

TALES FROM THE RIVERBANK



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MAY/JUNE 2005

A Sunday at Burrs



Daniel Stockdale

8th May 2005

Paddlers: Daniel (middle), Iain (front) and Helen (back).

What started off as a very wet morning turned out to be a very enjoyable trip. Certainly it was one of the best trips I have done at Burrs.

It had all started the day before when I rang up the Kingtons to find out if the planned Greta trip was on. I was told by Tom that it wasn't on because there wasn't enough water and asked if I wanted to go down to Tryweryn in Wales. I had been down to Wales the week before on a Kayak Instructor Level 2 training course and didn't fancy travelling that far

again so I politely declined. After a few phone calls, I managed to round up Iain Robinson and Helen James so we could go down to Burrs for the day. Little did I know that I was about to have a lot of fun!

We met there at Burrs at 10:30am and got on the canal. My Dagger G-force had obviously been so scared by the Etive trip in Scotland that when I seal launched it tried to leap back out of the water onto the bank! After calming the poor thing down, we managed to get up to the 18ft weir that everyone hears so much about. After a quick look, we descended it, making sure we splashed the other group of paddlers at the bottom.

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We carried on down the river to one of the best waves in the river, which was unfortunately washed out. We made the most of it though. Ian managed to find the one rock to spin on.



After that Helen was hell bent on trying to copy him.



They both failed to do it again, but it was interesting watching them! I also managed to get the nose of my boat down in the beginning of a cartwheel, but the

photographer (a.k.a. Dad) missed it, so instead, I gave Iain tips on getting his squirts sorted.



[Who said I missed it? - Dad]

We carried on to the next drop, the one on the opposite side of the river. It was quite interesting to watch Iain surf it, but I had to repeatedly tell him to use a low brace instead of a high brace. So here it is for the last time Iain. USE A LOW BRACE, A LOW BRACE I TELL YOU! That goes to everyone else who doesn't wish to dislocate their shoulders.

Anyway, after telling Iain to not use a high brace (use a low brace Iain!), we carried on to the best squirt spot in the river. I've never spent so long on that spot. Iain really improved his squirts, and even started to squirt both my boat and Helen's boat. Not to be defeated, I decided to try and squeeze myself in Helen's Skip, which is the same length as my Dagger but much smaller volume, but of course I couldn't. So instead, I sat with my knees sticking out.



Despite this really uncomfortable position, I managed to squirt it!



Of course, as you can probably guess, I fell in and swam. Oh well.



We carried on to the best surf wave on the river. As you can see on the front page, we managed to get all three of us on the wave.

The bottom wave is now named “the showing off wave”. I had noticed that there was a little crowd on the bridge behind me (I was alone at the time) so had decided to show off a bit. I messed it up of course. So we practiced on it for our rodeo contest we were planning to have later on.

After a quick break, we went back to the top and ran the river again. At the surf wave, we had three minutes to “strut our funky stuff”. I won just because it looked good. Paddle spinning, paddle guitar, paddle in air, surfing with no paddle etc. Helen came second because she did all the technical paddling. Well, flat spins basically, and a few paddle spins. Iain unfortunately lost because he decided that he didn’t like the wave and he liked the water better.



Afterwards, I decided to practice boat control, i.e. surf the wave with no paddle. This worked well, until I fell in, failed 6 attempts at hand rolling, and swam. I kept going of course, and fell in again! Luckily on my 6th attempt at an ever failing hand roll, I saw to my delight the front of Helen’s Skip came to me and Helen shouted “grab on”. I’ve never been so delighted to see Helen’s Skip or hear her voice in my life. After that escapade, I didn’t fall in, and even managed to get Helen surfing without her paddle!

We eventually carried on to “the showing off wave”, where Helen and I got a system going where one of us paddled onto the wave, then threw the paddle to the other person so we could surf with only our hands. The amazing thing was, neither of us fell in!



Like in the last article, getting changed was uncomfortable because it was so windy, but it was worth it. It had been one of the best trips I had done at Burrs for a long time, if not ever.

Club Trips

A Note of Clarification

If you go to meetings you get actions, it's just the way it works. My action has resulted in this article which has the potential to be dull so please bear with me as the message is quite important.

A question was raised at the last committee meeting with respect to suitable people to lead trips and the responsibilities of trip organisers and liabilities of club officials if it all goes Pete Tong. The club membership has ballooned, but unfortunately the number of coaches has not increased in proportion. I think, and no doubt someone will correct this before you see it, that we have a membership in excess of 260 and roughly 36 coaches, 10 to 15 of which are active within the club. So at best we have a ratio of 1:7, but realistically it's 1:17. The club does not have a policy dictating who should or should not organise trips. Trips in the calendar tend to be arranged by experienced paddlers but not necessarily coaches. It's also true that on some trips, particularly the flat water trips, coaches don't attend. So it's fair to say that some organisers are feeling a little under pressure and concerned with respect to liability and risk.

This article is intended to clarify the club's position for both the parties attending trips and those acting as contact for club advertised events (events which are in the club calendar with a designated contact).

This topic is a potential mine field so I'll tread carefully! In reality the club advertises two types of trip in the calendar, recreational and development. Although these are currently not differentiated clearly, trips will be more clearly labelled in the future. The main focus of this article is to help in understanding the requirements for development trips, these are trips where we promote the improvement and

development of personal and group skills. In effect a "Leader" is taking control and responsibility of the group.

The club will treat recreational and development trip criteria/guidelines differently to ensure clarity of responsibility as described below:

Recreational Trips

For recreational trips organised outside of the calendar or through the calendar and supported by paddlers of equal ability, big enough and ugly enough to make their own decisions and accept the risks independently, I see no change. This obviously does not negate the group responsibility for satisfying themselves that all are competent and equipped to take on the challenge, but that's part and parcel of day to day recreational paddling, be that Flat Water, Sea, White Water or Surf!

In this environment, all participants are responsible for their own actions and decisions. I suppose the warning is that if you knowingly take inexperienced paddlers on inappropriate water without adequate support for their ability or the conditions then you are putting them at risk! If something were to go wrong, there is a potential that you could be held accountable.

Assessment of competency is difficult if you don't know the individual, but if you have an idea of level you want for the trip you should be able to make a quick informed decision e.g:

1. Have you paddled much this year (type of water, distance, that kind of thing, who with, it's easy to check how they got on).

2. Any qualifications (not a pre-requisite but a useful guide, 1star-novice, 2 star-improver, 3star-intermediate, 4-star-competent).

Don't compromise. If you have any doubts, either seek support from one of the club coaches or politely but firmly refuse to allow them on the trip.

Development Trips

As I alluded to earlier in the article, my main focus is development trips. In other words how do we get people up to the big enough, ugly enough stage without them having to look outside of the club? What I've proposed in the short term is that we differentiate development trips from recreational paddling. That way it will be a little easier for novices, intermediates or just the nervous to identify which trips they will definitely get assistance on.

Development trips will be supported by qualified coaches, who will take leadership of the trip. The coach will be supported by competent paddlers and or other coaches dependent upon numbers and venue.

The aim of these trips is to promote/give opportunity for development, this will involve a variety of water types and venues. The opportunity to be pushed will be there but the development is at the individual's own pace. There's nothing stopping people coming for a

scrape down the Ribble safe in the knowledge that someone will look out for them whilst they enjoying the scenery, or coming down the Crake after a few months out just to rediscover a little form. There should be a separate article aimed directly at those wanting or needing development in here some where complete with road map.

Just to wrap this up, in the short term for development trips the club will be using BCU Publication "CB557/962 - Check List for the Guidance of Relevant Authorities" as a guide. All those members intending to lead development trips should familiarise themselves with the content of this document. In the longer term the club will be producing a policy covering this issue.

I hope that's clear!! If there are questions or issues with this, I'm sure there will be, please use the web-site forum to air them.

Fundamentally, we should remember that this is a recreational canoe club made up of volunteers who paddle and teach because they enjoy it. Not all trips can cater for all levels. By differentiating recreational trips from development we are setting clear criteria for a safer learning environment whilst recognising the need for people just to get out there and have fun.

Dave Ellison

Scotland in October

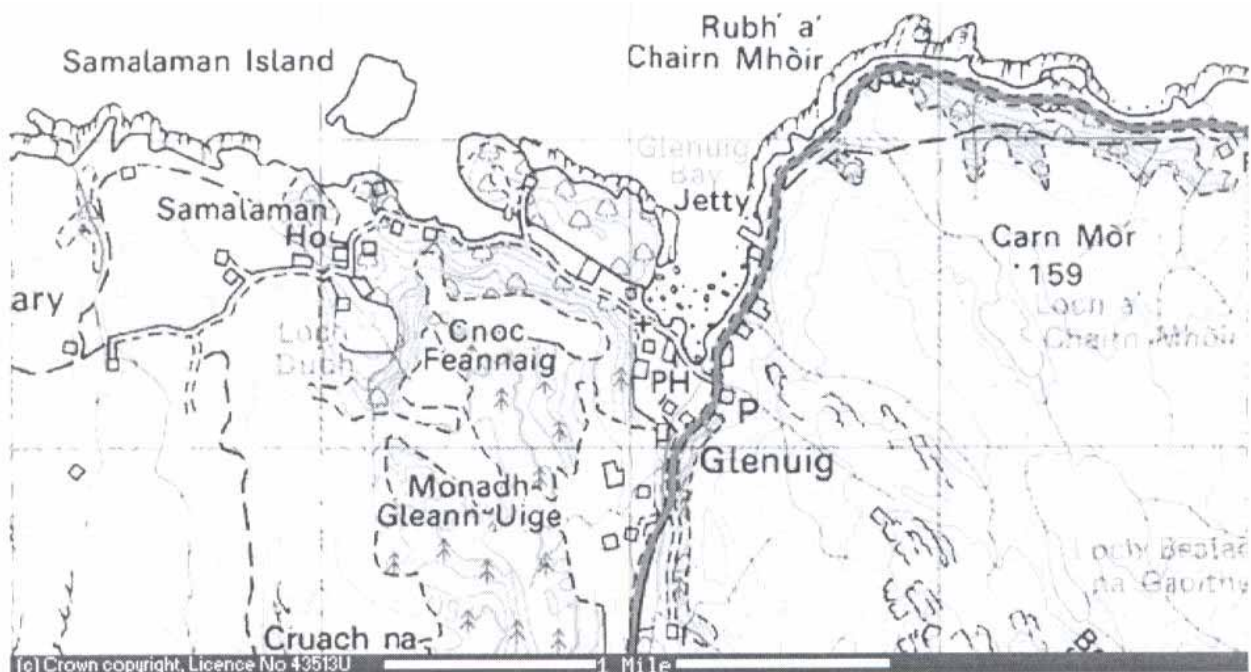
The October Scottish Whitewater paddling trip has accommodation booked at Roy Bridge for the nights of the 7th to the 11th October inclusive.

If you want to attend, please get in touch as quickly as possible so that places can be finalised. First come first served!

Ian McCrerie

The Samalaman Incident

Easter Monday, 28 March, 2005



Other than messing about a couple times on a sit-on kayak abroad, a toy really, I had never kayaked on the sea. Easter Monday was to change all that and I was really looking forward to a new challenge. Steve Swarbrick was to lead the trip with our Chairman, Terry Maddock riding point. There was a good turnout, with all sorts of kayaks, tourers, river kayaks to full blown sea kayaks. I am sorry, I cannot remember all the names of the participants. The weather was pleasant without being anything special, a light breeze with a small chop on the sea; Rhum and Eigg could be clearly seen.

We set off from the vicinity of Glenuig into Glenuig Bay at roughly 11:00 and proceeded to paddle west towards the open sea, Steve was generally marshalling any nervous paddlers, offering encouragement and with a few nervous smiles, all the paddlers appeared to be enjoying the unfolding experience. The paddle to lunch was uneventful, at least to me,

and it appeared to be so with the other paddlers. Glenuig Beach is a lovely spot and was a bit choppy than shown but when I beached and was waiting for the sea to momentarily recede, so I could nip out on a dry bit. (perhaps nip is not the right word for me – the mind nips and the body remains immobile.) Steve Swarbrick beached alongside me and suggested that I pick another sport if I did not want to get my feet wet, then promptly trudged up the beach in his wellies!! I failed miserably, reached the “Oh sod it” stage and got wet feet. Not cold feet.

After lunch we set off back to Glenuig via a circuit of Samalaman Island and what I experienced over the next forty minutes or so was the best kayaking I have yet experienced. The wind had freshened, consequently the sea got choppy (what law dictates that the wind freshens, usually head on, on just about any trip I have been on, lakes, canals and now the sea?) The wind was not too strong so that it

became a battle, the kayak (Carolina) was stable and I felt I could have paddled to Eigg, about 10 or eleven miles away. I had to keep stopping to look where Terry Maddock was, because we were not to go in front of him and it would have been easy, very easy to get carried away. Moving across the troughs, spray in the face, sun out, exhilarating. Recommend it to anyone. There is a freedom out there, denied to us in our everyday lives. Steve later described it as a "good feeling" and that it certainly is. I cannot imagine there is a leisure drug made that can replicate what I experienced that day and I have no desire to find out quite frankly.

Shortly after this it all went pear shaped. We were collecting together, before moving on towards to Glenuig Bay; I got what was to me the slightest nudge from Tom Byrne, it really was I thought, just a tap, compared to Fulwood it seemed nothing. Nonetheless I was now upside down with no real idea how I had got there and I was struck by how secure I felt in the kayak, but breathing was a problem, so I ripped myself out, did not pull the spray deck loop, (I would do it better now), popped up and there was Allan Hacking. I hung on to nothing, kayak drifting away, cannot remember where the paddle was. Once kayak retrieved Allan tipped it on its side across the stern of his kayak with the cockpit of my kayak facing the bow of his kayak, whilst I hung to the bow of his kayak and tried to swing my legs into the cockpit of the Carolina, but I just could not compress my hip joint enough, just a fraction out, but a miss is a miss. Allan then towed me to seaweed enshrouded rocky outcrop where I was able to more or less empty my kayak. As we arrived at the outcrop we heard a shout; Tom and Steve had rolled and Allan left me secure to see what he could do for the new situation. This was more serious, Tom had dislocated his shoulder and was in considerable pain, Steve was okay and went off back to Glenuig to prepare everyone for the emergency. Tom was ferried back in a Kiwi, I think, (sorry, I do not know by whom). My wife (Lisa) then took Tom, who by now was still in considerable pain and

suffering from hypothermia, off to hospital at Fort William. A quick aside here: Fort William Hospital was at one time under threat of closure and only recently has that threat been lifted. With the nearest hospital being at Inverness, which when you see the kayakers, climbers, hikers, horse riders etc, in the Fort William area, beggars belief. This is not a criticism of the Scots or Scotland, but politicians with their bomb proof pensions, arrogance and juicy expenses claims. Tom who, and I do not think this is an exaggeration, by the time he got to hospital, was starting to sink, it was four hours of pain and cold before he got to there; if he had to go to Inverness that would have been another hour on top and he might not have made it. He did after all get seven D'ribbler points and I think anything much after that is posthumous.

The trip ended, as far as I am aware, without further incident. I got from this journey that I must learn to self rescue and paddle better and stay upright, otherwise I will not get invited on any sea trips. The Carolina is tippy in crosswinds and seas, due to the large flat bottom, I am told. Could have done with knowing that before I bought it, but it is fine head on or with following seas.

If a man is to be judged by how he acts in a crisis then Allan Hacking is a top man and I thank him for his rescue, that kayak of his was solid; Lesley Hacking was always checking my welfare and forcing biscuits on me, I dared not refuse! I understand Allan's daughters, Joanne and Stephanie were also working hard trying to comfort Tom. The Hacking family fully deserved their award at the AGM and dad is not a bad coach either.

I would also like to thank Steve Swarbrick for taking us out; with all the different kayaks and paddling abilities, from me to him, it was a logistic nightmare, but he handled it all with aplomb. I would also like to thank my wife Lisa (this is starting to sound like an award ceremony) who does not have any real interest in kayaking, but cooked our

breakfasts for us all week and was there for Tom, as were others of course.

I would like to leave you all with a mental image: Terry remembers this, I did not see it, but imagine two upturned sea kayaks with a leg attached to a Wellington boot (it is there again) sticking up between them.

A Man

*who is not afraid of the sea
will soon be drowned, he said,
for he will be going out
on a day he shouldn't.
But we do be afraid of the sea,
and we do only be drowned
now and again.*

John Millington Synge
The Aran Islands



***The entrance to Loch Laggan from
Loch Spean***

I was to be on two further trips, one on Loch Stean about ten miles east of Roy Bridge on the A86 with the River Stean bridging the gap between Loch Stean and Loch Laggan. The other was another sea trip from Arisaig, led again by Steve, brave man, around the small islands just off the coast from there. A bit of sea lion watching this time, although I am not sure who was watching who.

And Finally: Tony Morgan's interesting article, in the January/February 2005 Newsletter, about essential safety equipment to take on moving water, first aid kit, whistle, tow line etc, led me to think of another device that could be invaluable taken on the sea, wilderness and possibly river, that is the humble mirror. I have often seen how difficult it is to see a small item on the sea, a human for instance. A recent TV programme about the Bermuda Triangle highlighted this. The reflection from a mirror can be seen from tremendous distances and as well as rescue device, could be used to alert shipping, by having a quick flash (hello sailor) when it is required to let them know you're there. Even at night I would imagine a reflection of the search light would greatly assist potential searchers to find the victim. I know there are all kinds of clever devices around these days, many of them costing lots of money, but a small unbreakable mirror always in the pocket of the buoyancy aid could prove to be invaluable.

Keith Horry

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Summer Course



**Book Early to
Avoid
Disappointment**

Call Dave

Ribble Canoe Club's summer courses are fast approaching! BCU qualified coaches will take you through a comprehensive training course which will take beginners to 1 star or 2 star level, and existing 2 star paddlers to 3 star. The course will include both training and assessment.

Suitable for people aged over 10 through to adults, the course will cater for beginner, improver and intermediate paddlers. It is predominantly based on the River Ribble at Alston (near Longridge) on Wednesday and Thursday evenings with pool sessions on Fridays at Fulwood Leisure Centre.

The **maximum** cost including instruction, test fees and club membership will be:

1 and 2 star: £40 children, £55 Adults
3 star: £45 children, £65 adults

Costs will be less for existing members or for additional members of the same family – exact cost will be calculated when you enrol. For three star an additional charge will be a fee payable directly to the BCU for the certificate and badge if you successfully pass the award.

Club equipment will be available for loan on a first come first served basis.

Provisional Program

27th May – Beginners Pool Session and enrolment

5th June – Kit collection and Introduction Session for Beginners (Hand & Dagger)

8th & 9th June – Skills Sessions, Alston

10th June – Rescue Night

15th & 16th June - Skills Sessions, Alston

17th June – Rolling (3*) and Rescue Night

22nd & 23rd June - Skills Sessions, Alston

26th June – Trip TBD

29th June - Skills Sessions

30th June – Assessment/Return Kit

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 or boat collection? Don't be! Call me and we'll come up with a cunning plan.

Please Note: ALL candidates will be required to swim two lengths of the pool before the first session.

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

Dave Ellison

West Tanfield Camp

8th – 10th 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 the Sunday 10th July.

This is an ideal first river trip following the summer course.

Brian Woodhouse

Rhosneigr Surf Camp

22nd – 24th July

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.

This year the camp will be on the weekend of 22nd to 24th July. 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. The club does have a large frame tent that you can sleep in, but you'd be better off with your own tent.

Tim Langridge

Canoe Fest 2005

A Swim in the Wye



Sara and Bill Withall

Bill and I joined some 60 other Open Canoe enthusiasts at Glasbury-on-Wye Canoe Fest over the week end of 25th to 27th February to paddle on some of the finest white water to be found in Wales.

Our weekend commenced on Friday afternoon trying out different open canoes such as the Ocoee shown in the picture. I also tried the Prelude but found it too 'tippy' where as the Ocoee felt comfortable and responsive and at 43lb is not too heavy to carry.



The Ocoee is a Royalex whitewater canoe. Formerly produced by Dagger, the Ocoee's flat-bottomed hull and drastic rocker allow easyish surfing and spinning. The hard edges

carve crisp eddy turns and lend an element of liveliness to the hull.

There was a lot of snow around and it was really cold so we did not hang around for too long. Instead we retired to a comfortable lounge bar in front of an open fire in a nearby pub before joining the other open canoeists at the Woodlands outdoor centre for a superb buffet and a slide show by Ribble's Tony Morgan, which was a fine conclusion to Friday and the beginning of a fairly epic week-end.

Our plan for the week end was to paddle some of the Wye. The Wye is a long river, 251 km long, which drains a huge catchment, containing a rich and varied landscape spanning the Welsh and English borders. It rises in the dramatic uplands of mid Wales, flowing past the towns of Rhayader, Builth Wells, Hay-on-Wye, Hereford, Ross-on-Wye and Monmouth and enters the Severn Estuary at Chepstow.

This is the border country where the Silures tribe under Caractus fought the Romans, and where the Normans had to build many castles to protect themselves from the Welsh. Today all is peaceful in the wooded Wye valley.

The catchments of the Wye and its tributaries include some of the finest rural scenery in England and Wales and some of the most important rivers in Britain for nature conservation. It is also an important fishery.



Saturday we put in at Builth Wells to paddle 20 kms of the Wye to Boughrood. Builth, which means, The Wild Ox of the Wooded Slope has an Edwardian castle, hosts the Royal Welsh Show every year and was once a spa town.

The trip was to take in rapids graded 2 to 4. However the water levels were very low but still technical, in reality the rapids would have been at the most grade 3.



The "Hell Hole" Stopper, the hardest of the rapids, is on a rock ledge that runs across the river, our plan was to shoot the hole adjacent to the right bank. However we misjudged the depth of the ledge and had to back paddle to get off the ledge. This left us with no option but to shoot the hole backwards which we accomplished with ease, unlike the final rapid at the end of the day.

We had a good day tackling the technical aspects of the river with success, until we got to what I think was the Llangoed rapid which we should have shot extreme right. I think we got a bit complacent and misjudged our position going off-centre.



A quick correction and a skewed attack on the rapid resulted in Bill jamming his paddle beneath the canoe and catapulting us both into the icy water, not to be recommended in February.



The technical aspects of the river proved too much for some:



Saturday evening Bill Taylor gave a really interesting and tempting presentation "Fur Trade Footsteps: a wider perspective of expedition in Canada". Bill gave advice and tips on how to organise canoe expeditions abroad. The information is so good that it has tempted me to organise a trip to Bowron Lakes next year and maybe run a group trip the following year – interested?



Sunday was just a short, 7 km trip as we had to get back to Preston in good time. We continued from where we got on out on Saturday, Boughrood to Glasbury-on-Wye. It was an uneventful trip with a few grade 1/2 rapids on a lovely crisp sunny morning.



The highlight of the trip was the view of Lord Hereford's Knob with its icy cap 690m high in the Black Mountains.



In summary it was once again a great weekend with excellent food and good company. Canoe Fest is an annual event held in February, which is open to all abilities of paddlers (open canoeist of course), but a dry suit is recommended if you are contemplating the white fluffy stuff.

Ullswater Camp

19th – 21st August

The camp takes place at Waterside House camp site, on the shores of Ullswater, about a mile and a half south of Pooley Bridge, on the Eastern shore of the lake. The club will congregate in the 2nd field (the big one over the hill.)

Some will arrive on Friday night and probably walk along the lakeside path to Pooley Bridge for refreshments as it becomes dusk. The late arrivals appear on Saturday morning, when your choice of fun is only

limited by what you bring with you, or can borrow - cycle, walk, sail, canoe, BBQ, wind surf or what ever.

On Sunday there is a canoe trip down the nearby River Eden, an easy grade river down a picturesque valley, one of the "must do" local rivers. Come along and join us.

Steve Wilkinson

Chairman's Chat

Several important things happen at this time of the year. The weeds start to outgrow the flowers in my garden; the Club Calendar gets very difficult as river access and water levels plummet; and of course the June River Courses loom – have we enough kit, enough instructors, enough pupils, enough energy? Best thing is to ignore all the problems and hope they'll go away or some other Committee Member's nerve will crack and they'll sort it out.

Talking of kit, to add to the missing Mountain Bat and Roto-Bat(s) it now seems that we are missing ten helmets. These helmets were rather old and we would be getting rid of them anyway, but in the opinion of your Chairman they are still extremely useful. Any suggestions as to where they may be will be gratefully received.



And finally – a new competition, “Up Your Street”. Study the photograph and suggest who lives there.

First (and only) prize is a hanging basket in the innovative style of those nine to be seen hanging from the veranda roof.



Terry Maddock

Beginners Pool Course

March 2005

The last pool beginners course was once again well attended, with 15 people turning up for all three of the Friday night sessions.

Welcome to adult members Ian, Dave, Steve, Steve B, Alan, Peter, John, Kelly, Elaine, Anita and junior members, Christopher, Leo, Isaac, Giles and Harriet.

The disruption at the leisure centre due to the ongoing building work meant that the bar was no longer available for après pool cocktails, and the boat store and stairs area was a bit of a building site, this will hopefully be sorted before the next one.

The course was the usual mix of ages, shapes and sizes which in turn led to some mixing and matching of available boats, thanks to the participants for their patience and flexibility with that. With the promise of new, more suitable boats in the future, this should no longer be a problem and should also cut down on the need for constant running repairs of the existing equipment.

The course was immediately followed with a Saturday morning canal trip at the Hand and Dagger and was attended by 11 paddlers, in brilliant weather. A special well done to the juniors who covered a few more miles than we would usually do, but still managed to get back in one piece. I had to leave after the paddle but the last I saw was Terry leading a pretty happy looking group to the bar no doubt to round off the course with a practical demonstration on diet (eating), hydration (drinking) and theory (tall tales).

A second canal trip took place in slightly more Baltic conditions than the previous heat

wave, to complete the course for the remaining group.

Participants were asked to return a confidential course evaluation form, at the time of submitting this article two have been received, but the content was very positive on all aspects of the course, one comment made was 'the pool session was very busy.... and the kids zipping about didn't help the confidence of those just getting their balance...perhaps they could be supervised with this in mind'. Something to think about in the future?

Well done to those who made it happen.

Thanks again, in no particular order to the lifeguards and helpers who make the courses possible, Mark L, Dave E, Dave H, Clive and Iain, Terry, Steve W, Andy R, Brian W, Mark J, Norman and Mark, Mags, and Nic, Nicky, Helen, Tom B and Steve S.

Tony Morgan

Wonderfully, Wet, Wild, reasonably priced Washburn

Wednesday 27th April

My first moving water in two years, was the Washburn the right river to excise the demon? Most definitely! Many thanks to Martin R, Helen, Dave, two Hackings and a Wicks. It all started one Monday evening when Allan H called to offer some course related help, a casual comment about Washburn releases and a trip was born.

Driving over the moors, the sun beating down, it just looked and felt so good. The fact I'd ducked out of work early made it all the better. It wasn't until I arrived that the nerves

started to rise, I thought better of inspecting the river too closely and quickly got changed. All bar Martin had arrived at this point. The Hackings, Paul and Dave all went off for a stroll to inspect but didn't make it as far as the weir (good move). All new to the river, I think its fair to say that the speed and nature of the river was a step up.

As it was the first run for most of the party and quite busy, we decided to run the river as a group rather than playing every feature. Martin took the lead and I happily melted into the background with a secret agenda of recapturing my form. After a few tentative breakouts and glides I was back and

comfortable, relaxed and could enjoy the river.

Helen was stuck at the rear and paddled with a great deal of confidence and looked very comfortable, in fact all did really well. Not that we didn't have the odd comedy moment, the first being Allan leaning back as he shot the weir, first swim of the trip recorded. There's nothing quite like boat chasing to help recapture your form!

The second being Joanne who after surfing the play wave with a great deal of composure fluffed the run up for her second play. We managed to recover swimmer and boat before the weir and reunited the two. Dave (not me!!) then fluffed his lines on the weir and

the chase was on for a third time. This one went on for what felt like miles, the boat finally being pinned close to the right bank for access. With a little help from passing paddlers we managed to get the boat free with no harm done. I should just mention at this point that Paul W also performed a text book roll after his first run on the weir, every credit!

All in all this was a thoroughly enjoyable trip, bits ached the next day that I'd forgotten I owned. It's the first step of my rehabilitation from flat water and it felt good.

Dave Ellison

Development within the Club

If you fall into the Novice/ Intermediate/ Nervous bracket then this article is for you.

The club offers a wide variety of organised trips on various water types in effect catering for all aspects of recreational paddling and some competition. Many of these trips require a level of competency to participate. Recognising that fact, the club offers a number of courses and trips to help you along the development trail.

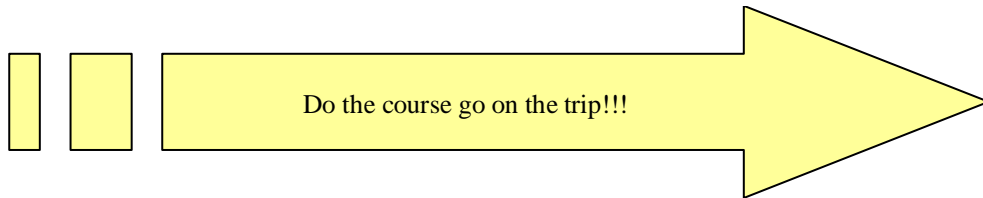
I've attempted to draw up a "road map" for the development that's offered by the club with respect to courses and trips. This shows the transition in competency and the increase in trips available. Competency is relative to the activity, so being competent to paddle on very sheltered water (canal) is significantly lower than that required for moving water. The club aims to help you find your level by conducting a variety of Development Trips,

these may be on flat or moving water but will always be supported by a coach. There will be a point when you've reached the level you're happy with and that's fine, but be aware that your level of competency may not be high enough for your chosen trip!

This is only a guide and not mandatory, it's just to make you aware of how we can help move you on. The club offers opportunities to get involved in many exciting and varied aspects of the sport, but we need to make you safe first! If you come down on a Wednesday and you're unsure or not very confident, then just ask, there will always be someone around who's willing to help you out!

Happy Paddling.

Dave Ellison



<p>NOVICE COURSES Suitable for complete Beginners, no prior experience required what so ever.</p>	<p>Beginners Session Pool Course 3-4 per year</p>	<p>SUITABLE TRIPS Wednesday Club night paddle. Beginners trips – 1 per month*</p>
	<p>1 and 2 Star Summer Course 1 per year</p>	<p>Beginners trips – 1 per month* Flat Water Trips*</p> <p>*Dependent on venue and water</p>



When you're happy to step up, try another course, or ask to go on more advanced trips

<p>IMPROVER COURSES Suitable for candidates with a level of experience approaching 2 star but with no moving water experience.</p>	<p>Introduction to Moving Water - Halton 1 per year</p>	<p>SUITABLE TRIPS Beginners trips – 1 per month* Some Moving Water Trips* Flat Water Trips*</p> <p>*Dependent on venue, experience and water</p>
	<p>2/3 Star Summer Course 1 per year</p>	
	<p>Rolling Pool Course[#] 2-3 per year</p>	
<p>[#]Should have participated in at least one of the other two improver courses to go on improver trips</p>		



When you're happy to step up, ask to go on more advanced trips!!!

Ladies Novice Polo



Final Tournament

Irlam, 12th March 2005

Seven of us made up of; Carole, Sylvie, Nicky (the captain), Trish, Mags, Helen and newcomer Joanne arrived at Irlam pool, for the third tournament. Having seven people on the team meant that for the first time ever we had two subs, so when someone got tired they could swap with another player, what luxury!

We had spent the morning mending the polo boats, having failed to find five legal boats at the pool the night before. After applying lots of gaffer tape we were ready to play.

Our first game was against Manchester Uni. An early goal from Nicky, scored after a wining sprint down the pool, was shortly followed by a second. By half time we were drawing 2 all. Sylvie won the sprint at the beginning of the second half enabled Nicky to get her third. The final score of 5-3 to Manchester Uni was a huge disappointed to us.

After a short break we were back on the water, this time against Green

Star. At the end of the first half we were ahead 3-1 (I think), with 2 goals from Sylvie and one from Nicky. During the second half, there was some excellent goal keeping from Trish, who at one point threw herself over in order to save the ball. Nicky had a roll, but got her own back later on in the match. The final score of 4-3 to Green Star was an unlucky result, considering that we were leading all the way through to the last minute.

After another break we played Liverpool Uni. At the end of the first half we were ahead with a goal from Sylvie, who then proceeded to push someone in, even though we were playing non-contact (what mean play!) During the second half Nicky scored another goal which lead to a 2-0 victory for us.

Leeds Uni failed to turn up, so a lot of games weren't played. This left spare time, so two friendly matches were played. Ours was against Manchester Uni.

As Trish had left before this match Nicky went in goal. I can't remember the score but

Manchester Uni won, even though Sylvie scored some good goals.

There was only one swim to report for the whole evening and it wasn't even during a match. I'm not quite sure what happened, one minute Joanne was paddling to the side and the next, she was trying to climb out of the pool! It was great to have Joanne in the team,

and we hope she enjoyed it enough to come back next season.

Results:

Us	3	Manchester Uni	5
Us	2	Liverpool Uni	0
Us	3	Green Star	4

Helen James

The Wonderful World of Polo - as a beginner's experience!



Helen's dad drove us down to Irlam for my first ever polo game. I had never played polo before and had no idea what to expect. Would it be fun, exciting, scary? Boring – No way! Polo is an ace game and quite an aggressive sport. I had heard various stories from previous tournaments including Helens broken finger. Would I have a broken arm or survive for another game?

Soon enough we arrived, changed and I met the other members of the team on the poolside. I only knew Helen, Mags and

Nicky, but soon got to know everyone. I had been hoping that we wouldn't be the first team to play, because I didn't know many of the rules etc. Fortunately my wish came true and we were the second team to play, at Helens first tournament they were the first team to play! Lucky for me, Nicky was reffing and she took me through the first game. It all sounded so confusing and I began to dread our first game. However after several "horror" stories or rather "amusing tales" from Mags's first game, I began to relax. But just as soon as I'd calmed down, we were called onto the

pitch. I was nervous getting into the long polo boats and my legs turned to jelly. It felt strange with a thick 90° paddle, after using a 45° feathered paddle, but I think everyone has the same problem. Rules, rules, rules, why can't they be changed? Then you chaps can play and have as much fun as us women! We started to line up with me and Mags as reserves. I think the rest of the team appreciated having reserves for a change! The whistle blew and the game began. I watched nervously as the teams sprinted towards the ball, tackled one another resulting in one or two people taking a dunk. Most of them rolled up, and some with the ball too, to stop the opposition from taking possession of the ball. (I hope they didn't expect me to do that)

I watched admiringly as several good goals sneaked into the nets. Then the whistle blew for half time and we swapped sides. Oh no, I was on this time! The whistle blew again and the centre players sprinted off. The ball came to me a few times and I threw it up, sometimes right, but mostly missing! Several more goals and we were off much to my relief. It was scary at first when the ball suddenly comes flying to you, but it was fun, definitely not boring.

After a few more games, we were back on the pitch. I wasn't as nervous this time as I knew what to expect. Thankfully I was reserve again, but in the second half back on the pitch – great! The ball came to me more, but I must have done something wrong, because everyone was looking at me and the Ref was shouting something. I didn't understand and I couldn't tell what he was saying. Nicky came to the rescue, and said that the ball had to be thrown from centre, I didn't know! I am positive my face went red with embarrassment and I was so glad when the whistle blew for us to get off the pitch. I was worried what everyone would say, but it turned out a similar thing had happened to Mags at her first tournament. Much to my relief, it wasn't just me and I began to relax again.

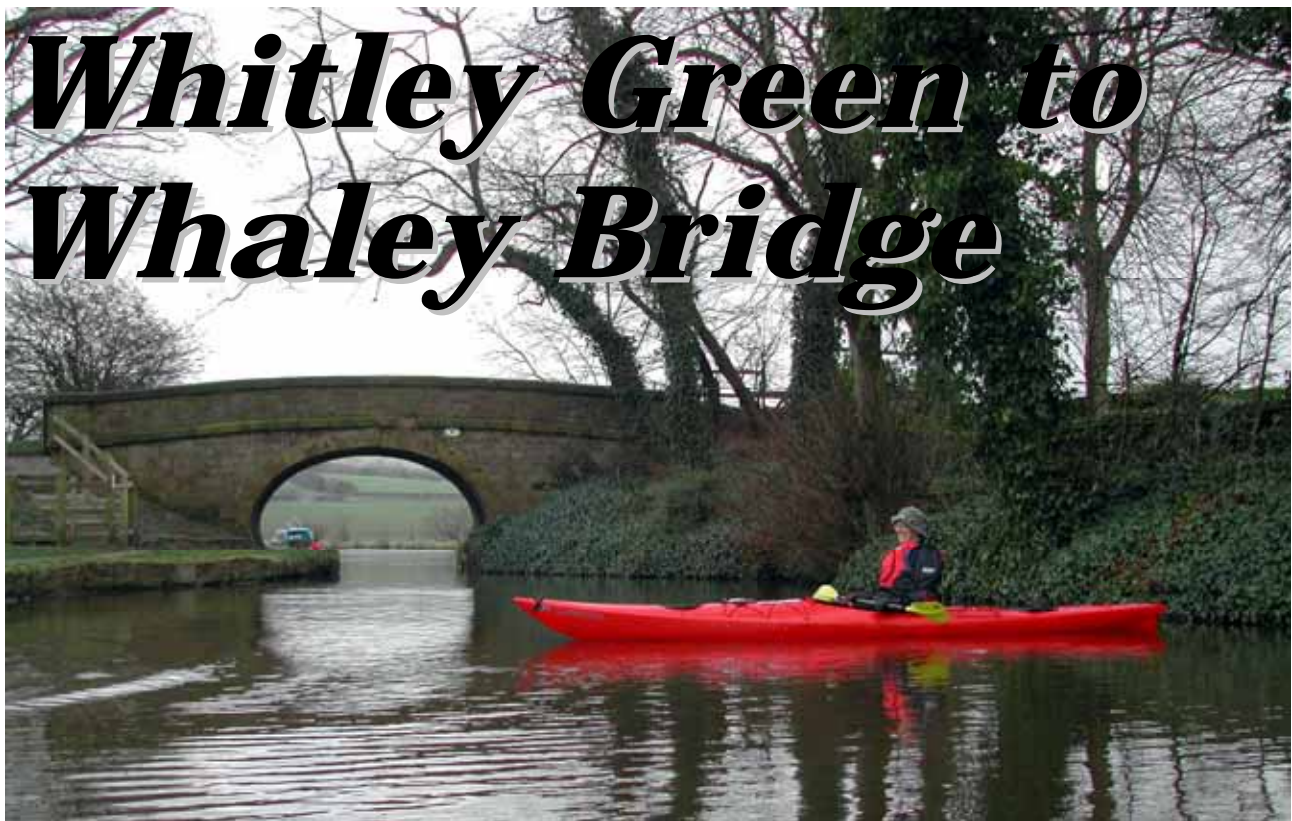
Our last game of the tournament began and I was happy to be back on the pitch again. (I can't understand why, maybe because Polo is such good fun.) I began to grab the ball more and I attempted to send someone for a dunk. I made a few more mistakes, but lucky for me no one saw thankfully. It soon reached the end of the game and I was just getting into it.

I was hoping there would be another tournament soon, when I was told it was the last game of the season. But luckily there were still a few friendly games to be had as the tournament had finished early. I clambered into my boat excitedly (for a change) and our game began. It was a non-contact game and lucky for me, I hadn't taken a dunk, or so I thought!

At the end of the game, when we were shaking hands with our opponents, I leaned over too far and someone caught the back of my boat. Oh no, over I went without my paddle, and I wasn't too impressed with the face guard helmets, because I felt like I was going to choke when you're upside down. Oh well, all for protection and the more reason to roll quicker! As a result, I gave it one attempt at a hand roll, but popped the deck and scrambled out, unfortunately a swim according to Helen. Nevertheless, it was nice and cooled me down after sweating in a hot pool wearing a neoprene rash vest.

Contact games are still way better and most certainly more fun than non-contact games, even if you do swim and get more points towards the D'ribblers trophy. (Helen, you should know all about that!) Polo is definitely fun and is a good laugh. I would love the opportunity to play again and I'm sure the team appreciated having reserves for a change. Anyway thanks to Mark for taking me, and Nicky for asking me in the first place, because without them, I wouldn't have had the opportunity.

Joanne Hacking



20th March 2005

Paddlers: Tom, David, Chris and Janet.

This was one of the few trips where we have had to shuttle cars around. We parked up first at the car park at Whitley Green, a pleasant enough spot, where we unloaded kit and got changed then, as designated boat monitor I sat for half an hour or so, getting cold, while the chaps did things with the cars.

While I was waiting several canoeists went passed in racing boats chattering about a forthcoming race next weekend, presumably the Devizes/Westminster; you have to admire their stamina. As we were getting onto the canal we were passed by several of the racers on the return leg of their trip and we received several cheery hellos from them, which was nice as they all looked a bit breathless.

The very small number on the trip today was due in part to a clash with a trip on the Leven and also with the Outdoor Show at the NEC. On reflection, perhaps we should have rescheduled as this was a very pleasant, if somewhat long, trip.



We set off in a roughly northerly direction towards Marple. This being the first weekend of the Easter break there were a lot of narrowboaters about. Chris paddled so fast when overtaking one of them that his hat nearly blew off! The bridges on this stretch of the canal are fairly narrow and it soon became obvious who were the experienced owners of narrowboats and who were the novices in hire boats. In some areas things became very congested as folk slowed down to negotiate the bridges safely.

The anglers just loved us today; at one point about four narrowboats went passed a group

of the jovial fellows, closely followed by the four of us; a young swan that had got itself boxed-in finally decided that it had had enough and took off, soaking one of the fishermen. It gave him something else to grumble about so I expect he went home really happy.



Near Higher Poynton several of us also got boxed-in (though Chris is proud to point out that he could see what was going to happen and avoided possible catastrophe). David and I tried to sneak through a bridge by tucking in behind a narrowboat, unfortunately, we were unaware that a bigger boat was coming in the opposite direction – I don't know what the navigational etiquette is in these circumstances but the boat we were behind started reversing. We were extremely lucky that, due to collapsed mineworkings, the canal is very wide here and because it is very shallow the collapsed bit is closed to most canal traffic enabling us to beat a hasty retreat and get out of danger. Tom managed to get through safely but it was a while before the rest of us were able to catch up due to the sheer weight of boat traffic.

For the next couple of miles we continued to come across the big boats but their numbers

eased off considerably when we reached a canal spur at High Lane. It appears there is a pub, or refuelling point as one narrowboater referred to it, at the far end of the spur.



In the afternoon we carried on northwards until we reached Marple and the end of the Macclesfield Canal. At this point the canal divides. Northwards there is a long lock staircase, which leads into the Aston Canal, and southish is the Peak Forest Canal with no locks. We went south. Both the Macclesfield and the Peak Forest Canals are really very attractive with the Peak Forest being perhaps the more wooded of the two. It is certainly the more rural, with the only built up area being by the 'Swizzles' factory at New Mills where the air is full of the sweet smell of boiling sugar. We were able to inhale enough calories here to keep us going for the rest of the trip.

The relief at finishing our 13.5mile trip was tempered somewhat by the realisation that our anticipated get out had been 'improved' since our last visit here a couple of years ago and whilst David (who is younger than all the rest of us) managed to scale a wall in order to get out of his boat, we oldies had to get out at the top of a weir. We all managed with no mishaps – though it was a bit slippery underfoot – and were soon changed, loaded up and headed back once more to Whitely Green, to David's car and the pub!

Janet Porter

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

Rapids

Tim Parkes

Donated by Grahame Coles

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 Dunnnett

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)

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
May 20 th	Open	N/A	Steve Wilkinson
May 27 th	River course	Dave Ellison	Sara Withall
June 3 rd	Open	N/A	Andy Rushton
June 10 th	River course	Dave Ellison	Peter Benett
June 17 th	River course	Dave Ellison	John Kington

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

£350

Simon Cole

Wavesport Z kayak

Good condition, 18 months old

£260

Palm Viper buoyancy vest

Blue, size L/XL 70N

£30

Editor's bit

Help still wanted

Dave Ellison is still looking for qualified coaches, trainee coaches and helpers for the Summer course. I'm sure many people are intending to turn up and lend a hand, but not many people have yet got in touch with Dave to confirm this. Please let Dave know as soon as possible if you are able to help.

newsletter will be published on July 19th. All submissions to me by Saturday July 16th at the latest please.

Martin Stockdale

secretary@ribblecanoecub.co.uk

01772 635104

4 Byron Avenue

Warton PR4 1YR

Dates and deadlines

The next committee meeting will be on July 5th at 7:30 at the Hand & Dagger. The next



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

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**

Please take a moment to read and note the new labelling scheme for trips.

As explained elsewhere, Ribble CC development trips (**bold**) will be supported by qualified coaches.

All other Ribble CC events (*italic*) are recreational ('assumed risk') trips, or other events such as committee meetings.

Events in normal type are external events advertised for information only.

Ribble CC development trips are in **bold**.

Other Ribble CC recreational events (assumed risk) 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 0845 833 8654
http://www.bcu.org.uk/yorkshire
Wharfe
http://www.bcu.org.uk/yorkshire

Trips / Events

May

22 **Moving Water**
R Ribble, Ribchester to Alston
Brian Woodhouse

25 Washburn White Water
4.30 - 8.45pm, nr Blubberhouses

28/29 *BCU Northwest Weekend*
Tees Barrage
Grahame Coles

June

1 Washburn White Water
12.00 - 8.00pm, nr Blubberhouses
(Children Go Free)

5 **Beginners' Trip**
R Wenning, Bentham, W Yorks
Terry Maddock

11/12 *Washburn White Water*
9.00 - 5.00pm, nr Blubberhouses
Tony Morgan

12 Tees Barrage
Stockton on Tees 11.15 - 5.15

19 *Flat Water Trip*
Derwent Water / Derwent
Tom Byrne

19 *Eden White Water*
R Eden, Lazonby, Cumbria
Andy Rushton

22 Washburn White Water
4.00 - 9.00pm, nr Blubberhouses

26 **Ribble River Course Trip**
R Ribble, Ribchester to Alston
Brian Woodhouse

26 Washburn White Water
9.00 - 5.00pm, nr Blubberhouses

26 Tees Barrage
Stockton on Tees 11.15 - 5.15

July

5 *Committee Meeting*

8-10 *West Tanfield Camp*
Slenningford Mill, W Yorks
Brian Woodhouse

10 Tees Barrage
Stockton on Tees 10:00 - 4:00

17 *Flat Water Trip*
Shropshire Union Canal
Tom Byrne

22-24 *Rhosneigr Surf Camp*
Tim Langridge

24 Tees Barrage
Stockton on Tees 10:00 - 4:00

24 Washburn White Water
8:00 - 6:00pm, nr Blubberhouses

27 Washburn White Water
4:30 - 8:00pm, nr Blubberhouses

31 *Greta White Water*
Keswick, Cumbria
Grahame Coles

August

7 **Wyre Estuary Trip (HT 13:36)**
Knott End, Over Wyre
Terry Maddock

7 Washburn White Water
9:00 - 5:00pm, nr Blubberhouses

17 Washburn White Water
4:30 - 8:30pm, nr Blubberhouses

19-21 *Ullswater Camp*
Waterside House, Pooley Bridge
Steve Wilkinson

21 *Flat Water Trip*
Wastwater
Tom Byrne

28 *Washburn White Water*
9:00 - 5:00pm, nr Blubberhouses
Grahame Coles 7

Slalom

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

June

11/12 Sowerby Bridge 3/4
Halifax Canoe Club

18/19 Stone 3/4 Double
Stafford & Stone CC

July

2/3 Iron Bridge 2/3
Telford CC