

TALES FROM THE RIVERBANK

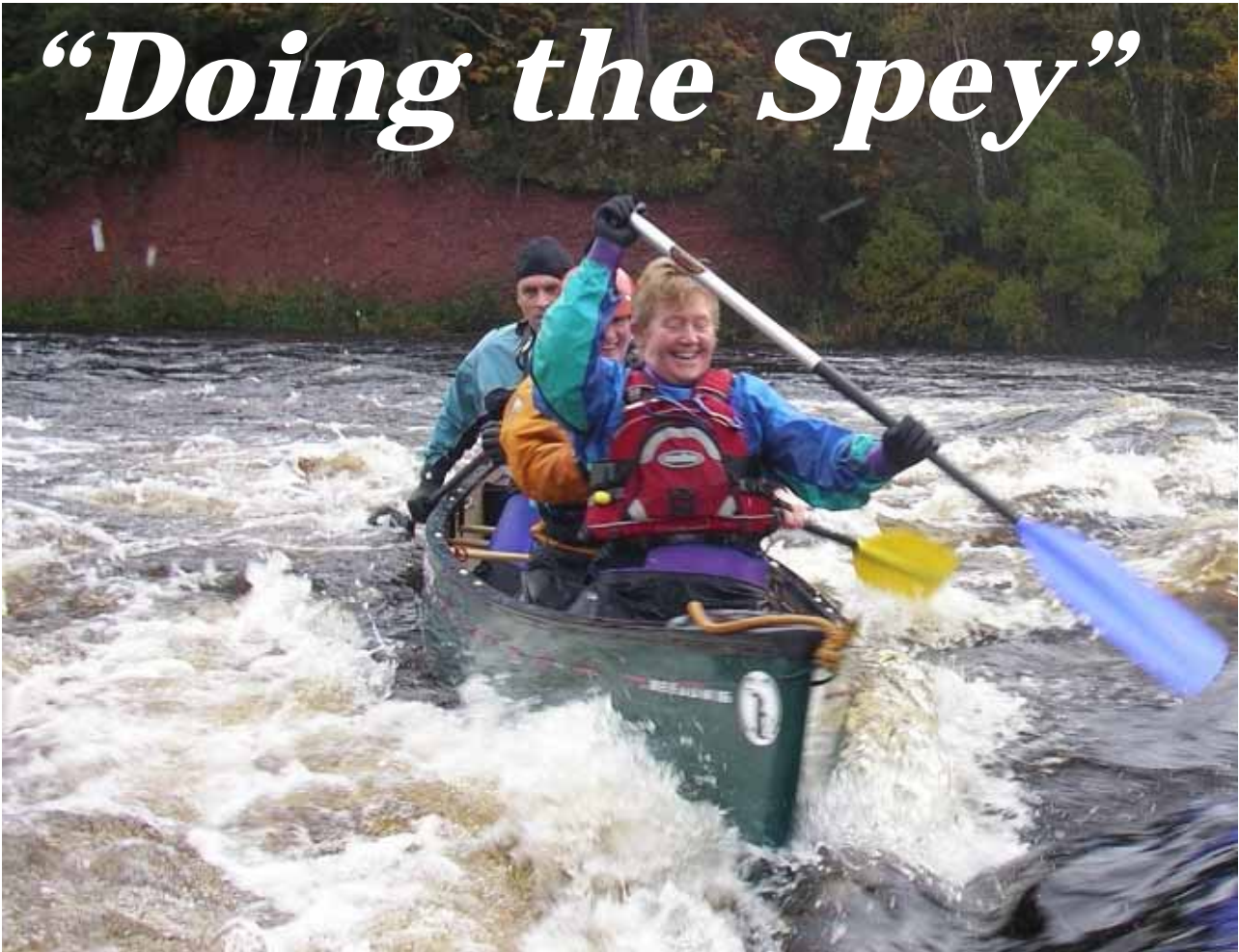


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JANUARY/FEBRUARY 2005

“Doing the Spey”



There are a number of ways of “doing the Spey”; you can walk it, canoe/swim or drink your way down. I and a group of like minded people chose to canoe/swim the 70 miles from Loch Inch to Spey Bay in open canoes over the October half term.

Seven of us did the trip; Bill and myself, Linden, Penny and Joe with Kevin leading the expedition assisted by Dave.

This is the second year that Kevin has run the trip and he anticipates running it again next year if anyone is interested.



The Intrepid travellers

BAE SYSTEMS

The weather was not at its best but it could have been a lot worse. The scenery and views of the Monadhliath and Cairngorm mountains were spectacular with the colour changing daily from shades of green to the autumnal shades of deep reds, golds and browns.

The River Spey is south of Loch Ness and flows in a north-easterly direction for a hundred miles before disgorging its contents into the Moray Firth at Spey Bay. The Spey is rarely much over 100 yds wide and is one of the fastest moving rivers in Britain, the power and volume of the river is sufficient to keep the tides from pushing more than half a mile inland. With crystal clear water it is one of the greatest salmon rivers in the world, with a catch that averages something like 10,000 fish a year.

The river has some 59 distilleries in its region, although not all of them are working now. The reason why the region is renowned for its whisky lies in the availability of peat for fuel, and an abundance of pure water. The world class malt whiskies did not of course have anything to do with the success and joviality of the expedition.

Our expedition began on Monday 24th October at Loch Inch, a quite secluded woodland area.



Setting off

Linden and Dave had difficulty in getting going and fell in. Some things just do not go right for you do they?



Some things just don't go right!

The river flows around a large wooded island and down to the bridge at Kinncraig and passing the Duke of Gordon's monument, a tall column on a hillock.

The river narrows and flows faster taking in a number of small rapids that allowed us to have a go at poling and snubbing, however I gave up and instead did some grass poling. I found it much easier and did not fall in quite so often.



Grass Poling

The river then flowed into the Rothiemurchus estate which is a national nature reserve that offers a whole range of activities from nature walks to fishing and shooting. We were surprised at the tolerance of the fishermen who were very amiable towards us and we

were able to take some rare photographs of canoeist and fisherman socialising.

There were 70 miles of good canoeing with good rapids up to grade 2 in difficulty which were long, fast and bouncy with plenty of waves to play on.



My turn!

The river had many distilleries along the way; in fact the smell of the whisky on the air is strong enough to make you inebriated. At our lunch stop we all felt sufficiently jovial to join in a small dance in honour of the local whisky.



Too much whisky?

Some of the distilleries we passed were:

- Craigellachie, named after a crag overlooking the Spey, forms the base of the White Horse blend but is on occasion sold as a single malt;

- Knockando is Gaelic for dark hillock and it forms the key filling for J&B whisky but is also available as a single malt that has a flowery creamy sort of taste;
- Tamdu forms the base of Famous Grouse which was created to celebrate the first day of the grouse shooting season: again, it can be bought as a single malt which like the Knockando has a flowery taste taking its flavour from the surrounding heather;
- Aberlour, my favourite, is a 10 year old single malt that is creamy and faintly spicy which at £14.95 a bottle was reasonable to buy and complemented the Haggis we had one evening.



We're going this way

There were also some very notable and entertaining grade 2 rapids, the best being below Advie Bridge. It was during this stretch that Bill and I had a discussion as to the best route to take, probably not the best time to disagree, but following a strategically placed "bow jam", Bill's choice was to swim or follow.

A few miles downstream from Craigellachie, just before a place called Fochabers there are the Earth Pillers of Ordiequish – tall red needles of old red sandstone.



The Pillers of Ordiequish



The last leg of the trip into the Spey Bay and the North Sea was head-on into a squall and driving rain.

The 70 mile epic trip finished at Spey Bay and the lounge bar of a hotel supping none other than Hot chocolate and Aberlour whisky. A perfect end to a fantastic week.

Sara Withall

White water kayaking

We went white water kayaking for the first time on the 7th of November on the River Rothay in the Lake District. Chorley Adventure Youth Club members who went were Dale Martland, Danny Martland, Tom Armstrong, Matthew Woods and Danny Markland.

This is what happened the first time . . .

We arrived at the River Rothay at Ambleside at about 10 o'clock to find a load of people waiting for us to come because we were a bit late, then we got changed and were raring to go, but we were a bit nervous in case we capsized and smacked our heads on rocks. We set off for the starting point on Grasmere and we had to climb down a wall to get to the lake which we followed down to the river and the rapids. We had to have partners with an instructor because we had never been before in case we capsized. When we had got our 'buddy' partners we went down the river to the rapids which was fast flowing water going downwards. Our instructors showed us what to do. We went down the rapids two by two which we found going down the rapids a bit hard because our canoes were a bit too big for us. The first one was OK then we stopped off on a tiny island for dinner which was good because we were hungry. Our dinner was stored in the canoes under the inflatable bags which keep the canoe from sinking when you capsize. When we finished dinner we went to the second part of the session which was fast moving water again. This one was much harder nearly everyone capsized EVEN

ME!!!!, the first person who went for a swim was Danny Markland then it was Danny Martland even some of the instructors capsized and they weren't impressed.

When we finished that we kept on going downstream to a play about area where the instructors had a little mess about whilst we went to the loo which was a pain because you have to take all of your wetsuits off. When we went back in the water we set back on the river our way to Windermere half way down the stream I capsized which was a rare event because I never usually capsize - and the water was cold!

When we got to the end of the river we went onto Windermere which was very rough then we saw Paul in our sights and canoed as fast as we could to tell him how many of us had capsized. When we got there we got changed into nice warm, dry clothes, packed our things and went home.

Since then it has become a popular activity with a small group of members and we have been on the Lune at Halton - although one Sunday it was really cold and we soon came off.

We have now bought a new Perception Method Junior white water canoe for people to try out and Paul is applying for grants to get a load of them.

Dale Martland (aged 12)

AGM 2004

Agenda

Please note change of date and new venue!

Notice is hereby given that the Ribble Canoe Club AGM for the year ending 31st December 2004 will be held on **Wednesday 23rd February 2005** at **Fulwood & Broughton Cricket Club** at 7:30 for 8:00pm start for the following purposes:

1. To receive the Hon. Secretary's report for the year ended 31st Dec 2004.
2. To receive the Hon. Treasurer's report and Statement of Accounts for the year ended 31st Dec 2004.
3. To receive the Hon. Chairman's report for the year ended 31st Dec 2004.
4. To elect Officers and Members to the General Committee.
5. To appoint auditors.
6. To discuss any other business.
7. To present the Club Trophies.

By order of the Committee.

Martin Stockdale, Secretary

Proposals

Under Item 4 the current General Committee members are:

Chairman	Terry Maddock
Secretary	Martin Stockdale *
Treasurer	John Kington *
Competition Secretary	Vacant
Quartermaster	Steve Swarbrick *
General Committee	Tom Byrne *
	Grahame Coles
	Jacky Draper
	Peter Jones *
	Tim Langridge *
	Mark Loftus
	Clive Robinson
	Brian Woodhouse *
Co-Opted during 2004	Tom Kington
Resigned during 2004	Maria Parkes

Those marked * are due to retire by rotation (every 2 years) and being eligible offer themselves for re-election.

The General Committee propose the following members for election onto the general committee:

Dave Ellison
Tom Kington

AGM - Additional Information

Membership fees can be paid on the night, but please note that payment on the night can **only** be accepted by cheque – no cash please!

Please arrive early (7.30) so that the AGM can start at 8.00pm prompt. Supper will be provided consisting of Hot-Pot (or vegetarian option) + sweet at a subsidised cost of £2.00 per head.



Fulwood & Broughton Cricket Club is conveniently located on Garstang Road in Fulwood, just off the A6/M55 junction.

Heading towards Preston from the M55 it's on the left, just after the 30mph sign, just before the first traffic lights (Lightfoot Lane).

Raffle prizes

As usual there will be a raffle at the AGM, so if you have anything you can donate as a raffle prize please contact Tom Byrne. It can be something canoeing related, or a bottle of something alcoholic, or some chocolates – anything will go down well!

Dinner Dance

What? It's only January and we're thinking about the next Dinner Dance already?

Ian and Ann McCrerie, having selflessly taken on the thankless task of organising the Dinner Dance for the last fourteen years, have finally decided that they've had enough. In Ian's words: "I think the time has come for us to let someone else have a go... it seems a bit selfish to deprive others of the fun!"

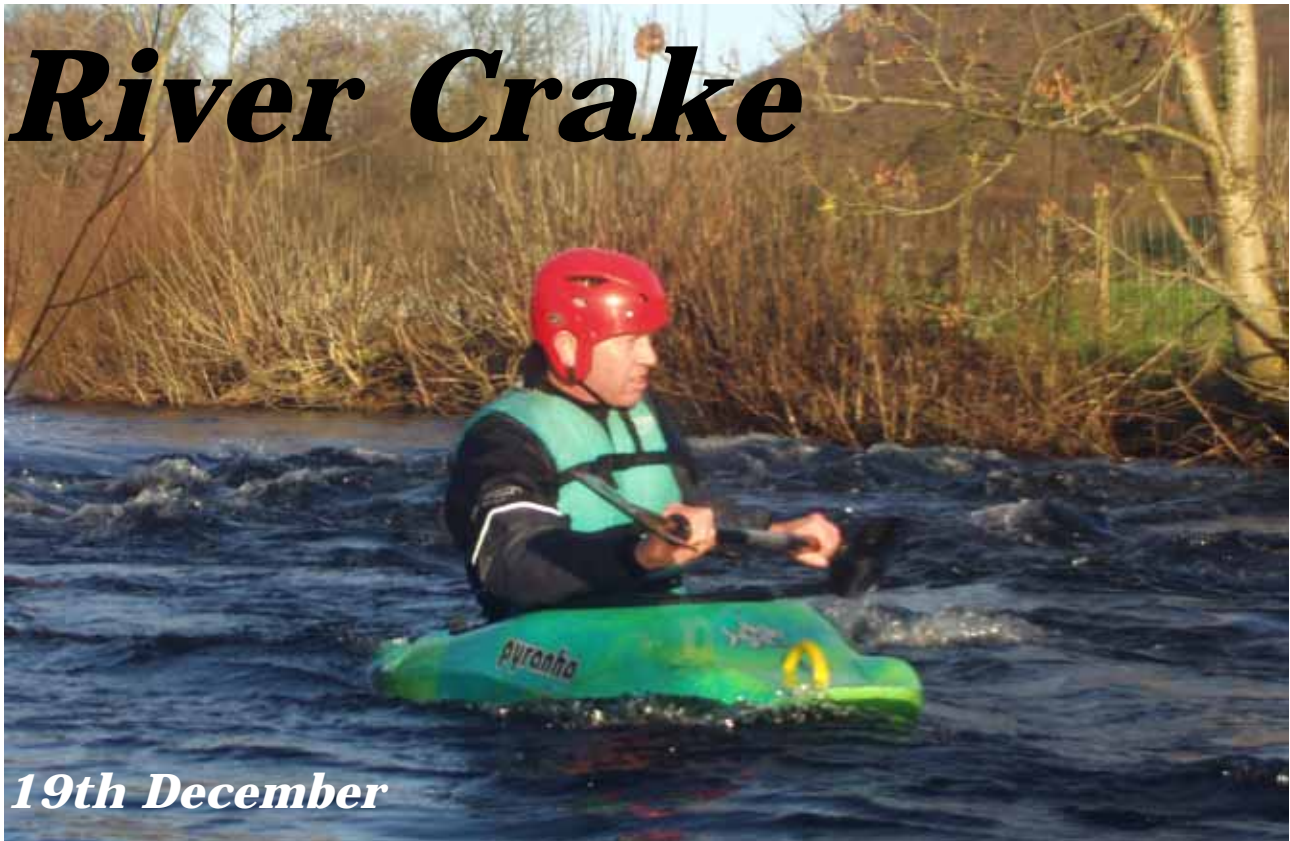
Firstly, of course, I'd like to thank Ian and Ann for their hard work over all these years in making this a very successful and popular event. I am sure they will be a hard act to follow.

Now the problem is that we need somebody to take over from them! The first difficult task has been done (for this year at least) in that we have already made a booking with Ferraris for Saturday 17th December. The cost will be £27 a head, the same as this year.

All that's needed now is for somebody to coordinate the bookings and collect the money. If you have enjoyed the Dinner Dance in the past and want them to continue, please consider volunteering to organise this and future events.

Martin Stockdale

River Crake



19th December

This trip unfortunately shared the same date on the calendar with Tom's curry paddle, which resulted in divided loyalties amongst some families. After a little persuasion from my eldest daughter Joanne it was decided to do the Crake and we took along another non-curry fan in the form of Iain Robinson, whilst his parents took the flat-water option. Other paddlers present were Tony Morgan (leader), Barry, Martin A, Martin W, Mark L, Phil and Sam K, Jackie and Jonathon S, John K and Mark. Apologies to anyone I have missed, those of you who know me will know how bad my memory is when it comes to names.

Also on the river was a group doing their 4 star assessment, including 2 Ribble paddlers, Helen James and Nicky Marsh, who I believe achieved their 4 star awards, congratulations to them both.

As we were getting ready at Greenodd a police car drew up and said they had received reports of a yacht stuck on trees at the entrance to the river, they asked if we had seen it. We told them we had not been out yet but would look out for it.

We started out from Brown How on Coniston under a cloudless blue sky, which stayed with us all day. As it was cold the sunshine was very welcome, to begin with at least, as the Crake runs south throughout its length, you are heading into the low winter sun all day, I have never heard so many UK residents complaining about the sun. I have to admit to being one of them, as a spectacle wearer, rounding a corner above a rapid into the sun with misted up glasses is interesting to say the least.



Sure enough as we started down the river, just after Allan Tarn, we found the yacht well and truly snagged on trees at a bend. We decided

it must have broken loose from its mooring on the lake in the winds earlier in the week



The river was running at a good level and we played on several waves on the way down, with a couple of swims thrown in for good measure and 1 roll from Martin A as he exited a rapid. Joanne had a close call as we rounded an island, those of us who took the soft option went left of the island down a straightforward rapid, whilst the more adventurous went right as had been suggested. However Joanne didn't realise that she was supposed to turn left with the main flow immediately after the island and instead continued into a small overflow channel with a rather low tree near the exit. I was watching from the bottom of this section and it certainly looked impressive from there, could it have been a first descent?

Bobbin Mill rapids were the highlight of the day and all enjoyed the bouncy descent with no drama. Jonathon got out at Spark Bridge as he was getting cold and it was here that we

met up with a successful but shivering Helen as the 4 star group were also leaving the river at this point.



We continued on down river hoping for a playwave on the weir near the getout but this weir is known to be very fussy about water levels and tide height when it comes to producing a wave. I was disappointed but some of the more experienced paddlers had a bit of fun before getting out.

A very good day was had by all - thanks to Tony for organizing. As we recovered cars from the put in I had my first experience of heated seats in a car; maybe they're not just a gimmick? They come highly recommended after a day's paddling! We then proceeded to the 'Rusland Pool' hostelry for a rehydration session and chat.

Allan Hacking

Want to improve your paddling or gain BCU qualifications?

Coaching and Training for Individuals or Groups

Kayak/Canoe/Flat Water/Moving Water/Star Awards/Pool Sessions/ White Water Safety/Day trips/Canoe Camping Trips/Taster Sessions

For Details and Prices Contact Tony Morgan

01772 314814/07742 271547/T.Morgan@tinyonline.co.uk

Also Available: Indoor/Outdoor Climbing/Sailing/Team Building/Multi Activity Day's/ Guided Walks/First Aid Training/Powerboat Training

River Friendly?

This article is aimed at any paddler going onto moving water, based on the principle of: “*if the cap fits, wear it*”, or “*if you think I’m getting at you, I am*”. It starts with a few questions:

- If your boat is floating down the river, who do you expect to rescue it and should you put them in danger?
- If you are in the water needing assistance from another boat, should either of you be expected to know what to do?
- If you’re on the bank watching a son/daughter/partner/friend swimming towards a rapid, what are you going to do to help them?
- If you lose or break a paddle, what will happen?
- If someone is injured or tired and cannot paddle, who will treat them, and how will they stay warm until the problem is sorted?
- If, on the river, you cannot hear what someone is saying how do you indicate hazards, directions, or simple communications?

The boat

Flotation (£12/bag) - If your boat does not have full flotation it is dangerous to lift safely after submersion and difficult to rescue after capsize. Unfortunately these are two things you will be expecting someone else to do if you are swimming. Water is heavy stuff, the river is a difficult place to lift correctly, urgency may be dictating when and where you can get the boat out, don’t make it any harder. Also boats without correct rear flotation often float upright, the nose of the boat randomly wagging at face level of the rescue boater, ready to take out their teeth or nose.

Drain Plug (£2.50) – Add this to any boat and use it to drain the bulk of the water without even lifting the boat from the water. Remember to secure the bung with cord.

Grab Loop Tapes (£1/Metre) – Grab loops are suitable for carrying a boat and, to a lesser extent, attaching rescue rope, following a broach. They are unsuitable for moving water rescues of either a boat or person as they present an entrapment danger to the hand. Attach a 1 metre length of 25mm wide nylon tape to each loop, this makes the boat easier to hold when you’re swimming, catch when you’re rescuing, and avoids the need for bending when lifting or dragging.

Personal equipment

Whistle (£1 - £4) – You do not get better value for money than this. Attach it to your BA, two short blasts when you see, or have a swim, it gets everyone’s attention. On many occasions I have watched someone swimming right behind a paddler who is totally oblivious to his or her plight, even when everyone else is shouting.

Footwear (£5-£65) – On the river you need to be able to leave your boat and immediately move around quickly and safely over a number of difficult surfaces. Some paddlers remove shoes, and carry them, if they paddle with a group that never get out to inspect or provide safety cover and never fail a roll then fine, but that’s not us.

Throwline (£15-£40) - The throwline should be stored in the boat in such a way that it can be ready to use and removed quickly by anyone, and be carried every time you look at a rapid. Do not store it jammed under an airbag, attach it to a strong loop connected to the boat. It should drop out of a capsized boat so a swimmer or rescuer can grab the loose end, swim or paddle from the boat, and pull it back from an area of safety. If a boat is floating down river with the throwline trailing out it is still easier to rescue. Use a marker pen to clearly indicate the length in feet and metres, someone else may need to use it in a

hurry and needs to know how far it reaches before throwing it. Practice using it and others, you often only get one chance to either throw or, if out in the water, catch it. Before throwing it gain the attention of the person you want to receive it by calling their name and making eye contact. There is a school of thought that thinks a throwline should be group or shared equipment: it's not, it's personal equipment.

Knife (£5-£10) – It is recommended that you always carry a knife wherever a throwline is being used. In practice this means we should all have a knife because we may be receiving a rope as well as using one. Get a cheap one you can afford to lose, able to be operated by one cold hand and if attached by a cord you must be able to break the attachment easily, releasing the knife. The blade can be serrated or straight but must not have a pointed tip, file it until it is rounded like a butter knife.

Basic First Aid (£3) – This is a minimum patch up kit that can be used from the boat and should ideally be kept in a BA pocket. 1 roll of electrical sticky tape, 1 roll of sticky plaster, 1 dressing, 1 pair of latex gloves. The gloves are for your protection but can also be used to protect cuts on hands. A combination of the dressing and tapes can usually stop or slow down most bleeding until you get a better opportunity to treat.

Group Equipment

Split Paddles – It is always someone else that has to buy and carry the split paddles, if this isn't true then have you got any? I only know 3 paddlers regularly carrying splits.

First Aid Kit (£10-£20) – A good first aid kit, even home made, can be expensive until it's needed then it's priceless. Work towards getting one, keep it in the car and offer to take it on the river.

Plastic Bivvy Bag (£6) – The very basic level of shelter or insulation, if you also walk

or climb this should already be in your rucksack, put it under an airbag as well.

The aim on every trip is that not one piece of this equipment is needed, but if it is, it's there.

Group Skills

Swimming – Know the safest way to swim, be pro-active and get out of the water at the first opportunity. Choose clothing that protects you from knocks: shins, knees, ankles and elbows are the usual targets.

Signals – Know, use and encourage basic hand/paddle signals to communicate.

Throwlines – You should own one and at least have tried it on dry land to be confident you have reasonable accuracy. Learn how to safely hold the line and be aware of the safety issues surrounding the use of throwlines.

Training – There are plenty of opportunities for training from spending an hour reading a book or asking more experienced paddlers, to attending star test courses or a specialist white water rescue course. The canoe club works because people give up their time and experience to allow others to develop. Part of that development is self sufficiency, I personally expect people to put something back in if they are taking something out.

Low Brace Support and Edging – If you want to improve your white water paddling these two basic skills are far more important than anything else, including rolling. Rolling is something to try when the other two fail, better to put more effort into them and stay dry, upright and in control, everything that rolling isn't.

Look Back – Whenever and wherever you are paddling get in the habit of looking behind you and checking others in your group.

Hope to see you and your new improved gear back on a river soon.

Tony Morgan

Coniston



21st November, 2004

Paddlers: Tom, Chris, Janet, Albert, Kath, Ian K, Keith, Dave and Giselle.

Some met up at Burton in Kendal and others of us went straight to the car park at Brown Howe but we all arrived at more or less the same time. It's a good job we weren't much later because even at 10.30 on a cold, wet morning in November there was very little parking space left. The levels were quite high and a fair few folk were planning to paddle the Crake, there were also a lot of divers around. I suppose they were going to get cold and wet anyway but the lack of wind must surely have been to their advantage.



The divers were practicing rescues very near to our get in so it all got a bit congested. Just as they were dragging a pretend semi-conscious chum out of the water, we were launching, pointy end first into the self same spot of H₂O. They were quite nice about it but I did hear one mutter that he didn't like

canoeists, which I felt was a bit harsh since they could see we were there and there was nowhere else handy we could put in. For some reason we were a long time before we were ready to set off but, eventually, we were underway and heading towards the foot of the lake.

It is some time since we have been on quite such flat water. It is nice to have one of our trips finally live up to its name. In fact, it was a bit creepy as the mist clung in strands to the surface of the lake and everywhere was eerily quiet. We went as far as the entrance to the Crake but decided not to proceed any further as we weren't sure how far we could get before being caught in the current and the prospect of turning five tourers, Tom's sea boat and a Canadian around in a narrow space and fast flowing water had little appeal. Ian would have been OK in his little boat but I doubt he was up to rescuing the rest of us all in one go.

The spectacle wearers amongst us found we were paddling more or less blind for most of the morning due to the constant drizzle. In fact, I don't think there was much to see anyway because the mist obscured the view after only a mile or so. Because the lake was so flat and there was a complete absence of wind we made rapid progress and were soon at Peel Island. Although there is something of

a tradition of stopping on the island and for a change there was no-one on it, we felt it was too soon to have lunch so carried on up the east side of the lake for half an hour or so until we came to a shingle beach at a spot just south of Beck Leven Foot where we pulled in and had our lunch.



After we had eaten, Tom, Keith, Dave and Giselle set off back for Brown Howe and the pub and the rest of us carried on towards the head of the lake. The mist finally lifted enough for us to be able to see Coniston Old Man. We saw several herons at this end of the lake and also the Gondola, which had been pulled from the water and was under wraps for the winter.

The trip back from here was a hard slog although the rain did ease up from time to time. Coniston is such a long straight lake it's hard to tell whether you are making any progress. The scenery is all a bit similar along the length of the western side though there is a big campsite that always forms one landmark. The island never seems to get any bigger until you get almost alongside it. Added to this it was beginning to get dark even though it was only about 2.30 and the mist appeared to be coming back.

Back at the car park ours were the only cars there, the rest of the world having packed up for the day. The trip to the pub was disappointing as the normal one at Torver was closed. So too was the pub across the road. We decided we would all go home instead. Not long after setting off I had a text message from Tom to say they had found a pub en route to the M6. There's perseverance for you!

Janet Porter

Lifeguards

You know those Friday night pool sessions at Fulwood Leisure Centre (the swimming pool, not the pool table in the bar)? There's always a club member patrolling the poolside, looking for drownings and generally making sure everything runs smoothly and safely. By having one of our members on the pool side we significantly reduce the cost of pool hire and so keep the cost of the open sessions, courses etc. down to a minimum.

Of course, this involves people giving up an hour or so every so often to be on the pool side instead of in the pool. If we had a few more people on the rota it wouldn't come round quite as quickly. It would also lighten the load for the "usual suspects" who've been doing this for quite a while now. This, I hope, is where you come in.

We have agreed with Fulwood that the requirement for lifeguards should be changed from Bronze Medallion to Canoe Safety Test ("CST"). The CST is much easier (if you're a canoeist rather than a swimmer), less time consuming, far more relevant to canoeing and is one of the pre-requisites for coaching qualifications. We are in the process of sorting out some training/assessment for CST (the club pays).

So, if you can spare a couple of hours every 6-8 weeks, want a free qualification and want to put something back into the club get in touch with a committee member and we'll get you trained up and on the rota.

John Kington



*Are you popping out
to the AGM?*



*Aye, I think I'll roll up
for it.*



Did you hear it's moved?

***Ribble Canoe Club AGM
Wednesday 23rd February 7:30pm
Fulwood & Broughton Cricket Club***



Ladies Novice Polo

Tournament 2, Irlam, 27 November.

Five of us arrived at Irlam pool for the second tournament a touch early due to the unheard of lack of traffic. As usual we were the first team to play. Our first game was against Lancaster Uni. An early goal by Nicky cheered us all up and was shortly followed by her second. At half time we were winning. Fine play from everyone enabled Nicky to get her third goal, Sylvie her first of the night and Carole her first ever. A final score of 5-1 was an excellent start to the night, and gave the team confidence.

After a short break we were back on the water, this time against York Uni. At the end of the first half we were ahead 5-0, with 3 goals from Nicky, one from Sylvie and one from Trish, who had made her way up from the goal to score. During the second half, Helen found the goal for the very first time, and Nicky managed yet another. So another good win with a score of 7-0.

Our next opponents were Manchester. We didn't know what to expect from them, as they had not played at York, using it as their rest tournament. At the end of the first half we were ahead with a goal from Trish (I'm sure that she was goal keeper!). In the second half, Manchester managed to sneak a ball into our net, despite some excellent goal keeping. So we ended with a 1-1 draw.

Next we came up against Sheffield Uni. In the previous round they had beaten us, and we were determined not to let it happen again. During the first half Sylvie scored a goal, which made us think that we could possibly win. The second half started well with Nicky scoring our second. But unfortunately Sheffield were not going to give up and took every chance that they got, eventually their perseverance paid off and they managed to pull back two goals to level the game at 2-2.

We were quickly into our last game, Leeds Uni, much more awake and raring to go. An early goal by Sylvie set the pace. Two more from Nicky, and good play from Leeds resulted in a score of 3-1.

No losses, which for us is a first, so well played everyone. Everyone scored including Helen and Carole's first ever points. Most people took a dunk (except Nicky), but no swims, due to good rolling (or in my case the person who pushed me in then provided the Eskimo rescue). Nicky's boat took a battering and she found herself borrowing duck tape to stick the foam at the front of her boat back on. If we had a full team of eight players, rather than just five we reckon we could beat any opposition.

Thanks to my Dad for timekeeping and Emma for refereeing, because without them we would not have had a tournament.

Helen James

	Played	Won	Drew	Lost	For	Against	Diff.	Points
Ribble CC	10	6	2	2	29	12	17	38
Sheffield Uni.	10	6	1	3	22	13	9	36
Lancaster Uni.	9	4		5	8	24	-16	25
Green Star	4	4			18	1	17	20
Manchester Uni.	4	3	1		9	2	7	16
York Uni.	10	1		9	2	23	-21	14
Leeds Uni.	3	1		2	5	9	-4	7
Liverpool Uni.	4			4	1	11	-10	4

Taking Control

1 – Not Moving in May?

I looked at my club calendar for the month of May, hoping to find some moving water trips. There were none! Where had they all gone? Had the sun dried up all those moderate rivers? I could have a (Dry) Flat-water trip, a (Wet) White-water trip or I could paddle out into the Irish Sea with Steve Wilkinson ...

I didn't really like any of those alternatives, so I looked at the Slalom calendar. There were three slaloms in May; Llangollen 2-3-4 on the 8th & 9th, Wagon Lane 3-4 on 15th & 16th then Sowerby Bridge 3-4 on 22nd & 23rd – plenty of choice.

I got down to the Hand and Dagger at 7pm on Wednesday 5th May to try out a different boat and then find out if either of our division 2 paddlers would be going to Llangollen. I picked a Rotobat. It turned more quickly than the Dancer, but it made a lot more noise with its blunt bow. I went past the first marina and on to the second (Moon's Bridge). When I was half way back, in fading daylight, I met a group of our paddlers on the towpath. I got back at 9:30 pm to find Tom waiting with the key to the container. 8 miles in a Rotobat had taken 2 hours and had put me past the normal club drinking time. The rest of the paddlers had already gone home!

I never did find out who was going to Llangollen...

2 – Boats and Books

I had been thinking about getting my own boat for a while, but I really didn't know enough to choose one. The river course was now only a month away and it would be good if I could get my own boat before that. There seemed to be so many different types for the many branches of Kayaking. Everyone I

talked to had their own opinion and there seemed to be little opportunity to try modern boats when the club possessed only 20 year old designs. If there weren't any suitable club trips in May I wouldn't get much chance of trying a boat from another club member either. Catalogues were a good start point, but even the terms they used were fairly new to me.

What I wanted was a boat that was fast, stable & manoeuvrable.

Where could I find one of those?

I started to look at the internet for articles on boat design and found a good article on stability. Increasing the width at the waterline improves initial stability; the boat's resistance to tipping from upright. But the shape of the boat and its volume influences its secondary stability; how much it wants to return once it is tipped.

The Pyranha Freestyle was wider at the waterline than the Dancer, while the Rotobat seemed narrower. So the Freestyle felt slightly more stable on flat water, while the Rotobat felt less stable. But the Freestyle was flatter than the Dancer, so once it started to tip it capsized more easily. It seemed to make sense with the club boats. Volume gave stability and shape decided what type of stability.

Speed generally increases as boats get longer, but is better when they are narrower. So If I wanted a sea kayak I would have a trade off between the speed of a narrow boat and the stability of a wider one. Manoeuvrability reduces as length increases, is made worse by the addition of a keel (as on a sea kayak) and is improved by adding rocker (making the underside curve at bow and stern like a slalom boat).

So I couldn't have all 3 things but I could have any 2 if I wanted.

- Speed and stability could be combined in a Sea Kayak (but it wouldn't turn).
- Speed and manoeuvrability were combined in Slalom boats (but their low volume reduced the secondary stability).
- Manoeuvrability and stability came together in a creek boat (which could cope well in big rivers).

Somewhere in between a Creek Boat and a Slalom Boat would be a good compromise for river running. There are some designs around like that.

But what about play-boats? There are so many in the catalogues? Aren't they as slow as a creek boat but less stable? They have sharp edges to catch the water, and some of them are so short they could capsize end on! Not at all good for me! Why do so many people buy them as their first boat?

I suppose that if I were a teenager I would get a play boat, like so many other people, and clock up lots of points for the D'Ribbler's award while I was learning how to control it. But I'm old enough to have different tastes. I don't want aggressive angles and sharp corners. They may look modern but they can't be efficient. Do paddlers have to be over 18 to appreciate smooth curves?

3 – Hot and Bothered!

I bottled out of a solo trip to Llangollen, and the following week, took my children rock climbing on a scorching Sunday, missing Wagon Lane. Then on Sunday 23rd May I headed off alone to Sowerby Bridge.

My first problem was finding the place! The street map I got off the internet put me about 1000m East of the slalom. (Was this a typing error by one of the organisers?) I saw some signs to a race and followed them to find some running club members acting as marshals for a run. Fortunately they knew

about the canoe club and directed me back towards the venue. As I drove across a bridge I saw some slalom poles, and started hunting for a place to park where I could unload the Dancer. In the end I found a race official, who sat in the passenger's seat while I went through various arches to get to the canoe club.

I registered about 45 minutes before the official start, then I got changed, carried the boat down to the river and moved my car off to a side street to park. I was hot and bothered before I even got into the boat!

There were 3 drops on the course and I knew I was going to need as much practice as possible. I had about 35 minutes and I rushed down the course to try to get the hang of it. I missed a few gates on the first practice, but immediately carried the boat back up to try again. The second practice was better, and I thought I had just enough time for a third. I raced down as quickly as I could and then, just after the big drop I leaned to get through some poles and rolled into the river.

I sat there inverted in my seat for a little while trying to work out whether I could remember how to roll. My mind was a blank! Then I pulled the deck and swam out. It was cold at first, but once I was on the bank I felt quite refreshed. The stress of finding the place, registering and parking had wound me up. My two and a half runs down the course were horribly rushed. I got back into the boat to finish my last practice just before the river was closed. I then had 40 or 50 minutes relaxing in the sunshine before my race.

The first run went well. I was cool (still a little damp) and calm when I went down the course. The top section went OK and I lined up well through 6 and 7 for the big (3 foot) drop. Gate 8 (where I had capsized in practice) was no problem when I was paying attention! I went up through 9, down through 10 and across for the fast section from 11 to 13 including an 18 inch drop by gate 12. This was followed by a cross-river move to go through gates 14 and 15 before another 2 foot

drop. With plenty of momentum in the boat I turned slowly and went through gate 14 sideways. Without the drop it would have been quicker to spin backwards through 15 and then line up for 16, but I really didn't want to do that with a drop. Instead I headed back up the outside of 14 and repeated it, forward this time! This left me perfectly positioned for 15 and the drop. The remaining gates were easy.

My caution had made me 34 seconds slower than the fastest, but with only 2 pole touches I was 5th out of 9. I had three more practice runs and on the last of these discovered that if I back paddled after gate 13 I could cross and line up cleanly for gates 14 and 15. I did this again on my second run and trimmed 19 seconds off my time. But, just as at Oughtibridge, I had an unexpected 50 second penalty. This time for a gate I had gone through cleanly!

I went to ask what this might be for and was directed to a man with a bushy white beard smoking a cigar; the Chief Judge. I had touched gate 10 before I went through gate 9; another classic novice's error. He then told me that he used to be in the Ribble canoe club, and had tried to get more of them racing slaloms. He seemed to know many of the better paddlers in our club.

While I was talking to him two premier paddlers came up. They knew him very well and he seemed to have some training tips for them so they could maximise their speed and strength for modern short slaloms. I thought they were fast enough already, about half my time, but they thought otherwise. (My technique was so poor that my lack of fitness was not even an issue!)

It had been an interesting day. I had started hot and bothered and finished cool and contented. I had never been over a drop before, and was pleased that I had finished in the middle of the field. Perhaps I would learn enough on the 2 star River course to have a clean run next time? And maybe I could do a

bit of "Ribble Rousing" to get more of the club members into slalom?

4 – Boats and Bikes

It was Tuesday 1st of June and the thinking time was over. The river course started on the 9th and I didn't have a boat. I had just got back from 4 days in the Lake District and I was looking after my 6 year old son while my wife did 2 days of work in the middle of the half term break. On Wednesday afternoon we would be driving down to South Wales for another 4 days holiday, so I couldn't even borrow a club boat.

I had not got very far with trying out the boats on my shortlist. UK Canoes did hire boats, but only the most modern designs that they knew nobody was familiar with. Ten year old designs could be bought but not tried. I suppose they would have taken back a boat if someone really hated it, but it would not have been good for their business to give a full refund.

I was so glad I had gone to Sowerby Bridge. After the race I had managed to borrow a boat from another competitor. It was a Dagger RPM, one of the round bottomed boats on my list, and it had a volume about half way between a Slalom boat and a Creek boat. As soon as the last competitor had gone I took it through the course. It seemed about as stable as the Dancer, though its shorter length made it take the drops a little steeper. It turned well, but the legroom was nowhere near what I had got used to, despite me moving the footrest down 4 positions.

Today's plan would be a bike ride on quiet roads near Carnforth, followed by a trip to UK Canoes in Lancaster. I picked up the phone to check that they had a suitable boat. "Not in White-water spec" they told me, "and it isn't easy to alter". How long would it take to get one? They called Brookbank and got back to me. "There's one in Stockport and we could have it at the weekend." I would be miles away at the weekend. "How about a

bike ride in the Peak District?" I asked Matthew. So off we went.

5 – Shiny and New

The first day of the river course (9th June) was sunny and warm. I drove down a long windy lane and parked in the middle of a farmyard, where I met the rest of the club. I was on the 2 star course and my instructor was Shaun. I was surprised to see Helen James there; surely she had already done 3 star? She was there to help Shaun demonstrate techniques.

My boat was shiny and new and it seemed to go quite well. We spent the evening practicing many of the techniques we had been shown in the pool. Sweep strokes were first, and in this boat I could turn 360 degrees with one stroke! Forward paddling was good, but going backwards the stern would dig in and spin me round. I could go reasonably fast in it as well, but it made a huge bow wave!

Helen also had a new boat, but it was quite different to mine. It was a far more modern design, with aggressive angles and sharp corners. It had sharp edges to catch the water, and was so short it could capsize end on! In her slalom boat Helen could out run me, but this new boat was so inefficient she couldn't keep up at all. "Does it roll easily?" I asked. At some point in the evening she had a go and got it wrong.

Shaun got in and tried to demonstrate some play-boater's trick to Helen, but he was a little too big for it and capsized before he had got the spray-deck on! Is this the kind of boat good paddlers buy when they want to move up the rankings in the D'Ribbler's award?

Am I too inexperienced or too old to understand the youth of today?

Is it pure prejudice, or are there good reasons for me to like curves?

The course ended at 9pm, but many of our group stayed on the water for 30 or 40

minutes playing on the rapids. Joanne was particularly keen to side-surf the roughest bit, and Jacqueline joined in the fun when her group arrived. At the end of the evening I lifted my boat out and noticed dozens of scratches on the underside. The price you pay for having fun!

6 – Clear Run!

The river course was going well, and there was plenty to practice on 2 Star, especially when we had some time on the rapids afterwards. Everyone was keen and on the second Wednesday I thought I would try to generate some interest in the Slalom at Stone on Sunday 20th. The three stars especially had the potential to do well, but Stone was a small enough river that anyone on 2 star could have a go.

There was some interest, but the keenest people were too young to drive!

I went down on my own, and found a good crowd there on a warm day. Practice was no problem at all, and I was faster than quite a few people. The starter remembered me from February and asked if I wanted a double gap behind me? "Not this time" I replied. The new boat turned much better than the Dancer, and despite its short length I was a lot quicker than in the Mini Slalom. I got through the course with no difficulty and no pole touches. A Clear Run at last!

The winner was a veteran who had many years of paddling experience but had never raced a slalom before. I was 22 seconds behind him and 5th out of 13, so I wasn't yet good enough to win, but only 4 seconds quicker would have seen me promoted for coming 3rd. Then I would have been even further off the pace!

I was pleased with the result. The points put me 9th out of 168 in the (unofficial) rankings for division 4, but more importantly I had had a clear run. This was the first time I had ever been fully in control of a kayak!

Peter Thomas



Paddlers: Chris, Janet, Tim, Clive, Janet, Albert, Kath, Steve, Bev, Nick, Eileen, Steve and Rob. (Tom wasn't paddling today but walked most of the way along the tow path)

Not a bad turn out for such a cold and frosty morning. Several people had gone to the trouble of adopting seasonal headgear for the paddle and Albert had gone the whole hog and dressed in full Santa regalia with the additional festive touch of attaching a bunch of helium filled balloons to his and Kath's boat. The fact that these prevented Albert from seeing where he was going never persuaded him that their presence was anything other than a good idea.

We were all privileged to watch the ceremonial launching of Steve and Bev's new boat: perhaps cynically named 'Harmony', it was toasted with champagne before being lowered into the water with a beautifully decorated Christmas tree fastened to the front – plenty of glass baubles but sadly no lights and, come to think of it, no fairy.



We didn't paddle a huge distance today. No one wants to be out too long when they know there is a curry and a pint of real ale waiting back at base but we did all manage the five miles to the motorway bridge and back. We came across a few fishermen on our travels none of whom as much as cracked a smile as we passed by even when they were Ho Ho Hoed at, I believe that Santa was even sworn at by one cheerful angler. Most of the fishermen seemed not to have any personality whatsoever; they just sat in solemn silence ten feet apart from one another drinking from thermos flasks and looking miserable. We did see one happy chap fishing on his own who

had just caught a very tiny fish which he dropped into his keep net, poor thing – the fish not the angler, though now I think about it I'm not so sure, they must have a wretched home life these fishermen. Then again, perhaps they think we're odd, hey, surely not!

Back at Wheelton we met up once again with Tom and the James family, minus Helen who was off somewhere doing her four star. Can't see the attraction when she could have been on a nice bit of the flat stuff. As we were changing and getting the boats up we were also joined by Ian K who had decided not to paddle today but had come along for lunch anyway – not a bad idea, I might have done the same if it had been very much colder.

Once in the pub and ordering our meals we were also joined by Tony Morley and Philip Garsed, they had both come separately and had both managed to get lost on the way, it's a good job navigation skills aren't often needed when flat watering.

Once again the food was lovely we shall almost certainly go again next year but feel inspired to introduce a new and exciting element to this pre-Christmas fun and initiate a best dressed boat competition. Both Chris and Philip seem to feel the need for flashing lights.

Janet Porter

Chairman's Chat

Happy New Year! I hope everyone had a good Christmas and New Year with plenty of canoeing involved. I had the good fortune to spend New Year camped on an island on Derwent Water with several other club members, all organised by Steve & Bev – thanks for that. They didn't do very well organising the New Year's Day weather though and we had an epic paddle off the island in what Kevin Singleton (our most experienced sea paddler) declared to be force 6 to 7.

Carrying on the theme of me! me! me! - it's happened at last just when you thought it never would – I'll shortly be throwing away my good old Rotobat. By next week I should have collected an Eskimo Kendo in time to paddle the Rothay on the Sunday. I feel some swims coming on – maybe I'll keep the Rotobat another week or two just to be sure! Well, if Helen can paddle a Kendo I'm darn sure I can. Although, as she passed hers on to her dad and bought a (rubbish) Skip, perhaps the Kendo is just the thing for the Grey Wave.

I should now tell you what was discussed at the recent Committee Meeting, but unfortunately I forgot to go!!! Whoops! I can say that thanks to Mark Loftus and Grahame Coles we're a long way down the road to getting some grant-aided new boats for pool and river. There are also a few changes coming up in the Committee at the AGM ("Sack the Chairman", I say).

Ah yes, the AGM. Sorry about the change of day, but what with the booming economy and all that, everyone seems to be playing out on Thursdays and all suitable venues were booked. So Wednesday it is. I hope to see many, many of you at the AGM. I think we need thirty to be quorate and over fifty would be nice. The hot pot is well subsidised by the Club and there will be a fantastic raffle if you donate the prizes in time! Ring Tom Byrne if you can donate something. Even if you've just joined the Club, do come along – it's your Club.

See you there.

Terry Maddock

Skylomish River

Washington

The drive west from Leavenworth takes you over Stephen's Pass, site of the ski area, like most ski sites in summer it resembled some sort of gravel farm and the view was far better heading down the other side. With a few hours before dark it was worth stopping to do side hikes on the numerous little creeks and falls, kidding yourself you could make the moves, but leaving the boat firmly attached to the car.

The women at Money Creek Campground made a point about the train being noisy but I forgot to ask if it was also regular, as in regularly noisy. The site was getting busy for weekend and the only spots left were near the track, but in the last hour I'd heard nothing, maybe it would be one train a day, maybe it would even pass through during the day while I was paddling.

Maybe not.

What the hell is that, I poke a sleepy head out of the shaking tent to view a wall of steel, 50 feet away, thundering along, and along and along, this thing must be nearly a mile long. So long in fact that I can get out of the tent, have a pee and put my willy away before Casey Jones in the final guards van passes by. I am now an expert on the timetable of the Seattle bound freight trains but I never quite got used to the way the ground would shake you into consciousness, your mind struggling to grasp what it is, in the moments before full consciousness. Sleep became a luxury.

Next day I decided to pay a surprise call on the Werner paddle factory, I'd tell them what great products they had explain how I'd come to use them and hey presto leave with a free paddle. The reality was not quite the same I relayed my tale to two secretaries and the maintenance man because the factory was on shut down and anybody important was at a

trade show in Utah. I left with a hat and 3 stickers. On the return journey to railtracks I followed the Skylomish River and decided I'd paddle it alone rather than not paddle, unless I could find other Friday paddlers.

I nearly didn't see them, two guys crawling out of the trees, but when you have the trained eye you can spot a kayaker hiding a shuttle bicycle from a mile away. Hit the brakes, hit reverse and within 15 minutes my car has the dry gear in it and we are all heading to the start in Tim's huge pickup truck. On the way up to the start we detoured to look at a huge falls, reputed to be the next project of waterfall ace Tao Berman who lived a mile up the road. There were so many keep out signs it looked like a nuclear base, thinking we were at the wrong access point we drove past heading for the town of Index. When we got there we made a few enquiries about how to get to the fall, and I thought we were going to be driven out of town. Apparently an 18-year-old local had been swept over the edge of the falls to his death and the locals thought we were morbid voyeurs checking out the sight.

"Are you a dog guy?"

"Sorry?"

"Are you a dog guy?"

It must have been the way I was screwing my face up as I was subjected to a severe tongue lashing from the horse sized animal in the rear that gave the game away. With three of us across the front seat my arms were pinned by my side, I was easy licking fodder and apparently I was not a dog guy. We unloaded the boats and headed to the water, the dog was left in the cab, Tim was left worrying someone would steal him, "I'd take a bullet for that dog", apparently he is a dog guy.

After the trip the boys were heading for Seattle to watch a ball game, I didn't ask what

kind of ball, or what kind of game, but they promised to be back in the area, on the Suattle River in two days, would I be there? Watches were synchronised, maps studied, the dog

attempted a last lick but I managed to miss that one. Then I was alone again.

Tony Morgan

Westminster from a different angle...

You may remember an article in the January 2004 Newsletter regarding a crazy idea to complete the Devises to Westminster canoe race with only 3 months training...

Well the person disillusioned enough to think it possible was me! I wanted to complete the DW in memory of a friend who had recently died in a helicopter accident, Andy Nicoll. He was a canoeist on the UK team, ranked 7th in world K2 before he died. I was incredibly inspired by Andy's achievements in life, and his dedication to his beloved sport. This had always been obvious through the time that I knew him, and his sport was a large part of who he was to so many.

After hours in a boat on the canals of Lancashire, and Lakes of Cumbria, I got to Garstang and back from the Hand and Dagger, on an incredibly windy day, and almost collapsed at the end of it! It was one of the hardest days of exercise I have been through, and was physically and mentally exhausting, especially given the conditions (60 mph gusts...). This was less than a third of the distance I would need to cover for the DW, and I soon woke up to the idea that really, this was too big a challenge with such little time. Training on the canals is now difficult as my time is not as flexible as it was, so I won't be able to make it for 2005 either; Therefore, I have come up with an alternative plan, for the same cause.

I'm now going to see Westminster from a different angle than from the Thames after 40 hours paddling...

I've been accepted to run for SportsAid (www.sportsaid.org.uk) in the London Marathon this April. It's going to be hard (I'm no runner!), but determination should get me to the finish line, and training can easily be fitted into my daily routine. However, I'm counting on the support of others to help me raise my target of £1250. If any members of Ribble Canoe Club can offer sponsorship to me, I'd be very grateful indeed. Sponsorship is really easy through my website: <http://www.justgiving.com/nics-marathon>

SportsAid offers grants to young sportsmen and women between 12 and 18, from all disciplines, including canoeing, to help them buy their kit. I thought Andy would appreciate this charity after enjoying his new kit so much once he found sponsorship!

I am just now starting fundraising, and have a long way to go. I want to raise as much as possible, and am starting with this message to you all! You can also keep track of my fundraising progress on-line.

I'd like to take this opportunity to thank all of you who offered me so much support, time and motivating words in my training last year. I am very grateful to have had the opportunity to experience so many days in a canoe, with such great people, and hope to get back in again once the Marathon is over!

With many kind thanks,

Nic Barnfather
www.justgiving.com/nics-marathon

Ribble CC Library

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

Technique:

General 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

The Bombproof Roll and Beyond!

Paul Dutky

Eskimo Rolling for Survival

Derek Hutchinson.

White Water Safety & Rescue

Franco Ferrero

Weir Wisdom

Donated by Terry Maddock

How to paddle weirs safely

Playboating

The Playboater's

Handbook

Ken Whiting

Sea Kayaking

The Complete Book of Sea Kayaking

Derek C. Hutchinson

Sea Kayak Navigation

Franco Ferrero

Open Canoeing

Path of the Paddle

Bill Mason, Paul Mason

Canoeing

Laurie Gullion

Open Canoe Technique

Nigel Foster

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

Expeditions:

Travels with a Kayak

Whit Descher

On Celtic Tides

Chris Duff

Blazing Paddles: A Scottish Coastal Odyssey

Brian Wilson

Dancing with Waves:

Around Ireland by Kayak

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 Dunnett

Odyssey among the Inuit

Jonathan Waterman

General:

The Rough Guide to Weather

Robert Henson

The Liquid Locomotive

John Long (ed)

Many Rivers to Run

Dave Manby

Norwegian rivers

Donated by Jane Bentham

Videos / DVDs

Tony Morgan in the Grand Canyon (DVD)

You've read the article (Nov/Dec newsletter) now see the film!

LVM Lunch Video Magazine (DVD)

Liffey Descent (V)

Deliverance (V)

Extreme Sports Canoeing (V)

A Taste of White Water (V)

Wicked Water 2(V)

Ribble Newsletters (CD)

Drill Time (V)

Donated by Terry Maddock

Solo Canoe Playboating

Pool sessions

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

DATE	SESSION	CONTACT	LIFEGUARD
Jan 28 th	Open	N/A	Steve Wilkinson
Feb 4 th	Rolling Course	Bob Smith	Terry Maddock
Feb 11 th	Rolling Course	Bob Smith	Sara Withall
Feb 18 th	Rolling Course	Bob Smith	Andy Rushton
Feb 25 th	Open	N/A	Peter Benett
Mar 4 th	Beginners' Course	Tom Byrne	John Kington
Mar 11 th	Beginners' Course	Tom Byrne	Steve Wilkinson
Mar 18 th	Beginners' Course	Tom Byrne	Terry Maddock
Mar 25 th	<i>Easter – No session</i>	N/A	N/A

Prices: 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.

For Sale

Dagger Outlaw
River Running Playboat
Very good condition.
Suit 5'10" -6'4" paddler
£450

Helly Hanson DrySuit
5'9" – 6'0"
£50

Lendal 3 way split paddle
fits in boat, never used
£70

Other Bits and pieces
Prices open to negotiation

Simon Cole
Simon.cole@freeuk.com

Editor's bit

Dates and deadlines

The next committee meeting will be on March 1st at 7:30 at the Hand & Dagger. The next newsletter will be published on March 15th.

All submissions to me by Saturday March 12th at the latest please.

Martin Stockdale
secretary@ribblecanooclub.co.uk



Area of Interest	Ribble Canoe Club	
	Contact	Telephone
Committee	Andy Dowe	
	Bob Smith	
General Information	Brian Woodhouse	✓
Access Agreements	Chris & Janet Porter	✓
Canoe Courses	Clive Robinson	✓
Instructor or Coach	Grahame Coles	
Lifeguard	Ian McCreerie	✓
Hand & Dagger Keyholder	Jacky Draper	
Social Events	John Kington	✓
Flat Water & Lake Trips	Maria Parkes	
Beginners River Trips	Mark Loftus	
Intermediate River Trips	Hon. Secretary, Memb. Secretary, Newsletter	✓
Advanced River Trips	Martin Stockdale	
Sea Trips	Mick Huddlestan	
Open Canoeing	Nick Pope & Sam Turner	
Canoe Surfing	Peter Jones	✓
Beginners Slalom	Simon Cole	
Advanced Slalom	Quartermaster	Steve Swarbrick
Mens Polo	Steve Wilkinson	✓
Ladies Polo	Hon. Chairman	Terry Maddock
Junior Polo	Calendar	Tim Langridge
Other	d'Ribbler's Award (swim reports)	Tom Byrne

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 organised trips are in **bold**.
Other Ribble CC events are in *italic*.
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 07626 978654
yorkshire.bcu.org.uk/washburn.htm
Wharfe
yorkshire.bcu.org.uk/wharfe.htm

Trips / Events

January

- 30 **Beginners' Moving Water**
R.Lune, Halton Near Lancaster
Clive Robinson
- 30 Leven White Water
R.Leven, Newby Bridge, Cumbria

February

- 6 **Beginners' Trip**
R Rothay, Ambleside, Cumbria
Terry Maddock
- 6 Leven White Water
R.Leven, Newby Bridge, Cumbria
- 13 **Leven White Water**
R.Leven, Newby Bridge
John Kington
- 20 **Flat Water Trip**
Windermere, Fell Foot
Tom Byrne
- 20 **Moving Water**
Ribble, Clitheroe to Ribchester
Brian Woodhouse
- 23 *AGM - Note Change of date!*
Martin Stockdale
- 27 **Crake White Water**
R Crake, Coniston to Greenodd
Grahame Coles

- 27 Leven White Water
R.Leven, Newby Bridge, Cumbria

March

- 1 *Committee Meeting*
Martin Stockdale
- 6 **Beginners' Trip**
R.Wenning, Bentham, Yorkshire
Terry Maddock
- 6 Leven White Water
R.Leven, Newby Bridge, Cumbria
- 12 *Newsletter Deadline*
Martin Stockdale
- 13 **Wharfe White Water**
Hebden to Barden Bridge
Steve Wilkinson
- 20 **Flat Water Trip**
Macclesfield/ Peak Forest Canals
Tom Byrne
- 20 Leven White Water
R.Leven, Newby Bridge, Cumbria
Steve Swarbrick
- 25 to **Easter Surf Trip**
- 1 Apr **Hell's Mouth, Abersoch**
(part week available)
Andy Rushton & Family

- 26 to **Easter Scottish week**
- 2 Apr **Roy Bridge, Nr Fort William**
Tom Byrne

- 27 **Moving Water**
R Ure, West Tanfield, W Yorks
Brian Woodhouse

Apr

- 3 **Beginners' Trip**
R Rothay, Ambleside, Cumbria
Terry Maddock

- 6 Washburn White Water
4.00 - 7.30pm, nr Blubberhouses

- 10 **Washburn White Water**
9.00-5.00pm, nr Blubberhouses
Grahame Coles

- 17 **Greta White Water**
R Greta, Keswick, Cumbria
Andy Rushton

- 17 **Flat Water Trip**
Lake Bala
Tom Byrne

- 24 **Lune Estuary (HT 11.30am)**
Halton to Glasson Dock
Clive Robinson

- 27 Washburn White Water
3.00 - 8.15pm, nr Blubberhouses

May

- 28/29 BCU Northwest Weekend
Tees Barrage

Slalom

Please see www.canoeslalom.co.uk for event details and to confirm dates.

February

- 6 **Stafford & Stone Mini Slalom**
Jacky Draper

- 27 **Stafford & Stone Mini Slalom**
Jacky Draper

March

- 13 Stone 3/4
Stafford & Stone CC

Ladies Polo

March 2005

- 12 **Irlam**
Nicky Marsh