TALES FROM THE RIVERBANK



May/June 2011

Seaquest 2011

Kath Risely



Paddlers lining up for the start of the race



Andy & Penny racing past us while we do a photo shoot with Muncaster Castle in the background. When we got back Pat took up her usual role in the kitchen while Norman did what he does best



Paddlers

Andy & Penny in 'Canoe Mixed' - 240 points 2nd place Curly Dave in 'Kayak Solo Male' - 310 points 7th place (large category) Suzanne, Pat, Norman, Albert & Kath in 'Kayak Team' - 250 points 2nd place John Roberts (recreational paddle)

> Our first trip away in caravan and tent Was to Ravenglass Seaquest, a charity event In aid of Coastwatch – a most worthy cause As they keep careful eye on Great Britain's shores.

> Nine members of Ribble spent the weekend away, Although the event was postponed for a day To allow the strong winds to die just enough To ensure that the estuary wasn't too rough.

'We aren't going to race' we'd said from the start 'We are here for the scenery and just to take part', But the excitement brought out our competitive side As we sped up the Esk on the flood of the tide.

Three checkpoints we got on fence, gate and post
Then under the bridge for the one on a float.
We dashed up a creek for one hidden away
To the amusement of Coastguards enjoying the day.

We passed Muncaster Castle just seen on the ridge
To get the last checkpoint up on the bridge.
Then heads down and paddle - more effort required
Now wind's against tide and we're getting tired

There were all types of craft taking part in the day-With a Rockpool Taran leading the way. There were families with dogs and kids in canoe, Sea kayaks, surf ski, and river boats too.

No prizes for Ribble, this year anyway
But next time we'll train and get fit for the day
We'll sort out our tactics and come up with a plan
And bring back a trophy if we possibly can!

Dee Dee De D Done Easter 2011

Roy Booth

The participants:

Allan 'have I got everything - ah the kitchen sink' Hacking Paul 'the Kelly kettle' Binks
Sam 'master chef' Binks
Will 'my dry bag does not work' Body
Rachel 'I still think this canoeing is exciting' Drew
Rick 'yeah yeah' Turner
Anthony and Jack - one amigo less Boys
Roy 'the scapegoat' Booth

It all started with an invite to come and paddle the Dee at Easter. Well as most will know canoes are not my first choice of craft to paddle but with sayings like do not knock it till you've tried it, and you never know you may like it ringing in my ears I agreed to give it a go.

Planning night arrives and Allan gives us the 'we meet here shuffle cars there, day 1 is this day 2 is that. All great stuff especially as I had not done a trip like this before, they even sorted their cooking arrangements. But one thing stuck in my mind 'travel light we may have to carry our boats'. Travel light? I can do light yeah easy. Allan also said do not take that egg shell you call a canoe take the club one, so I took the club one.

So the big day arrives and I set off with a flyer from work. Its Ballater camp site here we come. With just one bit of a hill to get the van over no worries (but I did think that the cyclist I passed 20 mile ago in Perth was going to pass me).

On arrival Rick and the lads were setting up, and having had a little car trouble Will and Rache were 40mins behind me with Paul and Sam following them.

So after we were all camped it's time to go get a Chinese take away and await Allan. He duly arrived at 10.30 that's just over 6hrs good going may have to call him Stig after that, (nah he just does not look like a Stig).



Ballater camp

Day 1

Car shuttles Aberdeen Ballater / Ballater to get in. We were all on the water for 1pm for an afternoon/evening paddle back to the camp. Now that all sounds simple enough, but not quite.

There was not a fantastic amount of water in the river which meant for a great deal of rock dodging, scraping and moving about the river. Now it may have been that Paul only had his Kelly kettle for ballast so that his canoe was being at little frisky and on a short stretch of rapids it unseated its rider, so after a quick rescue all was well.



quick dip in the Dee



The kettle survived

So we carry on through some fantastic scenery, fluffy bits of water, more rock dodging and some flat bits. It's on one of these flat bits that the group gets strung out a bit not totally out of sight but Rick and Allan's canoes just disappeared on the next bend so I approach with caution to find sharp bend and a drop. I can just make out Allan, Rick and Jack's smiling faces in an eddy at the bottom so they must have enjoyed it.

At this point I would like to say that I paddled it all like a pro but alas, I never got round the bend and had to swim the drop. So a quick rescue and all was well. I think my upturned canoe was a warning to the others and they all made it through ok.

It was not long after this that we came to our camp site. A hot shower, change and BBQ then down to the pub for last orders. This canoeing thing is starting to get better all the time!



Looks good eh?



BBQ time

Day 2

So start of day 2 - pack up the tents and all the kit for 2 nights wild camping and approx. 80k of canoeing.

Now remember Allan said travel light so I have rice wafer biscuits and dried survival packs, all in all 2 x 25 little dry bags plus my canoeing clothes not bad.

Well when I saw their gear..... not 1 not 2 but sometimes 3 x 100 litre dry bags, plus kettle, plus tarp and other stuff - they had to shoehorn themselves into their boats!

If they ever say they are taking all there kit with them they will need 20 foot boats. Travel light my ****



Just look at this travel light my ****

On to the river we go and after a few kilometres of rock dodging and scraping we came to the first noticeable drop. After a good look at it and line chosen it was time to run it. With most of us shipping a good deal of water but no swimmers we all make it down to a large eddy to regroup.



good style

The rapids are coming up thick and fast now and if the river had been a few inches higher it would have been a challenge but with confidence growing we paddle on.

Rick and Jack shoot the next rapid almost filling their boat with water. That was enough for me, I want to look at this before I go down.

To be honest it did not look that good but you just have to test yourself sometimes.

I almost made it but with the boat full of water I could just not get past the last rock and got pinned on it, so a quick exit and push meant a rescue was needed. All the rest get down without any problems so after some bailing of water we set off again.



Water water every where

After lunch the river calmed down a bit and we started to stretch out again. I found myself leading Will and Rache into a small, bouldery set of rapids, but I was in a smaller more manoeuvrable boat (well that's what Rache said) and managed to get through but they decided to cool off a little.

Shortly after that it was decided to make camp on an island. This is where all that stuff they carry comes in handy. As after they set up camp it looked like the Hilton - bivy style. The food was gourmet stuff, all fresh, no pre packed light weight just add water crap for these boys - no its Sam's 'Masterchef' Chilli Con Carne. Not that I was envious. No not me.

Day 3

Sunday, as you all know there is no game fishing or shooting allowed in Scotland on a Sunday. Which was just as well as we were paddling the middle section - this is angler's paradise (oh if only I could afford to wet a line here, dream on).

This section of the river is mainly flat but with 2 or 3 of the best longest rapids on it. They were easily identified as they had half of Scotland's kayakers already paddling them when we came down. As this was day 3 we took them all in our stride making them look oh so easy and no embarrassing moments for the Scots to laugh at.

Now it was easy flat paddling to the next camp site, an island some 10k from the finish in Aberdeen. It became clear we had spent too much time on the rapids and we might not make the proposed site so an alternative was sought. Just as we were finishing setting up a local ghillie came upon us, now this was the first unfriendly person we had met the whole trip and he insisted we move on. I can sympathise slightly as this was Sunday night and the next day he would be introducing another bunch of paying customers to his beat he would not want to have a bunch of hairy arsed (sorry Rache) canoeist in one of his swims.

So as darkness fell we moved on to the island that we had first picked out and what a nice forest it had as well. A good choice for next time we go up.

Day 4

The last dash to the finish in Aberdeen. Now this is where I finally got the participant's to break with a Ribble Canoeist tradition and got them on the water and paddling before 10am!!

They were not best pleased but I did remind Allan that it was only by luck that we had an ebb tide till 1pm and the last 2k was tidal. We all made it before the tide turned.

Well that's it, it was a good trip and I admit I did enjoy it and look forward to the next one.

Thanks

Roy Booth

Booking Equipment

I have taken over duties of Quartermaster from Albert, but the procedures remain the same.

A reminder to any members wanting to borrow club equipment Please remember to follow the standard booking procedure, which is:

- Ring me on a Monday evening (contact details in Newsletter)
 - Collect and return kit at H&D on a Tuesday evening.

SIMPLE!



Happy Paddling

Graham Kingaby

The River Leven April 3rd Development Trip

Debra Bookbinder

We'd hoped to get on the Rothay but a distinct absence of H_2O required a strategic withdrawal to a familiar spot next to the Swan Hotel at Newby Bridge.

The Leven is fed from Lake Windermere and holds its water pretty well so was a good bet for a group of improving intermediate white water paddlers

It was familiar to most of us. Paul, Sam, Wayne and I had spent a fair bit of time in the water at this spot with Mr McGrath of Wild River for the Safety Rescue Course the club had helped sponsor last October. We were joined by Will Body and Tom Clarke, led by Roy Booth.

First up was a bit of warming up and surfing at the upper weir then down to run the brick chute. Level was fairly low and confidence was high and we all ran it with no incident.

This left a great opportunity to practice breaking in/out and ferrying across the jet produced by the surf (apart from Will who did his usual handstands in the surf). Gingerly the rest of started working our way higher and higher up.



Then I got cocky, went too high up, forgot what an edge was, followed by a further memory lapse for something called a brace and I was over. I DID try to roll (I have video evidence, you momentarily see blue ski and cloud before the Jacques Cousteau impression continues) but then I'm back counting fish and requesting an Eskimo rescue. http://www.youtube.com/watch?v=6BYS3xx8zIM

Thrilled to see a big red plastic thing above me I grab and get some air, focussing on a beaming Wayne, thrilled to have rescued me and handing me my paddle.

It takes two times of pantomime style shouting 'behind you, behind you' before Wayne takes in what I'm saying and looks over his shoulder to see what I had seen. He was then able to spot he was moving backwards towards the next drop with some speed. He managed to turn the boat and get two strokes in before the current swept him down, but he breezed it. I followed behind. I didn't have much choice! Yes, it's all on video... Here's the link. Best started by whizzing forward to 5 mins in. http://www.youtube.com/watch?v=6BYS3xx8zIM

Everyone followed down the drop and I felt a bit mean about pulling everyone off the play spot from above because of my capsize but no one complained within earshot.

We paddled across to the bank and spotted Tom pulling trainers out of his bag to walk the boats back up. I tried selling him the neoprene boots Will has available but he didn't look keen. Roy then decided we should drag the boats over a fence and up the riverside, right up to the point where the fence drops down to the river i.e. we could have just walked round. But if we didn't do it the hard way we wouldn't be Ribble.

We then ran the brick chute again, again with no incident. This time Roy B reminded us it was a development trip and advised us to go higher up the pour through where we broke in. Wayne did and capsized. He too hung on for a T rescue.

http://www.youtube.com/watch?v=A8Owav6UZrw



I declined the opportunity and we came down the drop. Tom may well have gone for the higher break in as his descent on the drop was very impressive, so was his boat's, albeit separately. More boat and paddle rescue practice for us.

Tom, Paul and I did more breaking in/out practice whilst the grown-ups went and did more exciting things. Wayne decided to go back up and practice rolling in the pour through, which he did successfully twice (he claimed), then came down the drop, capsized and tried to roll against some rock. So there was more boat rescuing for Sam and Will. Well wouldn't want them to get cold doing nothing.

We took a break on the island, obviously, as this was more hassle than the bank. Everyone bar Tom and I had biscuits in their B.A.'s. I had in the past but it had got to soggy I'd removed it but the absence of breakfast was showing (yes, I had paid £1.50 for a scone I didn't want in order to use the toilet at the Newby Bridge café, but even that was in my car!). I scrounged a biscuit from Paul and

Tom declined the offer of one – maybe that's how he fits into such an ickle boat? This time instead of taking the drop on the left after the brick chute the levels were such we could take the drop on the right. Less volume and over longer it was more technical with rock bits to be got round and an annoying branch hanging over exactly the right tongue at the lead in at the top.

Roy went first and breezed it, building everyone's confidence. Paul was cool and did the beginning with only one hand on his paddle as he battled past the branch. I had some trepidation but decided if I was doing it I'd try to make sure I get it on camera so when the branch tipped the head camera to the sky my vanity became apparent as I clearly adjusted it back again when I should have been concentrating on where I was going. No tears though and quite fun as the speed whizzed us through.

http://www.youtube.com/watch?v=66-dKVtRsf0

There was then a series of different features, all smaller than last time we were on but fun all the same. For one surf spot we were all lined up surfing and couldn't help thinking how much we have all come on in the last year as there is no way I would have been doing that a year ago and Paul would probably say the same.

Tom took a capsize but waited for a T rescue – this is beginning to become a habit!

In what seemed like no time but what was in fact 2 hours plus we were at the top of the graveyard. We took a good look and worked out it could be run left or right.

On the Safety Rescue course I'd taken a tumble at the top and so was well aware of the number of rocks on the way down as my bum had found most of them during the swim down. I had run it successfully last time but only because Rache's boat had given me such a good line (oops, I think in the last article I claimed I was boat chasing rather than boat following).

We all took the left for the first run down and were really focussed. It seemed much slower than last time and it was easier to put the boat where it needed to go. We all ran it upright.



I declined to run it again (sheer laziness precluded the carrying of my Karnali – note to self a playboat spoils you) but everyone else did, including Tom who was seen to be getting his trainers out to walk back up the river bank. Roy tried to sell him Will's trainers. Can't say we aren't triers.

Unfamiliar with the concept of 'quit while you're ahead' Mr Binks Senior decides to run it again, but this time, aware of the still camera waiting to take his action portrait and keen not to do the bloated puffer look he concentrated on his winning smile, as his boat rotated 180 and he capsized. Got the shot just before....



Satisfied we ran the next half mile pretty happy.

I even lead for a bit, or was that simply everyone else was just paddling behind me. Well in my head I was leading anyways, just don't know if anyone followed.

We made our way back to the vehicles and some superb donuts courtesy of I'm not really sure but whoever it was, what a brilliant idea.

Once changed we decided to scout Backbarrow to have a better idea of what it may be like at this level. Clearly not doing it as we were all in dry clothes we could all confidently announce we'd have definitely done it if we'd known it was going to look like that.



Perfect end to a cracking Mother's Day.

Debra Bookbinder

Photos courtesy of Roy Booth

Chairman's Chatter

So, the AGM's well over now and just those promises to try and keep. Roy Booth's proposal, accepted by the AGM, is being followed up and our new Quartermaster is hot on the trail of new boats and somewhere to put them – just got to get rid of some older boats first! Yes, we have a new Quartermaster active since Easter as he was busy getting married before then. In order to keep things close and promote the tightly knit nature of our Club, our new Quartermaster, Graham Kingaby married our Webmistress Elizabeth Sleaford (as was). Congratulations to them both and long may they reign over our boats and our banter.

Congratulations also to Iain Robinson and Gemma who produced a new little paddler called Phoebe Grace who now takes over from Holly Marsh as our youngest member.

Allan's baby, the 1 Star Course, is off the starting blocks with 16 members signed up and more arriving at the last minute and beyond as usual. We may need to extend the canal on a Tuesday night with 1 Star, 3 Star and Open Boat (sorry Alan Aldred, Canadian Canoe) sessions on the go as well as swan fights and Buccaneer Runs. See the website Forum for all that's occurring.

Good news for all those new members trying and failing to get registered on our website forum. Elizabeth has now got control of the forum access and you should all now be registered. So we should see plenty of new (and interesting) forum names posting there. However if your forum name doesn't convey exactly who you are, please add your real name (or enough to let us know who you are) to the signature box in the "Profile" forum tab.

We've had a couple of events cancelled recently. Thanks to the Grey Wave, camp sites are getting booked up much further in advance.

Sleningford Mill at West Tanfield has instigated procedures requiring individuals to book several months ahead.

Maybe it's just us, but we don't seem to be that sort of people, with the result that our organiser's provisional bookings are overridden by the site before any individual bookings had been made. So, that's where the first of our summer camps went. Next, our Open/fun Day proposed at Blackpool Wake Park fell prey to lack of interest. Maybe were all spoilt by the attractions on offer at The Lake District – we're very lucky it's so close, and you get better scenery there too, and, as Graham K remarked we can set up our own barbecues (or soup kitchens) there. However keep your eye on the Forum as alternative events have been put in place, albeit for the benefit of developing paddlers rather than beginners.

We currently have a very strong group of developing paddlers across the whole gamut of canoeing as we know it – white water, touring, sea and open boating (in Canadian canoes AA). Our calendar is set up to cater for these developers as well as beginners. It's greatly to our advantage as a club, to progress members steadily upwards in skill levels to whatever stage they feel comfortable with. What enables us to do this is a group of highly skilled and experienced paddlers and coaches within our membership, who are willing to dedicate their time and nerves to passing on their skills in situations where they bear a considerable responsibility. The fact that they are well aware of this and still do it is a great commendation to them.

Beggar me! I got all serious just then. Did you notice?

Terry Maddock 01253838502

Chairman@ribblecanoeclub.co.uk

Editor's Bit

Thank you to the contributors of articles for this edition of your Newsletter.

Roy Booth is obviously maintaining his writing skills, by sending another article. We have a theory that he now wants to give his version of events before someone else gives theirs. Having been the target of much leg pulling in the past who can blame him? His recent Open Canoe Trip to Scotland with the Ray Mears Wannabee group makes good reading, although I wonder if the title is really clever or Di Di did we foul up on the spell checking.

Thanks to Debra for her article about her exploits with RCC on the Leven. It is always nice to receive photographs to go with the article, but Debra even supplies the video evidence of some of the aquatic antics. What next live video coverage beamed to us by satellite? (Shouldn't have said that it might give her ideas) Thanks Debra things are never dull when you're around. Perhaps we should change your nickname from "Icemaiden" to "Outside Broadcast".

You may have noticed that we have a new quartermaster, Graham Kingaby. May we take this opportunity to welcome him on board and to thank the retiring quartermaster Albert Risely for his past efforts. This job can be pretty thankless at times so can I urge anyone wanting to borrow club equipment to remember that there are procedures to be followed. These are there for everyone's benefit. Also remember that the job is a voluntary one and the quartermaster has a life outside Ribble Canoe Club.

Dates and Deadlines: The next committee meeting will be on Wednesday 6th July at 7:00pm at the Hand & Dagger. The next newsletter will be published on 20th July. We would appreciate all submissions by Wednesday 13th.

Please send your submissions by email, to newsletter@ribblecanoeclub.co.uk. When we receive them we will send you an email acknowledgment. If you don't receive one you will know it hasn't been received

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

Pat & Norman Green newsletter@ribblecanoeclub.co.uk

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. **Please note prices for pool sessions:** Rolling Course £20 plus club membership. Freestyle £5. All other sessions £4. Please book in advance for the Paddle Skills Sessions and Rolling Course by phoning the named contact.

Date	Session	Contact	Supervisor	Committee
20 May	Open	n/a	Tony Morgan	Brian Woodhouse
27 May	Rolling Improvement	William Body	Rick Turner	William Body
3 June	Open	n/a	Adam Fielder	Rachel Drew
10 June	Paddle Skills	Allan Hacking	Katy Fishwick	Gary Fishwick
17 June	Open (subject to change)	n/a	Adam Fishwick	Cynthia Conway
24 June	Open	n/a	Tony Morgan	Terry Maddock

Ribble CC Library

To borrow a book or video, contact Cynthia Conway (cfconway@tiscali.co.uk) or see her at the Hand & Dagger. Donations of books or videos are always welcome.

Technique:

BCU Handbook

The Practical Guide to Kayaking

Canoeing & Kayaking

William Nealy's "Kayak"

Bombproof Roll and Beyond!

Eskimo Rolling for Survival

White Water Safety & Rescue

Weir Wisdom Rapids

Canoe & Kayak Games

The Playboater's Handbook

Complete Book of Sea

Kayaking

Sea Kayak Navigation

Path of the Paddle

Canoeing

Open Canoe Technique

Rowing it Alone

The Handbook of Survival at

Sea

BCU Coaching Handbook

Sea Safety: The Complete

Guide

White Water Kayaking

The Art of Freestyle

Canoeing Safety and Rescue by

Doug McKown

Guidebooks:

English White Water

Scottish White Water

White Water Lake District

An Atlas of the English Lakes

Canal Companion: Cheshire

Ring

Anglesey Sea Paddling

Welsh Sea Kayaking

100 Paddles in England

Scottish Sea Kayak Trail

General:

The Rough Guide to Weather

The Liquid Locomotive

Many Rivers to Run

Norwegian rivers

Canoe Focus

Working out of Doors with

Young People

Expeditions:

Travels with a Kayak

Whit Descher

On Celtic Tides

Chris Duff

Blazing Paddles

Brian Wilson

Dancing with Waves

Brian Wilson

Paddling to Jerusalem

David Aaronovitch

The Last River

Todd Balf

Paddle to the Arctic

Don Starkey

Canoeing across Canada

Gary & Joanie McGuffin

The Canoe Boys

Sir Alastair Dunnett

Odyssey among the Inuit

Jonathan Waterman

Barbed Wire & Babushkas

Paul Grogan

Videos:

Liffey Descent

Deliverance (18)

Extreme Sports Canoeing

A Taste of White Water

Wicked Water 2

Drill Time

Destination Nowhere

Path of the Paddle: Whitewater

DVDs:

Tony Morgan - Grand Canyon

LVM Lunch Video Magazine

Ribble Newsletters (CD)

RCC Newsletters 2002-2009

Without a Paddle (13)

Whitewater Kayaking

The Cockleshell Heroes (U)

Mags Brayfield in Nepal

Tatshenshini/Alsek 2007

Mountain River Movie

By Michael Allender

Jackson Kayak Promo

It's Different Every Time

Halton Rapids

Norman Green

Fort William 2005/06 Trip

My Tartan Adventure (VCD)

RCC, Scotland 2007

Thistle Float Your Boat

RCC, Scotland 2007 & 2008

Norman Green

Locks and Quays

Featuring Ribble Canoe Club

The Politics Show

Featuring Ribble Canoe Club

Open Canoeing

Reg Blomfield

EJ's Rolling and Bracing

This is the Sea - 1st ever action

sea kayak video

Janet Robinson

100 years of Whitewater

Adventure (USA)

Sea Kayak with Gordon Brown **Instructional Journey along**

Skye Coast

RIBBLE CANOE CLUB	Ribble CC Contact List	Committee	General Information	Access	Courses	Instructor	Hand & Dagger Key holder	T.E.A. Trips	Beginners River Trips	Intermediate River Trips	Advanced River Trips	Sea Trips	Open Canoes	Surfing	Beginners' Slalom	Advanced Slalom	Men's Polo	Freestyle	Other
Allan Hacking					3	©	3		③	☺		☺	©						
Andy & Debbie Dowe						0	0					©							Xmas Dinner
Brian Woodhouse		Membership	©	©				☺	©	☺									
Cynthia Conway		©						☺											Library
Gary Fishwick		©																	
Graham Kingaby		©																	Quartermaster
John Kington		Treasurer						©		☺									
Norman & Pat Green								©											Newsletter
Paul Binks		Secretary	©						©				©	☺	©				
Rachel Desmond-Drew		©																	
Richard Collins		©						☺											Contact for Tourers, Explorers & Adventurers Trips
Rick Turner		©						_											Welfare Officer
Terry Maddock		Chairman	©		3	©	3	©											
Wayne Lees		©																	
Will Body		©																	

Ribble Canoe Club

CALENDAR

This Month: May/June 2011

NOTE: Last minute trips are often arranged on the forum on the website (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.

MAY

May - June 2011 1* Course

Fri 20 21:00 – 22:15 Open Pool Session - Fulwood Leisure Centre

Sat 21 10:30 – 23:30 Beer fest and paddle – Paddle Cancelled due to Lack of interest. Beer festival will still be attended Contact Roy Booth

Sun 22 Access Day at Halton inc. 1* coaching Session

Fri 27 21:00 – 22:15 Improve Your Roll - Pool Session -Fulwood Leisure Centre Contact: Will Body

Sun 29
Beginners Trip – 8 mile round trip
on Coniston
Contact: Roy Garriock

JUNE

Sun 5
TEA Tri-Lake Challenge There and
Back Training Session
Windermere. Fell Foot to Waterhead
and Back
Details on forum

Wed 1 19:00 – 21:00 Coaching Forum - Hand & Dagger

Fri 10 21:00 – 22:15 Paddle Skills Session - Fulwood Leisure Centre Contact: Allan Hacking

Sat 11 to Sun 12 Sea Kayaking Weekend - Anglesey, Wales For Experience sea paddlers Contact: Andy Dowe

Fri 17 21:00 – 22:15 Open Pool Session - Fulwood Leisure Centre

Sat 18
Beginners Trip
Possibly Waterhead on
Windermere.
Contact: Terry Maddock

Fri 24 21:00 – 22:15 Open Pool Session - Fulwood Leisure Centre Fri 24 to Sun 26 POSTPONED (pos July 29-31st): West Tanfield Camp - Slenningford Watermill, West Tanfield

Sat 25 to Sun 26 Overnight Lake Trip – Ullswater Easy practice for multi day canoe or sea kayak trips, carrying all kit and camping overnight on a campsite beside the Lake. Contact: Will Body

JULY

Wed 6 19:00 – 21:00 Committee meeting - Hand & Dagger

Fri 15 to Sun 17 Rhosneigr Camp - Rhosneigr, Anglesey

Fri 29 to Sun 31 Possible Replacement date for West Tanfield Camp

AUGUST

Wed 3 19:00 – 21:00 Coaching Forum - Hand & Dagger

Fri 19 to Sun 21 Summer Camp - Bala, Wales

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.