fast and unforgiving as we had expected although we did rescue a few people and boats between us during the day. What an excellent day out and a great fun river, so

much so that two weeks later we were back again and confident of what to expect. Oh bugger, it was higher and faster and meaner this time and looking like we would struggle.

Another pre-paddle walk and visit to the loos was completed and as long was taken getting ready as possible before the first pass was started. It was faster but we still did well and set a target of how many eddies we would catch; we hoped to increase this as the day wore on. River God tried out his C1, he was fantastic and did really well for his first time, even rolling it seven times, but he did have one swim that we unfortunately missed, I just hope he was calmer and more composed this time as he was really embarrassing last time. I felt that all was going well until I went over on the big drop, stupid really I just caught my paddle and swam without even attempting to roll. I was really annoyed as that's my first non roll attempt this year.

Whilst waiting to film BB at the big drop another paddler approached it, messed up and got pinned on the rock at the top of the drop, he sat there trying to sort himself out then came out of the boat and swam over the drop just as BB came into view. Luckily he was okay as was BB but we've seen a few swim there. As I helped BB out a paddler came over the drop shouting 'boat, boat', the swimmer had been rescued but the boat wouldn't stop. I ran after it and had three attempts to catch it but was exhausted after about 400yards and it got away from me, it looked like it was not going to be stopped until the reservoir as it was full of water.

Back up at the car park we had a chat and a brew before going home, another great day in great company making new friends on a lovely river in beautiful surroundings, and River God swimming again, what more can you ask for.

***P.Isstaker***

# ***Freestyle Weekend***

***Sat / Sun 30<sup>th</sup> June / 1<sup>st</sup> July***

I am arranging a freestyle / paddling weekend at the Teesside White Water course. OPEN TO EVERYONE!

Note: there will be no specific coaching arranged for this weekend, it's a come and do it session.

Course time: 08:00 - 13:30hrs on Sat  
08:15 - 14:15hrs on Sunday  
Tide height 1.3 & 1.1 respectively

Cost £8.50 per adult, per day  
£6.50 for students/concessions, per day  
£5.00 for Juniors, per day

Accommodation is available and provisionally booked (Sat) in log cabins, at cost of £10 per person per night. Alternative accommodation is available on the camp site next to the course, this would need to be arranged directly with the site: White Water Park: 01642 634880

Juniors will need signing in by a responsible adult.

Contact me to book as soon as possible, especially if the log cabin accommodation is required.

***Mark Dillon***

# *Changes to pool sessions*

We have operated the pool sessions at Fulwood Leisure Centre on an informal & relaxed basis for many years. A number of minor incidents over recent months, combined with tighter restrictions imposed by the Leisure Centre, have led us to review the arrangements and introduce a number of changes.

## **Times**

The pool sessions now run from 21.15 to 22.15. We are not to enter the pool area before 21.05 - this to avoid risk of injury to swimming club members who have to clear the pool area by 21.05.

## **Signing in and paying**

A pool register is being introduced so that we know how many are in the pool and who they are. Every member attending a session must complete the register on entering the pool area and before entering the water. The register will be located on the table by the entry to the pool area.

We will now be collecting session fees at the start of sessions rather than at the end. Fees should be paid to the committee member when signing the register.

## **You must pay and sign in before entering the pool.**

## **Supervision**

We provide a pool supervisor and committee member at each session. The supervisor remains on the poolside and is responsible for ensuring safe conduct of the session and initiating any necessary rescue action and should be alerted to any danger if necessary. All members must obey any instructions from the supervisor concerning conduct in the pool and surrounding area. The committee

member is responsible for overall conduct of the session, in particular for ensuring safe movement of boats between store and pool areas and for dealing with Leisure Centre management. The committee member is not required to remain on pool side for the whole session.

## **Numbers in the pool**

We are subject to restrictions on numbers in the pool, to ensure safe enjoyment by all members. The session limits are: Open – 15 boats, Slalom – 12 boats, Polo – 10 boats. The pool supervisor is required to ensure this limit is adhered to and we ask that all members co-operate with them in this. Where sessions are oversubscribed, people will be asked to leave the pool for short periods of time to allow others to take a turn.

## **Aerial moves**

To ensure safe enjoyment, vertical and aerial moves - such as cartwheels - are only to be performed at the deep end of the pool. The pool supervisors will ensure this rule is complied with.

## **Clearing away**

At the end of each session, you must clear away all the equipment you brought in (boat, paddle, deck etc) back to the boat store or your car **as soon as the session ends** at 22:15. If you want to get changed before moving your kit, get out of the pool before the end of the session.

Please do not leave kit lying around in the hope that somebody else will put it away – if you brought it in, you take it back!

***John Kington***

# 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  
 The Practical Guide to Kayaking  
 Canoeing & Kayaking  
 William Nealy's "Kayak"  
 Bombproof Roll and Beyond!  
 Eskimo Rolling for Survival  
 White Water Safety & Rescue  
 Weir Wisdom Rapids  
 Canoe & Kayak Games  
 The Playboater's Handbook  
 Complete Book of Sea Kayaking  
 Sea Kayak Navigation  
 Path of the Paddle  
 Canoeing  
 Open Canoe Technique  
 Anglesey Sea Paddling  
 Rowing it Alone  
 The Handbook of Survival at Sea  
 BCU Coaching Handbook  
 Sea Safety: The Complete Guide

## Guidebooks:

English White Water  
 Scottish White Water  
 White Water Lake District  
 An Atlas of the English Lakes  
 Canal Companion: Cheshire Ring  
 Welsh Sea Kayaking  
*by Jim Krawiecki and Andy Biggs*  
*(Donated by the author, Andy Biggs)*

## General:

The Rough Guide to Weather  
*Robert Henson*

The Liquid Locomotive  
*John Long (ed)*

Many Rivers to Run  
*Dave Manby*

Norwegian rivers

Canoe Focus

Working out of Doors with Young People

*Alan Smith*  
*(Donated by Jane Bentham)*

## 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 Dunnnett*


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  
 Destination Nowhere  
*Westgarth.TV*  
 Path of the Paddle: Doubles  
 Whitewater  
*by Bill Mason*

## 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  
 Fort William 2005/06 Trip  
*Tom Kington*  
 My Tartan Adventure (VCD)  
 Ribble Canoe Club in Scotland, 2007  
 The 7 Rivers Expedition  
 Locks and Quays  
*Featuring Ribble Canoe Club*

# ***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.

Date	Session	Contact	Supervisor	Committee
May 18th	Open	N/A	Mark Green	Mark Dillon
May 25th	Touring Safety Session	Allan Hacking	Mark Loftus	Nicky Marsh
June 1st	Open	N/A	John Kington	Kath Risely
June 8th	2 star course	Terry Maddock	Grahame Coles	Adam Fielder
June 15th	2 star course	Terry Maddock	Mark Green	Martin Stockdale
June 22nd	Open	N/A	Mark Loftus	Brian Woodhouse
June 29th	Polo	Nicky Marsh	Allan Hacking	Iain Robinson

Prices:

Beginners Course £30, 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.

## ***Desperately Seeking Secretary***

Martin Stockdale resigned from the role of club Secretary at the AGM in February. He has carried on as acting Secretary while we endeavour to find a replacement, but will be standing down at the end of July.

We therefore need somebody to take on the role of Secretary as quickly as possible.

The Secretary is the 'public facing' member of the committee. The main work involves handling enquiries from potential new members, advising them about details of the

club, training courses etc. He/she is also the point of contact for the BCU and other organisations such as the Council, and will receive communications from these organisations to the club and send them on to club members as appropriate. Finally, the Secretary writes up the agenda for committee meetings and the AGM and takes the minutes at the meetings.

If you feel you can help the club by taking on this job, please get in touch with Terry Maddock or any other committee member.

## ***Editor's bit***

### **Dates and deadlines**

The next committee meeting will be on July 3<sup>rd</sup> at 7:00pm at the Hand & Dagger. The next newsletter will be published on July 17<sup>th</sup>. All submissions to me by Saturday July 14<sup>th</sup> at the latest please.

***Martin Stockdale***  
[secretary@ribblecanooclub.co.uk](mailto:secretary@ribblecanooclub.co.uk)





Area of Interest	Ribble Canoe Club	
	Contact	Telephone
Committee	Andy & Debbie Dowe	
	Bob Smith	
Memb. Secretary	Brian Woodhouse	
	Chris & Janet Porter	
✓	Clive Robinson	
✓	Ian McCrerie	
✓	Jacky Draper	
✓	John Kington	
Hon. Treasurer	Kath Risely	
✓	Mark Loftus	
✓	Hon. Secretary, Newsletter	Martin Stockdale
✓	Mick Huddleston	
✓	Nicky Marsh	
✓	Peter Jones	
Competition Secretary	Susan Shaw	
Quartermaster	Steve Swarbrick	
✓	Steve Wilkinson	
Hon. Chairman, Calendar	Terry Maddock	
✓	Tom Byrne	
d'Ribbler's Award (swim reports)		
Other		
Christmas Party (Debbie)		
Rolling Course		
Website		
Library, Training Coordinator		
Sea Trips	✓	
Advanced River Trips		
Intermediate River Trips		✓
Beginners River Trips		✓
Beginners Lake Trips		✓
Flat Water & Lake Trips		✓
Social Events		✓
Hand & Dagger Keyholder	✓	
Lifeguard		✓
Instructor or Coach	✓	
Canoe Courses		✓
Agreements		✓
Information Access		✓
General Information		✓
Open Canoeing		
Canoe Surfing		✓
Beginners Slalom		
Advanced Slalom		✓
Mens Polo	✓	
Ladies Polo	✓	
Junior Polo	✓	

# 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.burrs.org.uk](http://www.burrs.org.uk)

Canolfan Tryweryn 01678 520826

[www.welsh-canoeing.org.uk](http://www.welsh-canoeing.org.uk)

Tees Barrage 01642 678000

[www.4seasons.co.uk](http://www.4seasons.co.uk)

Washburn/Wharfe 0845 833 8654

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

## Trips / Events

### May

19 Peak Challenge  
R Washburn

20 **Flat Water Trip**  
**Venue Changed**  
**N W Cumbria**  
**Tom Byrne**

20 **White Water**  
**R Greta (Keswick)**  
**Threlkeld Bridge to Keswick**  
**Andy Rushton**

20 BCU Youth Freestyle  
Teesside  
<http://youth.ukfreestyle.com/>

23 Evening Cruise  
R Washburn

30 Children's Evening Cruise  
R Washburn

### June

3 **Beginners' Trip**  
**Wyre Estuary**  
**Knott End to Skippool & back**  
**Terry Maddock**

3 BCU Youth Freestyle  
R. Nene  
<http://youth.ukfreestyle.com/>

9 Boat Demo  
Talkin Tarn  
Scenic spot near Carlisle  
Carlisle Canoes 10.00 - 16.00

9 White Water Cruise  
R Washburn

9/10 **Sea Paddle weekend**  
**Lleyn Peninsula**  
**for experienced sea paddlers**  
**Andy Dowe**

17 **Flat Water Trip**  
**Wastwater**  
**Cumbria**  
**Tom Byrne**

20 Evening Cruise  
R Washburn

24 White Water Cruise  
R Washburn

30/1 **Teesside White water camp**  
**Mark Dillon**

### July

1 **Beginners' Trip**  
**Lune Estuary**  
**Halton to Glasson Dock**  
**Terry Maddock**

6-8 **Family Camp**  
**R. Ure, W. Yorkshire**  
**Sleningford Mill, West Tanfield**  
**Brian Woodhouse**

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

21 Triathlon – Kayak, Run, Bike  
Short & Easy (says Tony M)  
[www.madyaker.co.uk](http://www.madyaker.co.uk)

22 White Water  
Tryweryn, Bala, N Wales  
Dam Release  
Release info 01678 520826

25 Evening Cruise  
R Washburn

### August

3-5 **Surf Camp**  
**Rhosneigr, Anglesey**  
**John Kington**

4/5 White Water Cruise  
R Washburn

15 Evening Cruise  
R Washburn

17-19 **Family Camp**  
**Coniston Hall**  
**Clive Robinson**

26 White Water Cruise  
R Washburn

### September

2 BCU Youth Freestyle  
Nottingham  
<http://youth.ukfreestyle.com/>

5 Evening Cruise  
R Washburn

22 BCU Youth Freestyle  
Boulton  
<http://youth.ukfreestyle.com/>

23 White Water Cruise  
R Washburn