

# TALES FROM THE RIVERBANK



*September/October 2012*

## ***Bude Surf Week***

*Graham Kingaby*



Saturday 4th August after a long wait the time has come I'm back off down to Bude North Cornwall a place that holds so many special memories for me. It is where I spent lots of my teenage years at my Nans' surfing and having fun. While those days are a far distant memory I still love to visit as often as I can, not that I'm up to riding a board anymore but the kayak is a good substitute. We finally set off just before 9:00 an hour later than had been planned, a few hours and numerous stops later we hit the traffic on the M5 for roadwork's after a few more hours and long delays for accidents we arrive at Bude Meadows Camp Site. The ground is very wet from heavy rain earlier in the day although the weather was quite nice now.

Sunday wet start to the day, after breakfast it's off to Morrison's for provisions we plan to hit the surf on the incoming tide at 14:00. As we stand in the car park of Widemouth Bay beach looking at the sea which is a fair way out I'm thinking they don't look too big.

"Magicseaweed" web site predicted it to be a 3-4 foot wave height thank goodness we didn't get any of the 7 - 8 foot waves of the week before. I'm not sure how they calculate the wave heights but take it from me they were nowhere near 4 foot. We get suited and booted and off we go rushing to the sea which soon turns into a stroll and finally for me a desperate crawl.



After a quick chat with the lifeguard about where to get on and surf we are in the boats starting the battle to get out. The waves are nice big uniform waves with a face of 4 - 5 foot I find what I think is a nice wave turn to come in on it but don't quite get it, I look round and there is another one right on top of me so I paddle like crazy and away we go I've caught my first ride. What a ride it seems to go on for ever in fact

it was probably just a few seconds as I break out over the top of the wave and start paddling back out I look around Gareth is riding one in, everyone is catching waves. I see another couple of good waves forming and I'm off riding another one carving down across the wave blade on top bracing as I go right time to get off before I'm too far in and have a fight to get back out. I look around Paul's caught a wave and is flying in on it when all of a sudden



he's over, nice roll he's up again I look around for the others there's Gareth out of his boat with that great big smile of his. Myself and smudge go for the same wave considerable larger than the others we had been riding we ride it in together and turn out to go back out for another. It is soon apparent that the Magicseaweed predictions of wave height are not that accurate, as we paddle out, a series of waves came at us that can only be described as BIG. I'm paddling out looking at this wave that's coming at me it must be 7 - 8 foot face as I'm climbing up the green wave it breaks right on top of me what a hit felt like someone had punched me in the chin it takes me back a few yards. The next wave is a few feet away this one has already broken so I use a technique called the tail chop where you present your boat at an angle to the wave lifting the wave side knee and pushing a massive sweep stroke beach side which then forces the boat up over the broken white water followed by a big stroke on the top of the wave to power you on stopping you from being dragged backwards. Three more of these massive waves and I'm out, needing a breath, I look round and there is smudge who says "what the heck was that all about"? my only response was I have no idea but they were big. No time to relax here comes another set of waves me and smudge decide to go for it we set off smudge gets it I fall off the back but there is another one right behind it and I catch that one. A few waves later and the inevitable swim arrives as I make my way to the shore to empty my boat I notice Sarah there and spend some time watching the others having fun. We get on the water and before you know it 3 hours gone our time on the car park is up and it's time to get off the water, time to reflect on a superb paddle over a BBQ and beer.

Monday we plan to paddle the same time and place as yesterday the surf forecast is slightly down on yesterday. I can't believe how many people are in the water the weather is wet and windy and the surf looks rough. We get on the water the waves are not nice like yesterday they are bitty coming across us as we are trying to paddle out, they are around the 4 - 5 foot mark.



As we start to play on the waves I find it hard work, today the surf is unpredictable, there are lots of surfers today I keep having to avoid them when I look it's because I've drifted in to the area designated for surfers.

I keep moving further up the beach but find myself back with the surfers the reason for this is there is a nasty riptide moving from left to right on the beach so much so they close part of the beach to swimmers. I'm out back waiting for a wave with Paul and a random surfer, here comes a nice one we both set off for it and get on it. We are riding down the wave when Paul comes across me hits me broadside I turn right to get away and Paul goes to go left and hits the surfer in the shins with his paddle. I keep battling with the surf but I'm fighting it to stay upright. As I'm trying to get out again it wins, the wave gets me from the side and I'm swimming. I notice Gareth is having a good days rolling practice while grabbing the odd wave to surf. I'm now on the shore emptying my boat I stand with Sarah watching the others for a while trying to get my breath back.

Smudge had nagged his dad to near death about having a go on a surf board so he was surfing or trying to after causing my ears to bleed from 2 days intensive interrogation. He manages to get up on the board oh no he's down again. I spot Paul riding in on a big wave oh no he's over up he comes nice roll oops another wave has him over almost as quick as he got up, after 4 rolls he manages to get paddling out. I jump into my boat and start to paddle out. After fighting against the



waves for some time trying to get back out, I get caught by a wave and I'm swimming again that's it for me I'm shattered. I return to the shore and empty my boat to watch the others playing in the surf. I'm absolutely shattered and it's not long before Paul joins me with the same problem I think they call it getting on a bit. Smudge and Gareth carry on for some time with youth and determination on their side they put us to shame.

We had a day off on Tuesday as some of us were in pain from two days of getting mugged by the Atlantic Ocean.

Wednesday I've been waiting for this day all week we are meeting up with Bude Canoe Club tonight John and Suzanne are also making the trip up from their place in Cornwall. We are meeting BCC at 18:15. We arrive a little early to see Suzanne, John and his daughter Carrie already there and waiting. We have a look at the canal have a walk up and down looking for someone with kayaks there is a group further up the canal that turns out to be Chris with the scouts. Then a few cars start turning up with kayaks I go over to one chap to ask if he was with BCC and introduce RCC to him his name was Tim who later turned out to be smudges hero.

We all start to get ready to paddle when Chris and Joel come over to speak to us these are the two contacts I had made in order to put this session on. It is a bit of a foggy evening and one of their club members goes to check if there is enough visibility to get on the sea the word comes back that's its fine with 3 – 4 foot waves. Everyone is now kitted up ready to paddle. Just before we get on the water Chris has a briefing and introduces RCC to the rest of the club. We get on the canal and paddle down towards the sea, at the end of the canal we get out. Chris and Joel lead us to the end of the canal wall to show us the beach and to explain about the unusual feature of the beach



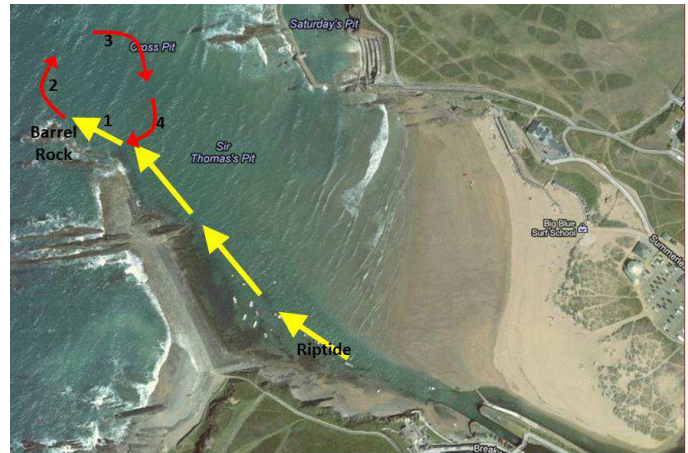
which is a river running out alongside a breakwater which causes a riptide that is used to great effect by the surf kayakers to get back out. We then have a short portage over a small bridge that crosses the river we get in our kayaks on the beach and launch into the river a short paddle out and we are in the surf Chris tells us to have 10 - 15 minutes to warm up and catch a few waves.



All is going well no problems so far when we are asked to join Chris on the beach for a chat. He gave us some instructions on technique which meant learning to surf again. He introduced us to the concept of positioning ourselves in the sea to enable us to ride the shoulder of a wave. Well that was it for me, time to start swimming it was all totally different to how we had been surfing (uncontrollably thrown at the beach) before. By using the paddle as a beach side rudder it did give you far more manoeuvrability but I was struggling with it. Then the inevitable happens I'm upside down but I manage to dig up off the bottom and I'm off again, back out for another go. After a few more waves I'm upside down again I try to get up this time I lose to the Atlantic.

Chris calls us all back to the beach for more words of wisdom as he tells us about the unusual technique they have at this beach to maximise surf time it has 4 phases:

1. Using the riptide and the breakwater to get out back
2. Position yourself to get on the shoulder of a good wave
3. Surf in riding the shoulder until you get off
4. Paddle across the beach to the riptide to be taken back out



At this point we are now starting to play a bit more with some members going further out into the bigger stuff. Gareth was going out with John using the riptide to get out passed the protection of barrel rock and catching some 6 – 8 foot waves. Apparently John could be seen sporting a larger smile than Gareth now I'm not sure that is possible but I do know John said he had a good time out in the bigger stuff. I also noticed smudge getting taken out there by a Tim (wears his helmet backwards) from BCC who then became smudges hero. Next time you're out with smudge look at his helmet. While the less adventurous of us stayed further in trying to perfect the technique with guidance from Chris and Joel. Before you know it its going dark and it's time to get off. I decide to take one last ride in with the intentions of riding in to paddle up the river but yes you guessed it I'm over and swimming I empty my boat and catch up to the rest as they get on the canal for the paddle back to the car park. When we get back to the get out for the car park there seems to be some sort of ritual rolling going on which it turns out is to swill the salt water off the kit we are encouraged to join in to wash our kit off my problem with that is I've been trying all night and not managed so I have little hope here now do I? So I set up roll over and go for it I pop up like I could do it at any time I wanted. We get changed and go over the road to the pub for a post paddle pint and a chat. What a great evening and a big thank you to Chris, Joel, Tim, Steve and the rest of Bude Canoe Club for making us so welcome.

Thursday is a nice sunny day with no paddling planed we go off sightseeing spending some time soaking up the rays and drinking cold beer what could be better. With the knowledge we had another training session with Chris planed for 9AM Friday morning we fire up the BBQ and yet more beer.

Friday up early to get down to the beach for a morning training session on the incoming tide. Chris is bringing his surf kayak for us to try can't wait for that. We park on the beach car park this time and get ready as we carry our kayaks over the sand dune to get to the beach.



We see there is very little surf in fact I can't ever remember seeing the sea at Bude this flat but Chris is out there catching what there is. We join him and have a good session although there isn't anything like what we had paddled earlier in the week there was still a few 3 – 4 footers popping up from time to time everyone is having a good time catching what there was. I'm still a bit uneasy with the beach side stern rudder but I can see how it works to control the kayak better as I'm able to go along a wave then turn and come back the other way. I'm

now getting confident going one way then the other and then over I go taking my first swim of the day when I come up I see Sarah is in the water as well I go to shore and empty my boat only to be joined by the rest of the group for more words of advice from Chris this time its surf etiquette as I'm sure anyone who's been surfing at Rhosneigr will know it's get as many paddlers in a line on a wave surf in creating carnage all over the beach those left standing then paddle out and repeat until too tired to carry on. Well apparently that's not the way to do it you should surf in paddle to the side then paddle out and join the queue for your next go I don't think I can see this finding its way to Rhosneigr.

Chris asks if there is anything we want him to show us so I asked if he could look at where I was going wrong when trying to get myself upright when there wasn't enough water to roll. After spending some time with him I pull a muscle in my back so I park up my boat and start taking some photos for a bit thinking it would be alright in a while. Chris offers us all a go in his surf kayak but only smudge has the bottle to try it I would have if I hadn't hurt myself. Smudge has a few goes but finds it hard work as it's too big for him. While I'm taking photos it's obvious that Paul and Gareth have learnt a thing or two over the last few days and are putting it to good use. All too soon it is time to say good bye as we head off back to the beach to get out and go home.

Until next time, thanks to all that made the week so good.

***Graham Kingaby.***

# ***Don't forget your fetch!***

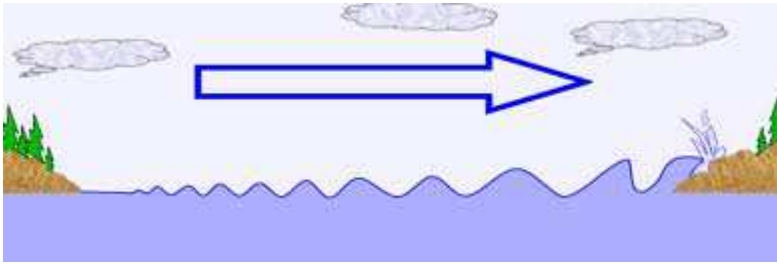
## ***June beginners Trip, Windermere***

***Paul Binks***

It's tradition in Ribble CC to have traditions, and one tradition is that the beginners star assessment trip is in June; the other tradition is that it's on Coniston. As we'd had the Jubilee paddle on Coniston earlier that month I decided we'd try out Windermere from Waterhead instead. Now Dumbong, the wooden headed idol that oversees D'Ribblers, doesn't like a break from tradition and sent a mighty wind that day to signal his annoyance. As with most winds in this part of the world it came from the south west. Humour me and let me describe how this wind and our choice of venue affected the conditions of the trip.

Now according to Wikipedia, the **fetch** is the length of water over which a given wind has blown. Fetch length along with the wind speed (or strength) determines the size of waves produced, along with other things like the depth of water at the shore etc. The longer the fetch length and the faster the wind speed, the larger and stronger the wave will be. For example, the winds which travel from the bottom end of Windermere and hit the top end of Windermere have a large fetch and would produce large waves if the wind speed was also high.





I knew this, anyone who sea kayaks knows this, but what we didn't know was just how strong the wind was going to be; stronger than predicted that's for sure! I reckon the fetch at the top end of Windermere is at least 6 miles long, the effective fetch is

probably longer due to the funnelling effect of the hills on the side of the lake, let's say 10 miles. If we'd have gone to Coniston we'd have got on at the bottom of the lake with an effective fetch of about 1 mile. I'm not sure if fetch \*strength is linear or log or some other mathematical term, so I don't know if a fetch of 10 miles gives waves 10 times higher than a fetch of 1 mile (all other things, like water depth etc., equal) but what I do know is the waves were large. If the wave is the noun and large is the adjective what are the words called in front of an adjective? Ah yes- expletives! Well at least that's what we used on the day!

The 1star candidates handled the trip with grit, determination and constant face-fulls of rain and wave splash. They were smiling before they got on and they were smiling once they got off – eventually! And they have to be congratulated on coping admirably with the trip and the conditions; I think extra pies at the Star Award Evening should be ordered.

A word to coaches, be prepared to change your venue (or cancel) if weather isn't favourable; a word to trip attendees, don't get annoyed if a trip is changed or cancelled at short notice, it's likely to be for your safety, and keep an eye on the forum for last minute changes.



***Paul Binks***

**\*\*\*VERY IMPORTANT CLUB ANNOUNCEMENT\*\*\***

Here is what you've all been waiting for! Don't miss this fantastic opportunity to work off those excess Christmas pounds and have some fun – with fabulous company thrown in as well!

We are proud to announce

## Ribble Canoe Club New Year Ceilidh

To be held on Saturday 12<sup>th</sup> January 2013

At Northumbria Hall, St Cuthbert's Church Centre  
Lytham Road, Fulwood  
Preston PR2 3AR

Doors open 7pm

Dancing 7.30pm to 11pm will be to the excellent Union Street Country Dance and Ceilidh Band

Admission by ticket only - £15 to members (£10 for under 16's) which includes a scrummy Hotpot supper and dessert.

They can be bought from Norman or Pat Green or Albert or Kath Risely (usually at Hand & Dagger on Tuesdays, or give us a bell). If you prefer you can make a cheque, payable to Ribble Canoe Club, and send it with a SAE to:

Pat Green.

9 The Drive, Fulwood, Preston, PR2 8FF

Numbers are limited so if you don't want to miss out then get yours sorted soon.

There is no bar at the venue so bring your own drink (cups provided) as you will get hot & thirsty – if you don't then you're not dancing enough!



Be there or be square!

# **2012 Star Awards**

**Tuesday 16<sup>th</sup> October**



7:00pm Meet at H&D

7:30pm Presenter speaks & Certificates are presented

8:15pm Cottage Pie or Vegetarian option served

The Cottage Pie/Veg option is free to students and coaches on the courses and to the awards presenter.  
For the rest of us it's a fiver.

***Terry Maddock***

## **Halloween Paddle**



The 30th of October, the day before Halloween, is also the day Dumbongo, the wooden Headed Idol who protects all paddlers, walks the earth and check out the waterways to ensure safe passage for paddlers for the coming year.

In ancient Ribble tradition, during BTM (Before Terry Maddock) time, this was called HallowBongo Night. If we as paddlers honour him, well then he, if he feels benevolent, he will leave small presents and gifts for the faithful. Come and help us revive this ancient tradition: See Forum for Details

***Paul Binks***



# ***Editors Bit***

The poll we ran on the RCC forum asking whether readers preferred the newsletter to appear in one or two columns resulted in 94.1% voting for one column. So if you have not already noticed, that is how it will be formatted from now on.

Thank you to Paul Binks for his article about “Fetch,” something more associated with commands to the dog when you hurl a stick. Anyway what he didn’t mention was the fact that the conditions for the 1 Star Assessments in June were so testing that any 1 star student that made it back alive was judged to have passed (Joking).

Just to add to the fun, the River Rothay was in flood and was pouring into the lake at a rapid rate of knots, churning up the water into a boiling mass. This meant that the candidates had to cope with paddling past it whilst avoiding being flattened by waves coming up the lake. It was good experience for Sea Kayaking let alone passing a 1 star assessment. (So well done to all the candidates)

Thanks also to Graham Kingaby for his article about his Surf Trip to Bude. So that is why Smudge wears his helmet back to front!!

Given there was a shortage of articles this month and the demographics of the membership (25% increase this year in the over 45’s) we thought you might like our light hearted take on old age. (See article “No Nursing Home For Us”)

**Be Aware** as we only send out information (including your Newsletter) by email from the Club email address, it may sometimes be treated as SPAM and end up in your Spam Folder. To avoid this problem it is a good idea to insert these addresses in your address book [newsletter@ribblecanoecub.co.uk](mailto:newsletter@ribblecanoecub.co.uk) and [membership@ribblecanoecub.co.uk](mailto:membership@ribblecanoecub.co.uk).

**Dates and Deadlines** The next committee meeting will be on Wednesday 7<sup>th</sup> November at 7:00pm at the Hand & Dagger. The next newsletter will be published on 21<sup>st</sup> November. We would appreciate all submissions by Wednesday 14<sup>th</sup>. Please send submissions by email, to [newsletter@ribblecanoecub.co.uk](mailto:newsletter@ribblecanoecub.co.uk)

**Disclaimer** Please note that the opinions expressed in this and every other Ribble CC newsletter are those of the author of the article. They do not necessarily reflect the opinions of the newsletter editor or the committee, or the policies of Ribble Canoe Club.

***Norman Green***  
[newsletter@ribblecanoecub.co.uk](mailto:newsletter@ribblecanoecub.co.uk)

# ***NO NURSING HOME FOR us!!!***

***Pat & Norman Green***



**No nursing home for us. We'll be checking into a Holiday Inn!**

**With the average cost for a nursing home care costing £188.00 per day, there is a better way when we get Old and too feeble.**

**I've already checked on reservations at the Holiday Inn.**

**For a combined long-term stay discount and senior discount, it's £59.23 per night. Breakfast is included, and some have happy hours in the afternoon.**



**That leaves £128.77 a day for lunch and dinner in any restaurant we want, or room service, laundry, gratuities and special TV movies. Plus, they provide a spa, swimming pool, a workout room, a lounge and washer-dryer, etc.**

**Most have free toothpaste and razors, and all have free shampoo and soap.**

**£5 worth of tips a day and you'll have the entire staff scrambling to help you. They treat you like a customer, not a patient.**



**There's a bus stop out front, and seniors ride free. For a change of scenery, take the airport shuttle bus and eat at one of the nice restaurants there.**

**While you're at the airport, fly somewhere. Otherwise, the cash keeps building up.**

**It takes months to get into decent nursing homes. Holiday Inn will take your reservation today. And you're not stuck in one place forever -you can move from Inn to Inn, or even from city to city.**

**Want to see Scotland? They have Holiday Inn there too.**

**TV broken? Light bulbs need changing? Need a mattress replaced? No problem. They fix everything, and apologize for the inconvenience.**



The Inn has a night security person and daily room service. The maid checks to see if you are ok. If not, they'll call an ambulance. . .or the undertaker. If you fall and break a hip, NHS will pay for the hip, and Holiday Inn will upgrade you to a suite for the rest of your life.

And no worries about visits from family. They will always be glad to find you, and probably check in for a few days mini-vacation.

The grand-kids can use the pool. What more could we ask for?



*So, when we reach that golden age, we will face it with a grin.*

**AIDS WARNING!** *To all of you approaching 60 or have REACHED 60 and past, this article is especially for you.....*

***SENIOR CITIZENS ARE THE NATION'S LEADING CARRIERS OF AIDS!***

***HEARING AIDS***

***BAND AIDS***

***ROLL AIDS***

***WALKING AIDS***

***MEDICAL AIDS***

***GOVERNMENT AIDS***

***MOST OF ALL, MONETARY AID TO THEIR KIDS!***

***Not forgetting HIV (Hair is Vanishing)***



***Pat & Norman Green***  
*Proud to be growing old disgracefully*



# Chairman's Chat

Hello there, he said quietly, exhibiting a chastened demeanour and a rueful smile. Well, now I know that at least a few members DO read this Chat once in a while. I made the mistake in the last edition of writing a couple of phrases which may have been acceptable as spoken banter between friends, but which were totally inappropriate in this semi-formal document. As it happens, the maligned party responded vigorously, and I apologised unreservedly. We met the following Tuesday evening at the Hand and Dagger, looked at each other hesitantly, and then burst out laughing! Thank goodness this is the sort of Club where a chap can drop a cod and be heartily forgiven. If only the world.....etc.....etc.

I'm told that Rhosneigr Camp went well – I missed that one too. I did get to the Bala Camp and enjoyed a paddle right round Llyn Tegid (Lake Bala) on the Saturday followed by a typical Ribble Barbecue. The weather was fine on the Saturday afternoon and evening, but the tent went home wet on the Sunday. I'm hoping that there are articles on our summer camps elsewhere in this edition. If you've been to a camp or on a trip and haven't written an article about it, then you can't complain if the magazine's a bit on the thin side. So put pen to paper, or in these modern times, fingers to keyboard.

The Olympics are over, and I don't know about you, but my happiness at the success of Team GB was matched only by my relief that the whole organisation went reasonably smoothly. Now we have the legacy. In the past four weeks we've had interest from about forty (yes 40!!) potential new members, paddling the canal on a "come & try it" basis. Twenty three have signed up for our 1 Star Course which will be complete and assessed by the time this Newsletter goes to press. Others are committed to membership and booked in on a Paddle Skills Session. BUT, beyond a few saying that it may have had a slight affect, none say that their interest is greatly due to the Olympics. Must just be us then!!

**Terry Maddock 077 333 86704**  
**[Chairman@ribblecanoecub.co.uk](mailto:Chairman@ribblecanoecub.co.uk)**

## RCC LIBRARY

New members may not be aware that Ribble Canoe Club has a library consisting of a varied selection of books and DVDs. Titles range from guidebooks on local waters such as Cumbrian lakes or rivers, to faraway places such as Wales - or even Yorkshire!



There are instructional DVDs and books on the mysterious art of the Eskimo roll and tales of daredevil trips by club members to Nepal and the Grand Canyon. Surely there is something to tempt everyone?

Books and DVDs are free for all club members to borrow and a full list is in each Newsletter. We will try and bring the library to the Hand & Dagger most Tuesdays. If you want a particular title just give us a bell first to check it's not already out on loan. Our contact details are also in the Newsletter.

***Cheers!***  
***Albert & Kath***

# ***Pool Sessions***

The following lists the pool sessions booked at Fulwood Leisure Centre, the contact for the courses and the Supervisor and Committee member on duty.

<b>Date</b>	<b>Session</b>	<b>Contact</b>	<b>Supervisor</b>	<b>Committee</b>
5 Oct	Rolling	Gary Fishwick	Mark Dillon	Terry Maddock
12 Oct	Paddle Skills	Allan Hacking	Katy Fishwick	Allan Hacking
19 Oct	Open		Adam Fielder	Mark Shaw
26 Oct	Open		Adam Fishwick	John Kington
2 Nov	Open		Rick Turner	Terry Maddock
9 Nov	Paddle Skills	Allan Hacking	Gary Fishwick	Allan Hacking
16 Nov	Open			John Kington
23 Nov	WW Rescue Skills	Allan Hacking	Will Body	Allan Hacking
30 Nov	Open			Suzanne Thomas
7 Dec	Paddle Skills	Allan Hacking		Allan Hacking
14 Dec	Dumbongo	Paul Binks		Paul Binks
21 Dec	Open			John Kington

## **Pool Session Protocol**

Open sessions are open access, with no need to book. Please book in advance for ALL other sessions by phoning the named contact or via the forum.

If using club equipment it is up to the individual to collect it from the pool store before 9.00pm, after which time the store will be locked. A club member will be on hand to assist. (best to arrive @ 8.45)

If using your own equipment please ensure it is clean before entering the pool area.

If you use a boat at a pool session it is your responsibility to return it to where it came from (your car or the pool store) IMMEDIATELY at the end of the session and BEFORE getting showered and changed.

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

## **Prices for pool sessions:**

Rolling Course £20 plus club membership. Freestyle £5. All other sessions £4.

# ***Ribble CC Library***

To borrow a book or video, contact Albert & Kath Risely ([albertrisely@aol.com](mailto:albertrisely@aol.com)) or see them at the Hand & Dagger. Donations of books or videos are always welcome.

## ***Technique:***

BCU Handbook  
Practical Guide to Kayaking  
Canoeing & Kayaking  
William Nealy's "Kayak"  
Bombproof Roll and Beyond!  
Eskimo Rolling for Survival  
White Water Safety & Rescue  
Weir Wisdom  
Canoe & Kayak Games  
The Playboater's Handbook 2  
Book of Sea Kayaking  
Sea Kayak Navigation  
Path of the Paddle  
Open Canoe Technique  
Rowing it Alone  
Handbook of Survival at Sea  
BCU Coaching Handbook  
Sea Safety: Complete Guide  
White Water Kayaking  
The Art of Freestyle  
Sea Kayaker Deep Trouble

## ***Guidebooks:***

English White Water  
Scottish White Water  
White Water Lake District  
An Atlas of the English Lakes  
Canal: Cheshire Ring  
Welsh Sea Kayaking  
Touring 100 Paddles in England  
Scottish Sea Kayak Trail  
N Eng. & IOM Sea Kayaking  
Yorkshire Rivers  
Anglesey Info Pack  
Scottish Canoe Touring

## ***General:***

The Rough Guide to Weather  
The Liquid Locomotive  
Many Rivers to Run  
Working out of Doors with Young People  
More Than Activities

## ***Expeditions:***

Three Men in a Boat  
*Jerome K Jerome*  
Blue Water Summer – Pacific Coastal Adventure  
Travels with a Kayak  
On Celtic Tides  
*Chris Duff*  
Blazing Paddles  
*Brian Wilson*  
Dancing with Waves  
*Brian Wilson*  
Paddling to Jerusalem  
*David Aaronovitch*  
The Last River  
*Todd Balf*  
Paddle to the Arctic  
*Don Starkey*  
Canoeing across Canada  
*Gary & Joanie McGuffin*  
The Canoe Boys  
*Sir Alastair Dunnnett*  
Odyssey among the Inuit  
*Jonathan Waterman*  
Barbed Wire & Babushkas  
*Paul Grogan*  
Rapids (a novel)  
Great Glen Canoe Trail  
***DVDs:***  
Tony Morgan - Grand Canyon  
LVM Lunch Video Magazine  
Without a Paddle (13)

## **Whitewater Kayaking**

The Cockleshell Heroes (U)  
Mags Brayfield in Nepal  
Tatshenshini/Alsek 2007  
Mountain River Movie  
Jackson Kayak Promo  
It's Different Every Time  
Halton Rapids  
Fort William 2005/06 Trip  
Thistle Float Your Boat  
RCC Scotland trip 2007 & 2008  
Locks & Quays Features RCC  
The Politics Show  
Featuring Ribble Canoe Club  
Open Canoeing - Reg Blomfield  
EJ's Rolling and Bracing  
This is the Sea - 1<sup>st</sup> Ever Action  
Sea Kayak Video  
The Call of the River - 100 years of WW Adventure (USA)  
Sea Kayak - Instructional  
Journey along Skye Coast  
Open Canoe Demo  
Canoe Wales (WCA)  
Sea Safety Advice - RNLI  
The Safety CD - RNLI  
Path of the Paddle - Solo  
Glenmore Lodge (Promo)  
Revenge of the Fat Cats  
Tay Descent 2011  
Performance Sea kayaking  
BCU 3 Star & 4 Star Leader  
Sea Skills  
Moving on to Moving Water  
Norman Green





NOTE: Last minute trips are often arranged on the forum on the website ([www.ribblecanoeclub.co.uk](http://www.ribblecanoeclub.co.uk)), at the Hand & Dagger on Tuesdays or at Fulwood on Friday (RCC pool nights). If you have any dates for the calendar please contact **Terry Maddock**

Ribble CC development trips are in **bold**

Ribble CC recreational events (assumed risk) are in ***bold italic***.

Other Ribble CC events are in *italic*.

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

## SEPTEMBER

Fri 28 – Sun 30  
Scottish Open Canoe Symposium  
- Glenmore Lodge, Inverness-shire

**Sat 29**  
***Teeside White Water Centre***

## OCTOBER

*Tue 2*  
*New members night – Hand and Dagger*

Sun 7  
Washburn Release

*Tues 10*  
*Coaching Forum – Hand and Dagger*

Sun 14  
Mersey race & Mini Tour

*Tue 16*  
*star awards night - The Hand & Dagger*

**Sat 20 or Sun 21**  
**Beginners' Trip - TBA - SEE FORUM**  
**Contact Graham Kingaby**

Sun 21  
Washburn Release

Sat 27 – Sun 28  
The Tay Descent - Perth, Scotland

***Tue 30***  
***HallowBongo Night!!! See Forum for details***

## NOVEMBER

Fri 2 – Sun 4  
The Tyne Tour - Tyne Green, Hexham  
**Includes Ribble Development Trip**  
**Contact Nicky Marsh**

*Wed 7*  
*Committee meeting - Hand & Dagger*

Mon 12  
Reel Paddling Film Festival  
Liverpool Canoe Club - Liverpool

*Sat 17 or 24*  
*First aid course*  
*Contact Rick Patterson or see forum for details*

**Sat 17/Sun18**  
**Beginners trip**  
**Halton white water introduction**  
**Contact Rick Turner**

## JANUARY

*Sat 12 Jan*  
*RCC Ceilidh - Fulwood*  
*Contact Kath Risely or see forum for tickets*

This data is extracted from the Google calendar on the RCC website. Google Calendar amendments may be made after this one has been printed. Trips may be changed or cancelled at short notice. Always get in touch with the trip organiser the day before to check! If you don't, and you have a wasted trip, don't blame us.