

TALES FROM THE RIVERBANK



March/April 2015

TriBoat TriLake BiRiver

Photo contributions from Jeff Carr and other club members



In 2012 I completed my first sponsored Dryathlon for Cancer Research. I'd chosen a Cancer Research challenge in memory of my dad. In 2015, I felt I should add more to the challenge, so what about a sponsored paddle? I love the Rothay and the Leven and if I could link up those two favourite rivers it would be fantastic. The only problem is that between the two rivers is the 18.5km length of Lake Windermere, and that's best tackled in a sea kayak. I really don't do long pointy boats! I'd never paddled more than a few hundred metres in one so 18.5km would be a step up!

Despite that, I liked the route. I wouldn't have to leave the water from start to finish. I could complete the journey using three different types of craft: canoe for the 7km of the Rothay, Lake Grasmere and Rydal Water, sea kayak for Windermere, and finally a kayak for the 3.5km of the Leven from the Swan Hotel at Newby Bridge to Low Wood. That would be a 30km trip, using three different craft, on three lakes and two rivers, all in one day. Could I really pull that off?



I started looking at the logistics: the weather, river levels, the daylight and shuttles. To have a good run on the Rothay the river level needs to be above 0.7m on the gauge at Miller Bridge House. It had been running between 0.4 - 0.5 for the last few weeks, which would be a scrape. At the other end, the Leven needs to be between 0.9 and 1.1 on the gauge for the river at Newby Bridge. The levels were certainly a concern.

But I had the beginnings of a plan and it was time to ask my fellow Ribble Canoe Club members for support. And in true Ribble style, help came from all quarters: food and drinks for the changeovers, boat shuttles and moral support.

But more than anything, I had to do something about my sea kayaking. Gareth and Sarah came to my rescue with a training bumble on Windermere. But on the chosen day the wind was blowing 25-30mph, gusting to 45-50mph, so instead we put in a few miles on the Lancaster canal. It was a blowy trip featuring some strange squealing from me when the kayak got pushed 5" sideways. I couldn't help wondering what it would be like on the open lake. The week after, I had my second training session, out to Wyre Light and back with Gareth and John. They made me turn through 180 deg. Was it to build skills and confidence, or just so they could laugh at me? I'm not sure.



And that was all the training I could fit in, because suddenly the eve of the challenge arrived. That Friday as I was heading home to get the kit together for the next morning, I had a childhood memory of "It's Friday, it's 5 to 5 and it's Cracker Jack!" For those of a certain age it will mean something; for the rest I do apologise.

There had been showers that afternoon which turned into steady rain in the evening, so I eagerly checked the gauge for the Rothay. It was still 0.5m so I resigned myself to it being a scrape. The wind predicted for Windermere was 15 - 18 south westerly which would be a challenge. The Leven had not moved from 0.9m; at that level Backbarrow is runnable so the Leven was good to go. On the morning of the challenge, the alarm was set for 06:00 but I slept right through! The day was saved by my Bengal Cat Electra who wakes us up if we sleep through the alarm. So now I'm running 20 minutes late! But first things first, I check the gauge on the Rothay. Brilliant! It's up to 0.9m: perfect for a good run. The Leven is reading 1.01: perfect for Backbarrow. So it's all about Windermere....

Next stop, pick up Paul my chauffeur for the day and off to Grasmere. When we reach junction 34 M6 the heavens open. The wipers are going as fast as they can and still can't shift the water from the screen quick enough. Five minutes later and the rain stops. It's starting to get light. Forty minutes later we pull into the car park at Grasmere. It's 07:50. Paddling the Rothay are myself, Will Body, Paul Binks and Roy Booth & Deborah Finn tandem. We get our kit and canoes sorted as the morning breaks. We get onto the water and leave Grasmere at 8.20, twenty minutes late.

I keep the pace up. We cross Grasmere in record time, then back onto the river. I shoot down the first significant rapid and jump in the eddy to see Will and Paul following me down and Roy and Deborah entering the rapid backwards, but they come through unscathed. The river is great with this amount of water and I'm loving it.

The rapid at Pelter Bridge gives us our next moment. As we enter the rapid, Will gets stopped on a rock. I'm following on a slightly different line and nudge him off the rock. The hardest part is paddling past the hotel weir without stopping to play. We continue down to Windermere and Will says: looking at it one way, that's over half of the challenge done, because we've already done two lakes, one river, and one craft.



We come out of the river into the sun. Lake Windermere is like a mill pond, not a ripple! We paddle in to Waterhead, and the sea kayaks are lined up ready. We arrive bang on time at 09:45, to the welcome sight of Pat's camper with bacon butties and brews for the hungry masses.



The paddlers for this leg were myself, Roy & Deborah (tandem), Gareth, Sarah, Norman, Paula, Alan and Matt. We take some time to enjoy Pat's lovely bacon butties and end up leaving at 10:15, a quarter of an hour late.

We are heading off for a long paddle into the sun. The plan is to have a short stop every two miles for a drink. I'm trying to maintain a nice steady paddle stroke, focussing on the first way point, when Gareth paddles up to tell me I need to slow down as I'm stretching the group too far apart! It's going well, the weather's great and I think it's going to be fine. Until we get to the half way mark.



The wind starts to get up as we change direction on the lake. There are some dark clouds coming in, and it's getting harder. As the weather darkens, I lose the optimism I'd had early on. I've hit the wall. The fun has gone out of the day. I've had enough of being in a sea kayak, and there are still 6 miles to go. We set off for the next way point, and it's a slog.

I can see a very bright hat in the distance and I recognise John, who has paddled up from Fell Foot. We get across the lake to meet him. I don't want to be doing this now, I want to get out and go for a drink, but Doh! I can't even do that as I'm not drinking for January.

We head to the next way point. I start getting spasms of pain up my right side. Norman looks at me and says: are you alright? Not really, I tell him. He suggests I shift position. So I move about in the seat and the pain goes away. I make five or six paddle strokes without the spasms. Great! And then it comes back on the other side. It's exactly the same pain, in the same muscles, just on the other side.



I shuffle about some more, lean forward, and just have to paddle through it. There are still 5 miles to go! John is encouraging me, pushing me, telling me to keep it up, saying I'm doing alright. Alan says we are averaging 6.5 miles per hour, which is great, but it's been hours already and I tell myself "It'll be over soon. Not much further now."

I'm starting to slow down and I'm finding it difficult to stay with the group. I wonder why I'm doing this. I tell myself, the whole point was to make it a challenge, and it certainly is. I feel like I'll never get there.

Alan and Norman have maps and point out where we are, but I can only think ahead to the next way point when I can stop for a drink.

And then we see some kayakers coming up the lake to meet us. It's the river paddlers who've been waiting at Fell Foot. We're nearly there! I start to feel the excitement! We're close to the end of the lake. We paddle on, and at the last minute, everyone pulls back so that I am the first sea boat to reach the lakeside.





We get in at 2.45. It's taken four and a half hours to paddle the lake: exactly the time I'd allowed in the plan. I gratefully climb out of that sea kayak. After the practice sessions, I couldn't stand up. My legs were so dead I'd looked inside the boat to find them! But this time it's OK.

Pat's cafe has moved from Waterhead to Fell Foot and is now offering delicious hot leek and potato soup and potato skins. Alan and Paula are going to have lunch and set off to do the whole lake journey in reverse!



The river paddlers for the next section are here: Will and Paul Binks, along with Paul Smith, Mark Green, Stewart Williams and Deborah and Roy in the Topo Duo. I'm starting to think: what lunatic runs a marathon before paddling a technical river like the Leven? I've done 25km already, and I'm tired. I've never had a clear full run of the Leven at the best of times. Already I'm thinking of the two likely places for a swim: Backbarrow and Dairy Lea Gorge.

I get into my river boat and it feels like putting on a pair of slippers. It feels right and that gives me confidence for what's ahead. We leave on schedule. The trepidation about the lake is behind me now, and I'm starting to see the end of the challenge. It would really be something if I could get a clear run.

We go over the Swan Hotel weir. I hear a scream from the Topo Duo but it's Roy, not Deborah!



At this point, we're joined by some other paddlers, Keith Beer, Bill Thompson, Paul and Charlotte Eyres. There are eleven on the Leven!

We go quickly through the Brick Chute, and Mill Force. It's difficult not to play at these features where normally we'd spend a couple of hours. But time is passing, and we need to make the most of the light. I don't want to be facing Dairy Lea Gorge in the dark! We fly through a couple of small rapids and approach the Graveyard.

This is the first major opportunity to take a swim and a couple of paddlers go in. We wait in an eddy and I'm a bit worried about losing the light. When we get to the Wood Yard, Roy and Deborah get out. Roy would have taken the Topo Duo down Backbarrow, but Deborah didn't want submarine practice.

There are people taking photos from the bridge at Backbarrow. Will goes off first. He takes a nice line and flies through with no problem. I follow Will. My line is slightly different but it's the line I'm used to. As I go down the slope into Backbarrow I'm looking to plant a big powerful stroke on the right hand side to pull myself up and over the top of the Haystack.



I nail it and the boat performs brilliantly it's our first time down and as I come out the other side of the bridge with no problems.

Three paddlers portage Backbarrow and there are a couple of swimmers. When everyone's back in their boats, we cross the river to portage the Grade 5 section. There's another weir directly below the Grade 5. This section is more technical than Backbarrow, but I'm confident as I've never had any issues here. I hope my luck holds. A couple of people take very interesting lines, and I think they're lucky to stay in their boats! There's one swimmer, but I get through just fine.

The clock is ticking on the daylight. There's a good grade 3 drop under the road bridge, and I've swum there before. It's a rocky, bumpy section, bigger than the Graveyard. I feel hopeful today, but at the back of my mind I know my nemesis is waiting for me further on. We get through the grade 3 drop without incident, so now it's the big one: Dairy Lea Gorge.

I'm thinking this is likely to be it. This is where I'll take a swim. I pull back and let everyone but Paul Smith go ahead. When they're through, I set off. I slide sideways over the first little rapid to set up for the chute. I put the power on, with a really big stroke to get myself moving down into the gorge. I fly down into the gorge, and I hear someone shout 'swimmer', but it's not me! I power through then turn round to see Paul following me down. So who was the swimmer? It turns out that Paul had gone over but managed to roll back up whilst shooting the gorge!

And now it dawns on me that I've actually done it and what's more I've got my first clear run on the Leven!

There's just one little rapid and then we bumble round the corner and the crowd is waiting to welcome the pack the time is 15:44 that's 14 minutes late on the whole 30Km day.

I get out of my boat and climb up to the top. I'm thrilled that I've made it.



Everyone is congratulating me, except the Chairman who says if I come up with a daft stunt like that again he's going to kill me. Pat's mobile catering service is there with gorgeous mini shepherd's pies in pastry and Helen has made the most delicious chocolate cake.

And then we go back to the Swan Hotel to celebrate, but mine is a coke! That evening, I'm absolutely shattered. The next day we go over to Chester to see my mum, and tell her all about it. I'm surprised that I'm not in pain, and instead I'm wandering around with a daft smile on my face. It feels like a real achievement, and over the next few weeks I watch the money roll in for Cancer Research and it feels great. The final total is £778! Now what could top that in 2016?

Graham Kingaby

Caption Competition.

These are GK's offerings we want to see who comes up with the best line. Here are 2 from me to get it started: "Paul I've told you Dave Cardwell isn't in there" and "Does my bum look big in this" Please send yours to newsletter@ribblecanoecub.co.uk



Coaching Chat: March

Photo contributions from David Sutton, Sam Binks and other club members

Paul Binks

The new format of coaching forum meetings seems to work well, with more focused discussions and more coaches available for the meeting.

We're organising 1star courses again this year for April (Paul Wicks), June (Paul Smith) and August (me), starting with enrolment for the 1st one on 7th April at the Hand and Dagger. It was also agreed that Chris Jackson would offer a weekend 1 star course on the 15,16,17 May, with a pool session on the Friday night and 2 days outdoors. These will be advertised on the forum. We've decided to reduce the duration from 6 to 4 weeks to be more in-line with current British Canoeing guidelines. The 2 star course which is being run by Graham Kingaby, again this will be advertised on the forum. Graham Kingaby is also looking into the possibility of running a 3 star canoe course; not something we've done before but there seems to be a demand for it; details to follow.

Before Christmas I organised 2 sessions at Halton to introduce people to moving water.



The intention for these sessions was to get people a taste (hopefully not literally!) of moving water before the Christmas Rothay paddle and before Allan's 'Rothay to Washburn in 6 easy (or not so easy) steps' course. Quite a few people who'd never been on moving water took up the opportunity, along with a few people who felt they needed to brush up their skills.



The Annual Christmas Picnic Paddle was a great success again and 6 folk new to rivers successfully did their first river trip; though a couple of unseated riders and river bed inspections saw the “Freshers” literally have their first taste of the Rothay, though this did not mar the enjoyment of the day or dampen the Christmas spirit. Thanks again to Pat's outside catering; the hot sausage rolls at White Moss Common make it worthwhile braving the damp and cold for any day!

Allan's 'Rothay to Washburn....' course has been very well patronised with 3 groups taking on the ups and downs, ins and outs of Halton.



Gary Hamer with Luke Richards watching how he does the cross

Introducing people to river paddling like this has not really been tried before but there does seem to be a demand for it. As a coach it does take up quite a bit of your time and you do feel that you are putting quite a bit of yourself into it. But when you see people progressing and enjoying it and you know that you are helping to train your future river paddling buddies it does give quite a sense of achievement.



Left: Steve Thomason Right: Stan Atkinson they are both paddling the same stretch of the rapids

The photos below are courtesy of Peter Mayes “Personal Images Preston”



Paul Binks

Mr Chairman's thoughts on BCU Membership And Third Party Liability Insurance

Following the AGM and the discussion which was held I thought I would put my thoughts down on Membership of the BCU and Third Party Liability.

Below is an extract from RCC policies – “General Club Procedure and Policies” first paragraph:

Insurance

On organised trips (usually listed on the club website “Forum” under “Coaching & Training”) members will be covered by the Club’s “Public Liability” (third party) insurance.

If you are intending to paddle on other occasions we recommend that you either:

- Take out “Public Liability” Insurance for canoeing.

Or

- Join British Canoeing (Canoe England/BCU) membership includes “Public Liability” insurance.

Note (Extract from Canoe England Website) – *“The Canoe England insurance scheme covers affiliated clubs and members, coaches, officials, volunteers and paid employees who have a claim made against them for any wrongful act or omission which causes injury, property damage or financial loss to someone else.”*

I have lifted the following information from the Canoe England website

3 Reasons to become a Canoe England Member!

1. License to paddle on 4500km of Britain's waterways
2. Civil Liability Insurance, worth up to £10 Million
3. Great rates on boat insurance

Plus, you get loads more great benefits, including four **free** Canoe Focus magazines, a monthly e-newsletter & 10% off at leading Canoe & Kayak retailers, nationwide.

And You Help Support Canoeing in England!

Being a member of Canoe England, you will not only get great value membership, you help guarantee the future for our fantastic sport!

Canoe England exists to represent its members’ interests & to support the wider canoeing community.

We know that access to inland waterways is something that many paddlers are passionate about, which is why we are dedicated to achieving greater access to our inland waterways by working with key partners.

We improve canoeing experiences for everyone; from those exploring our inland waterways, to those paddling an exciting stretch of white water, to clubs, centres and volunteers around the country, right the way through to supporting the next Olympic Champion.

So by joining Canoe England, you save money and help support our wonderful sport!

MY COMMENTS NOW FOLLOW AND I DO STAND TO BE CORRECTED:-

Anyone who paddles on the canal without the necessary permit is liable to a fine and confiscation of your craft (canoe/kayak).

The permits are available from Canal and River Trust at a cost of approx. £32.00 for a 30 day pass which I believe can be used throughout the year but for no more than 30 days.

Details of permits can be found on the Canal and River Trust website.
They also require that the craft is insured for third party risk.

Ribble Canoe Club has registered 11 boats through the BCU/ Canoe England.

On many evenings in summer more than 11 members use the canal for coaching purposes.

All other members are probably, unless BCU/Canoe England members, paddling illegally.

3rd part liability insurance is available from other insurance sources. One example of this sort of insurance is Insure 4 Sport which costs approximately £15.50 for 1 million pounds of cover but also covers you for many other sports as well. You can google them for details. I am sure many other companies offer similar cover.

I am sorry this article is such a ramble but I thought I would put my thoughts on paper to bring the above information to you.

Please do not hold back on views and comments as I think the subjects above are important and will help members assess whether to join the BCU/Canoe England.

I also stand to be corrected on any of my points above.

Matt Aspden

NB. Canoe England, part of the BCU, changed its name to British Canoeing in recent months. Unfortunately the changes to its documentation and web site content have not yet been completed. Therefore information extracted from Canoe England/BCU web site may still use the old organisation name. Apologies if this is confusing to our readers.

Who's afraid of the Washburn?

Stan Atkinson

Once upon a time, a middle aged man seeking some excitement and thrills in a new chapter in his life decided very impulsively to join a Canoe club.

Fast forward six months and after progressing to grade 2/3 White Water Rivers he had heard rumors of a notorious place called "The Mighty Washburn" holding almost legendary status among the Kayak community.

Whilst bimbbling down the canal the other Saturday I turned to my friend Adam and told him I had been on a surveillance mission the previous Sunday to see this wicked place in the flesh. Adam informed me that a few of them were going the following day. Quick as a flash I said "can I come with you"? Pause! "OK, my house at 9am you WILL swim". Longer pause "Right then, see you tomorrow". No going back now. (Stan, tell him you're washing your hair!). That night I did my homework via 'YouTube' and felt reasonably confident of the mission ahead.



Fresh Sunday morning having an hour and a half drive to think/worry about this challenge we arrived and met Mags, Glyn and Reg, "Hi Mags, what d'ya reckon should I do it? "NO" came the reply. Don't sit on the fence Mags. People keep telling me it will be fine. You'll be fine, everything will be fine. Tell me everything will be alright Adam, please!

Fine, then let's do this.

Adam walked me down the first section explaining where I should be which line to take what angle to approach from etc. all I could see was a billion tons of water hurtling down a steep gradient at 100mph with loads of big boulder things in the way. Cheers YouTube, NOT! OH LORDY WHAT AM I DOING. "Why is everyone staring at me and my boat Adam?" "It's too big for this particular run really, but you'll BE FINE." Bloody hell, Fine again. "Follow me and stay in the middle."



Off we go, stay calm, heart pounding, and stay in the middle,



BOOSH, first feature through OK BOOSH, second one through BOOOOOOSH, more luck than judgement, too far right BA BOOOSH nearly went then, I am doing really well here, everyone will be proud of me, keep paddling, just the weir to go and I've made the first section come on straighten up, and PADDLE LIKE HELL. SMASH, KA BOOM ARRRGGHHHHHH !! GLUG GLUG - upside down, dream in tatters.

"You nearly did it then, well done." I was to hear these words a further three times that day but couldn't get past that damn Weir. I also heard a lot of people laughing in Yorkshire accents, "As tha lost tha boat again lad tha nose, thas a big bugger."

A little old lady walking her dog also commented "are you having a nice time?" "Not really", I said with a wet smile on my face. That just about sums it up though, I still had a smile on my boat race and in a way am glad I failed my mission because to have 'done the Washburn' on the first attempt would have been either blind luck or not fair on everyone else who has failed first time with considerably more talent than myself.

My poor shiny new pleasure craft now looks like it's been in a car crash and thrown down a mountain; she is currently in the workshop being repaired and readied for the next adventure. Wherever that may be, I am looking forward to it.

Stan Atkinson
Photos from Mags Brayfield

BALA SUMMER CAMP

21/23 August 2015

We are indeed heading back to Glanllyn campsite, lakeside at Llyn Tegid (Lake Bala) -

<http://www.glanllyn.com/>

As with previous camps, please can you contact the campsite direct to confirm your pitch - details are on their website and below. Please mention that you are with Ribble as I believe they will try to keep the caravans together. Camping pitches aren't allocated.

Contact details for the campsite can be found on their website - an email address and phone numbers.

There are good facilities at this campsite with a big clean shower and wash block. Campers are kept slightly separated from caravans & campervan but this didn't prove an issue last year! As far as I am aware (and based on last year) they have no problems with BBQ's.

Activities:

We are right on the banks of Llyn Tegid which can be paddled by all (after the purchase of a permit). There is also Canolfan Tryweryn for the white water paddler, but the release details are not up on their website yet - www.ukrafting.co.uk.

Also nearby is Coed y Brenin which is the largest Welsh Mountain Bike centre is about 20 minutes away and has a fantastic variety of mountain bike trails of various grades and walks.. More details will be posted on the forum nearer the time

***Thanks
Roy Booth***

Summer Dates Halton

Are you fed up of paddling cold rivers in damp grey winter weather?

If the answer is yes then read on.

Access has been agreed with the Anglers for us to paddle unchallenged at Halton on the two following dates:

Sunday 12th April

Saturday 9th May

Put these dates in your diary and keep your fingers crossed for good weather and good water levels.

Pat Green

2015 Membership Renewals

Renewal forms have been emailed out to members; if you haven't received yours then please email: membership@ribblecanoecclub.co.uk

Please print off the form make any necessary amendments (including adding any family members) sign it and either send it with your cheque to the address at the bottom of the form or pay at the H&D on a Tuesday evening cash or cheque.

If you do not have access to a printer then I suggest you forward your membership renewal to a friend and ask them to print it for you. If you have lost your form then please email me and I will email a copy out to you

Please Note: If you joined the club after 1st November 2014 the fee you paid includes your 2015 fees. If you are intending enrolling on one of the club courses you will need to have paid your 2015 Membership Fees.

Important Notice re Medical Disclosure

As a result of trips last year where medical assistance was required, we have amended our membership forms to include health and medical information. The Information regarding health conditions and medication asked for on this form is so the trip or event can be planned for the safety of ALL members taking part.

Any member who chooses not to disclose possibly lifesaving information does so at their own risk and the club cannot be held responsible for any repercussions resulting from this decision.

RCC Committee

Winter Club Challenge Update

Thank you to all 97 paddlers who took part. The total miles paddled well exceeded what I expected. Initially I was hoping for 2,500 as it approached the closing date we were nearing 3,000. After an appeal on the forum for any unrecorded miles paddlers came up with more miles, the final total **3,302** (2013/14: 2,587 miles paddled)

The paddlers putting in the most club miles were Debbie Dowe Female Category and Peter Roscoe Male Category.

There is also a category for the number of different places paddled - RCC paddled **41** different places (2013/14: 40)

Club Results for miles paddled

Female				Male		
	Name	Miles Paddled				Miles Paddled
1st	Debbie Dowe	126		1st	Peter Roscoe	243
2nd	Paula Sharples	88		2nd	Alan Blackburn	140
3rd	Amanda Spavin	58		3rd	Rick Turner	128

RCC 2015 Summer Courses

BCU 1 Star Courses

In 2015 we plan to run four BCU 1 Star courses, three will take the form of a five week course usually starting with an enrolment night on the first Tuesday of the month.

Courses will start on:

7th April (contact Paul Wicks),

9th June (contact Paul Smith or Allan Hacking)

4th August (contact Paul Binks).

Each course is mainly based at the Hand & Dagger with the four outdoor sessions taking place on the Lancaster canal, additional pool sessions and at least 1 trip, usually to the Lake District would be included. Assessment will normally take place on the Lake trip.

New for 2015 is a plan to run an intensive course over one weekend, Friday night in the pool followed by outdoor sessions on both Saturday & Sunday. This is planned for the weekend 15, 16, 17 May, for further information on this course contact Chris Jackson.

Fees in 2015 are £35 for adult and £25 for junior club members, plus normal pool hire and BCU certificate fees.

BCU 2 Star Course Enrolment date 31st March 7:30

The first session being on the 14th April which will be an evaluation session this course requires a significant commitment from the paddler as he / she is expected to reach a high standard in both kayak and canoe. The course is expected to last the entire summer from April to July and is limited to 12 people, it is expected that each candidate will own their own boat in their preferred discipline, either kayak or canoe. The course will be based at the Hand & Dagger with the outdoor sessions taking place on the Lancaster canal there will also be a number of trips to the Lake District and pool sessions. Fees are £50 for adult and £35 for junior club members, plus normal pool hire and BCU certificate fees for more information ask for Graham Kingaby

The 2 star course which is being run by Graham Kingaby, again this will be advertised on the forum.

BCU 3 Star Canoe Course

Graham Kingaby is also looking into the possibility of running a 3 star canoe course; not something we've done before but there seems to be a demand for it; details to follow.

PLEASE NOTE: Places are limited on every course. Regardless of whether you are a new or existing member, before enrolling on one of these courses you will need to have paid your 2015 Membership Fees

Allan Hacking

Haiku Corner

Helen Carr

Came to watch

Joined in, head in a spin

Terrified, exhilarated, hooked

Editors Bit

Well it has certainly been a very busy few weeks since the last edition of the Newsletter. Graham Kingaby's Sponsored Tri-Boat Tri-Lake Challenge was probably the high point, with lots of members rallying round to join in and give support in various ways. Thanks to Graham for supplying the article.

Graham's self-enforced abstinence from alcohol was assisted by the club holding its AGM at a "Dry Venue" for a change. The meeting minutes are printed elsewhere in this edition for your perusal, thanks to our very efficient Secretary Deborah Finn.

Congratulations to all the winners of the various trophies (I note with concern that I was nominated for the Shakespeare Prize for my literary efforts to find something trivial to fill up the newsletter – Trivial? - Fill Up? What cheek this is all good stuff) and commiserations to all those who found themselves elected on to the committee. In my defence, I only need to FILL UP with TRIVIA when members don't supply articles.

Our Chairman smoothly and seamlessly navigated his way through the proceedings with the same consummate ease he uses to paddle his boat down a river. But without the capsizes. One slightly worrying point is that members are simply not eating enough fruit pie and cream on these occasions with the result that committee members and family are being forced to take home the leftovers and eat it for breakfast. Some of the leftover cream lasted until the weekend when it found its way into cream sponge force fed to candidates at a Halton Coaching Session.

If you are looking for the Chairman's Chat in this edition, don't bother because there isn't one. It is traditional that we allow him to have a rest after the AGM because he has already told us all he knows in his AGM report. See article AGM report. However being relatively new in post and eager to please he has supplied us with his "Thoughts on BCU membership and Insurance." Unlike my TRIVIA this is very important stuff and should be given serious consideration.

Talking about the Chairman, it was nice to see our former Chairman Terry Maddock back amongst us after his health problems, let's hope for his continued health improvements and his presence back on the water again.

Note we have a new "Competition Secretary" in Alan Blackburn (The Captain), welcome to the job, please give him all your support and notify him of any events you think members may be interested in, and notify him of any results you have. (Please include directions to the competition venues).

Once again it is time for memberships to be renewed if you haven't already done so. If you are wondering about whether or not to renew, think about the great value for money you get by being a member and all its advantages, borrowing club equipment, coaching, social contacts, third party insurance on club sponsored outings, club camps etc. If you need further persuasion think of the free fruit pie and cream at the next AGM. (It's a clincher for me)

On the white water paddling front it has been encouraging to see the club using Halton as a white water training venue a little more often than in the recent past. I realise that not everyone wants to paddle there for various reasons, but there can be no doubt that it is one of the better places for people to develop their white-water skills and confidence. Having the other bankside facilities like toilets, showers and parking make it very convenient.

In my opinion the fact that we can now easily access the rapids from just below Forge Weir, means that paddlers are more likely to use the whole of the site. Because access is so much easier paddlers are more tempted to use the top section as well as the bottom one and consequently are becoming better and more experienced paddlers. I have noticed a distinct improvement in paddling skills of the people who have paddled at Halton on recent coaching outings, well done to them and to their coaches. If you haven't paddled at Halton because you don't fancy the idea of a cold wet river in the winter months, watch out for the Summer Dates of Sunday April 12th and Saturday May 9th when you may be able to try it out in glorious sunshine. (No guarantees though).

Also watch the Club Forum for the Halton event being organised by Roy Booth on 28th March. This is a fun event followed by a Barbeque. As always please let Roy know you intend to come along otherwise you may miss out on a burnt burger or sausage.

Thanks to Stan Atkinson for submitting his first article, a "Tall Story" about his first Washburn Trip.

Once again the club has entered into the Winter Club Challenge for places and miles paddled, see article. It is amazing how far we have paddled and the places we have been (that's the "Royal We" because my contribution is fairly modest on both counts). We were so desperate to register the miles and places, that members even turned up to paddle frozen canals. Some people are really committed. (Or perhaps they should be committed).

On the subject of people who ought to be committed, the "Three Greenies" Pat, Mark and I were talked into competing in a Wildwater Race at Kirby Lonsdale last Sunday. I'm not sure how this happened because it is something we have steadfastly resisted over many years of paddling. My thoughts have always been "why would you want to paddle past really good white water when you can stop and play on it?" Anyway participate we did and just to ensure that we could be conned into it again we were each awarded a prize. It was very interesting particularly as the river level was coming up all the time and the boily bit of river just upstream of Devils Bridge was becoming harder to read as it rose. A bit of delicate manoeuvring was required to avoid being yet another of the many swimmers on this section. The situation was obviously lost on spectator and club member Roy Garriock who said "I saw you Putting in a Backstroke you're not supposed to do that when racing." My response was "You do when you think you're going to capsize mate."

Of course just when you're thinking "I did well to survive that unscathed" a seven year old kid paddles down in an old fibreglass kayak without even wearing a spraydeck. (Bet he had to put backstrokes in though).

I have to thank Duddon Canoe Club for organising this race. Having been involved in helping with events in the past I realise how much commitment and effort is required to make an event a success. The club managed to do so in a friendly manner with things running more or less to the advertised programme despite the constantly rising river level.

So that's it from me you can now take a read of the AGM Report now that certainly does provide a FILLER.

Dates and Deadlines: The next committee meeting will be on Wednesday 6th May at 7:00pm. The next newsletter will be published on 20th May. We would appreciate all submissions by Wednesday 13th. Please send submissions to newsletter@ribblecanoecub.co.uk

Norman Green
newsletter@ribblecanoecub.co.uk

AGM 2014

Minutes for the year ending 31st December 2014

Millennium Hall, Neapsands Close, Fulwood, Preston

Thursday 26th February 2015 8:00pm start

Apologies

Patterson family, Brian and Gill Woodhouse, Mags Brayfield, Graham Eccles, Mark Shaw, Nick Lay, Eileen Ball, Sam Binks, Karen Shaw, Andy Biggs, Cynthia Conway.

Opening

Chairman, Matt Aspden opened the meeting at 8pm and welcomed everyone to the 2014 AGM. He explained the reasoning behind the change of venue (accessibility, cost, functionality) and suggested any comments on the venue should be directed to him after the meeting.

Acceptance of 2013 Minutes

The 2013 AGM minutes. Paul Binks proposed acceptance as an accurate record; Norman Green seconded. The vote was carried unanimously.

Hon. Membership Secretary's Report

Tables describing and analysing membership were distributed to the meeting. Pat Green, Membership Secretary, noted that the membership figure for last year was 250 and it was 242 this year. 68 RCC members are BCU members, 182 are not BCU members.

Alan Blackburn asked why members are not BCU members. Pat said we don't really know the answer; perhaps membership of BCU should be promoted to members. A query was raised about what benefit is it to be a BCU member? Pat noted that the third party insurance is good to have. BCU membership also includes a licence to paddle on British Waterways. As a club we have about 11 British Waterways memberships, which covers us on the canal. Other members are not really supposed to bring their boats and paddle on the canal without a licence. Kath and Albert Risely reported that they were challenged once, but they said they were canoe club members and there was no further challenge. Paul Binks noted that there is a club cost for non BCU members as there is a levy for non BCU members when we renew the club BCU membership. It is £2.20 for non BCU members (less for juniors). Pat noted that this year, the BCU has started requiring information on more finely graded age categories. We didn't have that info for this year as we don't collect, so a best guess was offered in the affiliation paperwork.

By category (e.g. adult etc.) the numbers have not changed much. The number of people joining RCC and then renewing next year varies a little but 30+ new members typically will go on to renew their membership the next year. But the number joining each year is increasing, and the majority do not renew. The club does not follow this up to ask why people do not renew. There was comment that a lot of effort goes into the new members (introductory sessions, pool sessions, courses etc.) given that a large proportion drop out. Matt says they may only want a basic introduction to allow them to access fairly safe waters with confidence and perhaps they get what they need in that first year. Norman noted that joining a club is a way of accessing cheap training. There was a query about whether training course prices should go up, but it was noted that putting up prices would affect everyone, including committed members.

Membership renewal forms were emailed out. Some members have renewed and there was an invitation to renew during the evening. New membership cards are now available. It is possible to pay by post or at the Hand & Dagger.

Pat showed the new waterproof cards that are available to members. These can be put in a pocket of a BA, and they give name, emergency contact, medical information like allergies etc. Members were invited to come and collect these cards.

RCC MEMBERSHIP STATISTICS

	British Canoeing Members				NON BC Members				TOTALS	
	<u>2014</u>	<u>2013</u>	<u>2014</u>	<u>2013</u>	<u>2014</u>	<u>2013</u>	<u>2014</u>	<u>2013</u>	<u>2014</u>	<u>2013</u>
	Male		Female		Male		Female		Totals	
Under 13	0	2	0		13	16	11	10	24	28
18 & Under	4	2	0		7	11	9	8	20	21
19 -45	15	20	7	9	31	32	32	23	85	84
45+	35	33	7	8	48	53	31	31	121	125
Totals	54	57	14	17	99	112	83	72	250	258
45+ Non Paddler					5	5	3	3	8	8
	54	57	14	17	94	107	80	69	242	250

Membership Numbers by Category

	2011	2012	2013	2014
Affiliated groups		0	1	1
Adult	167	196	198	194
Junior	46	53	49	45
Life members	10	10	10	10
Total	223	259	258	250

People Joining RCC and renewing their membership.

The numbers included family members

	2011	2012	2013	2014
Joined During the year	48	72	95	109
Re-joined the following year	39	36	35	

Activity	Numbers Interested			
	2011	2012	2013	2014
Slalom	29	25	30	21
WW touring	117	106	108	93
Surf	69	62	63	56
W/W Race	5	5	2	1
Polo	24	16	20	12
General Recreation	205	202	241	247
Sea	90	91	98	78
Freestyle	12	16	21	16
Open Boating	N/A	N/A	N/A	24

Matt thanked Pat for her clear and concise report. He then invited Jude Smith to give the Treasurer's report.

Hon. Treasurer's report and Statement of Accounts for the year ended 31st Dec 2014.

The report, including all the numbers, has been distributed to the meeting. The accounts were signed off on Tuesday by the accountant. Jude Smith thanked Pat Green for her help in getting the accounts organised this year, in Jude's first year as Treasurer. Jude reported that the club has moved to accounts on computer this year.

Jude says the club bank account has a healthy figure of £10k. A small loss shows in the accounts as we purchased 3 canoes which affects the depreciation figure, and we've been advised to write off some items. Club membership generated income of just over £4k. Star courses generated £1315 in income. Pool sessions generated a small profit of £154. It is necessary to have 12 paying attendees to break even on a pool session.

Expenditure this year included: 3 canoes and paddles; BCU affiliation at £480; insurance, which was reduced substantially to £198 this year, and pool fees which increased to £61.25 per week. (Pool fees will go up to £63 during this next year).

Depreciation was just over £2k, and there was some written off kit. Jude noted that the Quartermaster has done a good job of maintaining kit, keeping valuable stock in a good state of repair.

Alan Blackburn asked what the club insurance covers. The answer was fire and theft. One boat went missing from pool, so we've increased security at the pool with a lock. The value of boat that went missing wasn't worth making a claim for in terms of increased premiums. Two other boats also went missing and this was noted at stocktake. In relation to the insurance issue, a question was raised about 'assumed risk' trips and what exactly this means. Roy Booth and Pat Green said that if it's an official RCC coach led trip, then any incidents are covered by the insurance offered through BCU membership. If it is a peer paddling trip, sometimes called 'assumed risk' trip, then this is not covered by BCU insurance. The paddler in this case is only insured if they have personal insurance covering paddling. Alan Blackburn suggested that this should be made clearer to members. Matt said he has made a statement to this effect in the past, and will re-emphasise that non BCU members are not covered on assumed risk trips. Matt said maybe it should go in the next newsletter. Gareth suggested a statement to this effect could be on the membership renewal form.

Mick Huddleston suggested that we clarify that assumed risk means exactly that; that you personally assume the risk associated with the sport, the same as you do when you enter a race and sign to say you assume the risk (thereby removing risk from the organisers). Matt noted that we live in an increasingly litigious world, where there is a risk that a peer paddler could hold someone responsible if something went badly wrong on a trip, and for that alone it is worth having BCU membership and the associated insurance. Roy Garriock suggested that maybe as a club we could recommend that members join BCU. Matt said the issue will be taken to committee.

	Proposer	Seconder	Result
Treasurers Report	John Hooper	Kath Risely	Unanimous
Acceptance of Auditor	Allan Hacking	Albert Risely	Unanimous

Matt thanked Jude for her first report, and moved onto the Competition Secretary's report. Mark Shaw was unable to attend but has provided a report for Matt to present.

Competition Report – 2014

Yet again we had a limited number of members who caught the competition bug last year to help swell the small number of members for who competition is the reason for getting in a boat.

Freestyle

Yet again there was nothing to report in 2014. The Younguns freestyle series ran again last year with the only event in our area being in North Wales. Anyone interested for 2015 should keep an eye on their web site - www.youngunsfreestyle.co.uk

Canoe Polo

The polo sessions that were organised at Fulwood pool a couple of times last year continued to be popular but as a club we don't have sufficient paddlers who are currently interested in forming a team and competing in the North West league.

Wildwater Canoeing

I believe there is interest in the club to give wildwater canoeing a go. The dates in 2014 were published on the forum but I have no idea if anyone actually attended an event as no updates have been posted. Anyone interested in the 2015 dates should keep an eye on their website - www.wildwater.org.uk

Ribble members did compete however in a number of river racing events with some notable successes (and failures) –

Tyne Tour 2014

Ribble offered its largest contingent yet to the Tyne Descent Race with six boats taking part. Chris Jackson came 2nd in solo canoe with Will Body coming 3rd. In tandem canoe Paul Binks and Dave Cardwell came 2nd with Amanda Spavin and Matt Aspden 3rd. Hats off to Tom and Keith Beer - the only entrants in the General Purpose Kayak category, with Tom being the youngest person ever to enter the race and who claimed 1st place.

Yorkie Run 2014 - Didn't happen this year

Buccaneer Run 2014 - It's ongoing but unofficial with people trying to better their times.

Canoe Slalom

Roy Garriock didn't compete in 2014 – hopefully he will be back in 2015.

Mick Huddleston competed in Kayak Men's Division 1 finishing 75th overall but 7th in the Masters rankings for his age group.

Alex Jones started the season in Division 2 but quickly got back in to Division 1 finishing 90th overall after just 2 races.

Jonathan Shaw has now retired from competing in Canoe Slalom.

Jacquelyn Bradshaw competed in both Kayak and her preferred Canadian Single in the Premier division during 2014. This was Jacquelyn's first full season in a Kayak in the Premier division and she managed a respectable 17th overall. In Canadian Singles she still managed to mix it with all the other athletes who are on training programmes provided by their respective home nations and finished 1 place higher with 4th overall.

Slalom events are publicised on the UK Slalom web site - www.canoeslalom.co.uk

Sea Kayak Racing

Ribble has always competed in local events but the Sea Kayak group has started to take on bigger and therefore more difficult challenges. They are probably the most active group competitively at the moment so if you are up to the challenge then why not join them.

Coquet Island Sea Race

In its 25th year, Ribble turned out another impressive performance, returning with 2 trophies! Alan Blackburn was 2nd in the Grand Old Man of the Sea category, and Peter Roscoe was the winner of the Ancient Mariner category.

Windermere Summer Solstice

A small team from Ribble attended this event in June with Mags Brayfield and Alan Blackburn 2nd in the tandem canoe category and Amanda Spavin 3rd lady home.

Oban Sea Kayak Race 2014

A small Ribble contingent entered this year consisting of Alan Blackburn and Gareth Jones with Paula Sharples and Sarah Jones in support. No prizes this time round as it is a very competitive race. Anyone fancy entering a team of three for this year's race?

If I haven't mentioned an event you competed in last year then it's possibly because you either didn't post anything in the forum or didn't mention it to a committee member. So if you've got an event you've heard about and think other club members might be interested then post it in the forum and don't forget to let everyone know after the event how it went. Better still; write an article for the Newsletter!!

This has been my final report as Competition Secretary, as I am standing down at this AGM. I hope whoever takes on the role can continue to encourage a wide level of participation in all of the competitive disciplines so that Ribble doesn't forget its roots as a competitive club.

Matt offered thanks to Mark for his work as Competition Secretary, and noted that he had decided to move on and open the space for someone else who was currently more involved in the area of competition within the club.

Hon. Chairman's Report

Well what a year for myself and Ribble Canoe Club. It has passed in a flash and it was only when I started writing this report that I realised what a busy time it has been.

I must start by mentioning our past Chairman, Terry for all his efforts for the club over the last 30 years and particularly for the last 12 years as our Honourable Chairman. Terry has been an integral member of our club. He was and hopefully will be the member of Ribble Canoe Club to welcome many potential members as they sheepishly entered the lion's den that is the back room at the Hand and Dagger. After his cheerful chappy act all comers have been made welcome and at ease. It is Terry who has made the club what I and so many believe to be the most friendly group of paddlers in the country if not in the world. May this friendliness continue. At this point I feel I need to apologise to Terry for causing him to take a swim on a Rigmaden trip 5 years ago. He was fishing me and my boat out of the river when he took a dip. He obviously empathised with my swimming ability and felt a need to join in!! I have certainly got a hard act to follow and must thank Terry for his leadership for the 12 years. **Thank you Terry.**

So here is my slant on what I believe to be going on in the club. Unfortunately the year started on a sad note with the passing of Steve Swarbrick. Although I never met Steve I felt the loss to his friends and members of the club was deeply felt.

Many trips have taken place. I will summarise some of the more memorable ones here, otherwise we will be here until midnight. I will try and do it in a chronological order - well almost.

Training has been ongoing throughout the year. Both 1 and 2 star training has taken place and has been well attended. Thanks to all the members of the coaching team who have organised these training events.

Coaching qualifications have been taken by Amanda Spavin Chris Jackson, Jack Turner and Graham Kingaby. Their new found skills will be and have been seen as a great resource to the club. These qualifications are not a walk in the park and I believe to coach is a big commitment, one which is greatly appreciated by all the club members. As well as formal qualification training, Canoe training events have been held with no formal certificates being awarded. These have been organised by Chris Jackson and Graham Kingaby

David Sutton started the year with his Moonlight paddles which have taken place on several occasions throughout the year and for some reason appear to coincide with full moons. Perhaps we have more than a Dark Side to our Club.

Trips have been organised by many members throughout the year on local rivers and others all over the UK. Notably, regular river trips have been held on the Leven, Rothay, Brathay, Lune, Wenning, Kent, Ingleton Greta and the Keswick Greta on the rivers locally. These have been organised by many of the coaches and members alike. Without this organisation, which is given for free, the club would be a much lesser club.

Canal and Lake trips have featured heavily again with many trips on the Lakes of the Lake District and canals in the northwest of England. One notable canal adventure was organised By Kath and Albert Risely which conquered the Lancaster canal over three separate days.

A fun day was held in July and was organised by Allan Hacking which was an excuse to mess about in the water with all types of craft that had been 'dug out of the nettles' for a rare venture out. A great time was had by all and the weather helped the event which was finished off with a BBQ .No doubt this fun day will be repeated this year.

Roy Booth organised a beginners' introduction to sea kayaking on the Isle of Mull which was very well attended by over 30 paddlers. Thankfully the weather was calm and sunny and a good time was had by all. Roy enjoyed organising this trip so much he has organised another one. The details of this are on the forum. Thanks Roy.

The trip also coincided with the National Go Paddling Week when Ribble Canoe Club won the most miles paddled. 1820 miles were covered during the week. Thanks to Pat Green and Gareth Jones for collating the miles paddled.

In June the Annual Bala camp was held which unfortunately was not as well attended as in previous years. This was put down to the date being changed and it not fitting in with school holidays. The dates will be reconsidered for this year. Those who did attend had a good time with paddling on Bala Lake and on the River Tryweryn.

The annual Rhosneigr camp was held in July and was well attended. Unfortunately there was little surf so John Roberts and Andy Dowe organised sea paddling for anyone wishing to partake. The usual BBQ took place and many fine cuts of meat were cooked to within a degree of being ash. The trip was organised by John Kington and thanks must go to John for his excellent efforts.

Nicky Marsh, Will Body and Allan Hacking organised a river swimming and rescue day at Kirby Lonsdale. This was well attended and turned out to be a very interesting and educational event. Thanks to the above organising members.

The Final camp of the year was held at Loch Ken and David Sutton organised this successful and well attended camp. Thanks David.

The Tyne Tour was well attended and some racing took place on the Saturday. Ribble was well represented and we also won some class prizes.

Sea paddling has become very popular and a lot of sea paddling has taken place around the coasts of England, Scotland and Wales. This has coincided with Alan Blackburn's desire to be the world's fastest paddler but he has young and older pretenders to the title with challenges coming from Peter Roscoe, Gareth Jones, Mitch Dunne, and not forgetting the Lady Challengers Paula Sharples, Sarah Jones, Amanda Spavin and Mags Brayfield.

A trip was also organised by Mitch Dunn to Glenuig and Arisaig in August. Only a small number attended but all participants reported some beautiful sea paddles.

The pool sessions have mostly been well attended and thanks must go to the organisers and pool supervisors for covering this activity. On the final official pool session of the summer Gareth and Sarah Jones organised a fun night which was run on similar lines to the Dumbongo with a Football World Cup theme. Thanks for organising and running this event Gareth and Sarah.

Roy Booth took it upon himself to extend the pool sessions by a few weeks and these were well attended. Thanks must go to Roy for his commitment to this event and others he has organised during the year.

Some interesting and educational opportunities have taken place at the Hand and Dagger during the winter evenings. These have been:

Knot tying. Allan Hacking and Chris Jackson.

Mechanics of Paddling. Will Body

Paddling kit. Craig (Go Exped). Craig also donated a £50 token to spend in his shop. This was not asked for but was very much appreciated.

Map Reading. Billy Lowe.

Planning an Expedition. Allan Hacking.

Alan Blackburn also gave a presentation in January on his paddling experiences.

Thanks to all the presenters of these evenings. They go down really well and are always well received.

This year's star awards were presented by Jim Krawieskie when he gave a very good talk prior to the award ceremony on his paddling in north Cumbria and Greenland. Jims talk was followed by a Shepherd's Pie supper which Martin and his Staff had prepared and which was enjoyed by all the attendees.

The Christmas Dinner was held at the Hand and Dagger mid-December and 76 members sat down to an excellent festive meal. I think the staff and chefs at the Hand and Dagger did an excellent job and even though we exceeded their maximum numbers even Martin appeared to have a stress free evening.

Allan Hacking and Jude Smith resurrected the Christmas Dinner Dance which was held at the New Drop Inn. An excellent meal and evening was had by all who attended. Thanks Allan and Jude. The Annual Dumbongo was held just prior to Christmas at the pool and fun and games were had by all. Thanks to Gareth and Sarah Jones for organising this top evening entertainment

The annual Rothay paddle was held the weekend prior to Christmas with a Jacobs Join being held on White Moss Common , Our resident catering manager Pat brought hot goodies down to the river to enhance what had already been an excellent well attended paddle.

As the year has progressed all the Club Policies have been checked and updated as necessary and these are available to view on the club website. Thanks to Pat Green and Karen Shaw for sorting these out.

At the same time consideration must be paid to potential new members coming on try paddling events to ensure that all coaches and helpers are covered in case of an accident. The committee is working on this to ensure a simple and fair system to both potential members and club members.

Talking of the club website thanks must go to Graham and Elizabeth Kingaby for keeping it up to date. Please go and have a look at the new gallery, it's Brilliant and gives prospective new members a 'flavour' of the club.

Now just my little gripe. Please can all members ensure their profile on the forum mentions their name. This ensures that members who are organising trips and training know who is replying to posts and can check their suitability for the activities planned.

Now finally may I thank all the Club members and especially the committee members and coaches who make the club so successful.

Please remember we all do this as a hobby and without commitment from members, coaches and committee members the club would be a far less successful club.

So with that, a big thank you to everybody who helps with club activities, both above and below the radar, I hope I have given a flavour of what I believe has happened in the club over the last twelve months. If I have forgotten to mention any significant event or achievement of some club member may I apologise now.

Pete Roscoe queried why the Tri Tri Bi was not covered. Matt explained it did not fall within the 2014 reporting year, but he would give it a mention anyway, as it was an outstanding, seemingly crazy but successful idea of Graham Kingaby's. He raised over £700 for cancer research charities.

Election of Officers and Members to the General Committee.

The following Committee Members resigned during the year:

- Terry Maddock
- Suzanne Thomas
- Gareth Jones
- Mark Shaw

The following Committee Members are standing for re-election:

- Pat Green
- Paula Sharples
- Brian Woodhouse
- John Kington

Member	Proposer	Seconder	Result
Pat Green	Graham Kingaby	Andy Dowe	Unanimous
Paula Sharples	Alan Blackburn	Roy Booth	Unanimous
Brian Woodhouse	Will Body	John Hooper	Unanimous
John Kington	Mick Huddleston	Steve Singleton	Unanimous

The following Club Members are standing for election to the Committee:

- Karen Shaw

Proposer	Seconder	Result
Paul Wicks	Gareth Jones	Unanimous

We need a new Competition Secretary. Mitch Dunne proposed

- Alan Blackburn.

Proposer	Seconder	Result
Mitch Dunn	Suzanne Thomas	Unanimous

Membership Fees

Committee suggests keeping fees at current rate of £25

Proposer	Seconder	Result
Graham Kingaby	Terry Maddock	Carried

Any Other Business

No other business.

AGM Closed

Matt Aspdon closed the official proceedings at 9pm.

Matt called up Terry Maddock to present trophies to the winners of the various club competition categories, as announced by Matt.

Nominations for the **Driftwood Trophy** included: Neil Eccles, Graham Kingaby, Paula Sharples, Deborah Finn and Amanda Spavin. The deserving winner was Amanda for her very significant progress this year in sea kayaking, her excellent results in recent sea kayaking competitions, and her attainment of the Level One coaching qualification. Amanda hobbled forward without her crutches (due to her recent German sledging mishap) to receive the trophy from Terry.

Nominations for the **Competition Trophy** were: Tom Beer and Alan Blackburn. Alan was the winner for his exceptional efforts and sea kayaking competition successes this year, making him a Grand Old Man of the Sea. Alan received the trophy, appropriately wearing his Rockpool jacket, and of course he couldn't resist the opportunity of making a tiny speech from the front.

Nominations for **Youth Challenge** were: Naomi Wicks, Josh Pollick, Emma Smith and Erica from the 1* course. The winner was Josh Pollick for his continued commitment throughout the winter and his good showing of skill and nerve on recent river trips.

Nominations for the **Shakespeare Trophy** were: Norman Green, for always managing to find something trivial to fill up the newsletter (!) and Adam Fielder. Adam was the winner. The trophy was received on his behalf by Alan Blackburn, who mentioned that there was an interesting reason why Adam wasn't able to receive the trophy and we'll hear about it in due course.

Nominations for the **Floater Trophy**, for a member who has made an exceptional contribution to club life, included: Graham Eccles, Roy Booth and Gareth Jones (apparently a member who is always full of enthusiasm and who you can generally hear before you see him). Roy Booth was the winner for his enthusiasm (if not bravery) in initiating the Mull sea kayaking trip for beginners, his extension of the pool summer sessions, and his general willingness to offer help, coaching, advice and time for all paddlers.

There was only one nomination for the **Philip Singleton and Steve Swarbrick Memorial Award**. Terry Maddock was unanimously voted as winner for this award, and he presented the prize to himself, with a little help from Matt. There was great applause for Terry, showing the very genuine affection and appreciation from club members, who know how much he has contributed to the club, with great good cheer and affability. He has undoubtedly helped to set the tone and the happy atmosphere at Ribble Canoe Club.

Finally, Matt proposed that we recognise Pat's exceptional hard work and cheerful generosity in supporting so many aspects of the club's running. She is our unofficial catering officer, turning up with hot drinks, cakes and even hot food for paddlers. She tirelessly supports RCC endeavours in many ways that are probably not always obvious to members, and her deep knowledge allows her to provide wise guidance where needed. To much applause, Roy Booth presented Pat with a bunch of flowers, which Pat accepted, saying that it was very appropriate as she was just about to take up flower arranging!

Trophy giving was followed by the consumption of subsidised food, including vegetarian option, organised by Pat and everyone thought it was very delicious.

Pool Sessions

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

Date	Session	Contact	Supervisor	Committee
20/03/15	Open		Graham Kingaby	John Hooper
27/03/15	Play Boats	Roy Booth	Bruce Carter	Roy Booth
03/04/15	Closed/Good Friday			
10/04/15	Open		Tony Morgan	John Hooper
17/04/15	Paddle Skills	Allan Hacking	Albert Risely	Allan Hacking
24/04/15	2 STAR	Graham Kingaby	Rick Turner	Graham Kingaby
01/05/15	Sea Skills		Matt Aspden	Paula Sharples
08/05/15	Paddle Skills	Allan Hacking	Amanda Spavin	Allan Hacking
15/05/15	1 Star Course	Chris Jackson	Alan Blackburn	John Hooper
22/05/15	OPEN		Albert Risely	Brian Woodhouse
29/05/15	OPEN		Bill Turner	John Kington
05/06/15	2 STAR	Graham Kingaby	Paul Smith	Graham Kingaby
12/06/15	Paddle Skills	Allan Hacking	Bruce Carter	Allan Hacking
19/06/15	River Safety	Roy Booth	Paul Binks	Roy Booth
26/06/15	OPEN		Brian Petherwick	John Hooper

Prices for pool sessions:

Rolling Course £20 plus club membership. Play Boats £6 **All other sessions £5**

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 at 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.

Policies for Pool Session

Rolling courses: These are for members who cannot roll at all, they are not for refining your roll. Due to restricted space everyone on the course should use either a river or general purpose boat.

Paddle Skills & Open Sessions

These are for members to refine/practise rolling and/or other skills. Sea/Touring Boats can be used for these sessions.

	Ribble CC Contact List	Committee	General Information	Access	Courses	Instructor	Hand & Dagger Key holder	Touring Trips	Beginners River Trips	Intermediate River Trips	Advanced River Trips	Sea Trips	Open Canoes	Surfing	Beginners' Slalom	Advanced Slalom	Polo	Freestyle	Other
Alan Blackburn		☺										☺							Competition Secretary
Allan Hacking		☺			☺	☺	☺		☺	☺		☺	☺						
Amanda Spavin																			Library
Brian Woodhouse		☺																	
Deborah Finn		Secretary																	
Graham Eccles		☺					☺												Quartermaster
Graham Kingaby		☺			☺	☺	☺						☺						Webmaster
John Hooper		☺					☺												
John Kington		☺																	
Jude Smith		Treasurer																	Treasurer
Karen Shaw		☺																	Club Welfare Officer
Lucy Bailey		☺																	Youth Rep
Matt Aspden		Chairman	☺																
Norman & Pat Green		☺						☺					☺						Newsletter
Pat Green		Membership																	Membership Secretary
Paul Binks																			Disability Officer
Paula Sharples		☺																	
Roy Booth		Vice Chairman			☺	☺			☺										
Stuart Bailey		☺																	

Additional Key Holders: Albert Risely, Andy Dowe, Rick Turner, Tony Morgan, Chris Jackson

Ribble CC Library

If you want to borrow something contact Amanda Spavin by either sending her a text (you can find her number on the contact page at the back of your newsletter) or by sending her a message via the club forum. Her name on the forum is Spav. These books/DVDs will then be brought to the H&D for you to collect at a mutually agreed club night.

General

BCU Handbook (2 copies)
The Practical Guide to Kayaking
Canoeing & Kayaking
BCU Coaching Handbook
The Rough Guide to Weather
Canoe & Kayak Games
Working out of Doors with Young People
More Than Activities
The Knot Book - NEW

DVD - BCU 'Go Paddling' 2012

Touring & Sea Kayaking

An Atlas of the English Lakes
Canal Companion: Cheshire Ring
Touring 100 Paddles in England
Welsh Sea Kayaking Guidebook
Northern England & IOM Sea Kayaking
Scottish Sea Kayak Trail
Scottish Canoe Touring
Great Glen Canoe Trail
Anglesey Info Pack
Scottish Sea Kayaking Guidebook
The Outer Hebrides Sea Kayaking Guidebook

Sea Kayak Navigation

Complete Book of Sea Kayaking
Sea Kayaker Deep Trouble

DVD - Sea Kayak Rescues
DVD - Sea Kayak with Gordon Brown -
Instructional Journey along Skye Coast
DVD - This is the Sea 1
DVD - This is the Sea 2
DVD - This is the sea 3
DVD - This is the Sea 4
DVD - Performance Sea Kayaking-Skills, rolling & rescue techniques
DVD - BCU 3 & 4 Star Leaders Sea Kayaking
DVD Sea Kayaking in Wales (conservation) - **NEW**

DVD Sea Kayak Essentials Volumes 1 & 2
Intermediate & Adv. Boat Handling Skills
Safety & Rescue Skills

Canoeing/Open Boating

Open Canoe Technique
Path of the Paddle
Canoeing Safety & Rescue
Canoeing

DVD - This is Canoeing (ww & wilderness)
DVD - Open Canoeing -
Reg Blomfield (amazing moves!) (2 copies)

White-water

Canoe & Kayak Guide to North West England
English White Water
Scottish White Water
White Water Lake District (2 COPIES)
White Water Kayaking
White Water Safety & Rescue (2 copies)
Weir Wisdom
Many Rivers to Run
The Playboater's Handbook 2
White-water Paddling (Strokes & Concepts) – NEW
L'Eau Vive - NEW

DVD -Moving on to Moving Water
DVD - EJ's Advanced River Running
DVD - The Call of the River -
100 years of WW Adventure
DVD - White-water Kayaking

Rolling

Bombproof Roll and Beyond!
Eskimo Rolling for Survival

DVD - This is the Roll
DVD - EJ's Rolling and Bracing

Club or Club Members Trips

DVD - Mags Brayfield in Nepal

DVD - It's Different Every Time -
Halton Rapids
DVD - Fort William 2005/06 Easter Trip
DVD - RCC Scotland trip 2007 & 2008
DVD - Tay Descent 2011
DVD – Ladies Day at Washburn August 2013

Expeditions/Adventure/Action

On Celtic Tides
Dancing with Waves
The Canoe Boys
Three Men in a Boat
DVD - Revenge of the Fat Cats (Greenland)
DVD - The Cockleshell Heroes (wartime adventure)
DVD - Tatshenshini/Alsek 2007
DVD - Mountain River Movie (Canada)
DVD - Liffey Descent 1992