

# TALES FROM THE RIVERBANK



*March/April 2014*



So we find ourselves waking up in the middle of Glencoe as the snow was falling all around, very odd really considering that the previous day we were sunbathing as we bimbled down the Keswick Greta.

Anyway I digress, there were three of us; me, Fish and the Stig who set out on a Friday morning to drive up to sweatysockland and have a pootle down the Etive, with the initial plan to have the compulsory photo shoot as you run Right Angle Falls.

En-route to Jockland we stopped off at Keswick with Tony Morgan to spend a tropical sunny day running the Keswick Greta and enjoying the views, as usual we had an argument mid-flow - this one coming from Fish who was adamant that the Customs and Excise Office of her Majesty's Government are now training bees to sniff out drugs in airport terminals. There's an elite group of 6 specially trained bees, kept in a match box, that swoop in on suitcases, alerting the authorities to any heroin smuggling. This argument lasted a good five minutes (with Fish, like a parrot shouting, "Google it! Google it! I'm telling you, Google it! - he should be on BBC's Question time) and ended with Fish sulking after jibes about the future not being in Garlic bread but investing in guide bees, Police bees and sheep bees etc... The possibilities are endless...

Anyway, he sulked for 5 minutes before I talked him around, about the way that they're now making spaghetti by extracting it from the centre of macaroni, therefore avoiding less wasted pasta! He was amazed. Who said, the 'Last of the Summer Wine' is dead n buried, it lives on in Ribble Canoe Club!

Sorry about that,

I often get distracted when writing drivel. Back to Glencoe...

We had separate rooms as the Stig objected to sharing with the Fish, something to do with him sounding like a choking, asthmatic warthog thrashing about with a chainsaw all night. So after a peaceful, solitary kip I awoke to the snow falling across Glencoe, it was very Xmassy and peaceful until Fish walked in and told the cook, "we'll have 3 full English please?" - She shouted something like, "yees not fram around these parts are yez, we cannae and willnae do a fool inglish, but yuz can have a fool Scottish, if that fits yer pallet."

Fish as usual reverted to team interpreter mode, told us she doesn't understand English and immediately went into his bacon n eggs charade - I'd wandered off by then and settled for some Weetabix.

One hour later we're stood by the Etive with what looked like half the Atlantic flushing down it, by now we had met up with Dave Rossetter, a Level 5 coach from Glenmore Lodge who said, " it looks very interesting, very cheeky and very high. Have you guys ever run the Orchy?"

One hour later we're in our boats in an eddy on the Orchy looking at a very noisy horizon line, "it's called the Big Rock rapid, you'll want to keep left of it, it can be playful at times, just follow me." Well off we went, it was big, it got bouncy, then it got bigger, all of a sudden Fish was upside down. It was a 30m sloping rapid, his boat was bouncing down, hitting rocks and everything, we were all looking for big fish, panicking a bit because we couldn't see him swimming anywhere, by now we all stopped in an eddy half way down. I'd stopped his boat and attempted to nudge it into an eddy, at this point there was a sudden explosion of water and the Fish rolled up still in his boat, like Moby Dick breaching the surface for air (well less of the former and more of the latter really). "What happened? What'd I miss?" It was a masterful roll that I think he'll remember for a long time.

Really impressed with his downtime, Dave the L5 coach said "you've got some of the most impressive lungs I've ever come across!" - "it's all down to diving you see XXXXXXXXXXXX-I censored the next 2 minutes of Fish's conversation as under 18's sometimes read the newsletter XXXXXXXXXXXXXXXXXXXX suffice to say the L5's jaw dropped lower and lower with Fish's explanation. The tone and expectations for the day were slowly being realised by this Level 5 Coach, anyway... Back to the Orchy...



Sat in another eddy discussing, what d'ya thinks coming next?

The Chicken Shoot was next, it sounded quiet easy but as you can fathom, a chicken chute and a chicken shoot can be slightly different, 4 grades difference we took a tight river left, most of us skirted a very large hole, but I thought I'd go in for a closer inspection, eventually I got bored of being spin dried and popped out for a swim instead, to be rescued by the Fish, who spent the next ten minutes telling me how he must be so much 'betterer' than me as he hadn't swum today yet... Alas, they say, 'what goes around, comes around', I wondered if the Fish would have the last laugh?

Next rapid up was the grade 5, Easan Dubha (Gaelic for 'Oh S\*\*\*!' I believe), we got out to inspect. Now bear in mind that the river is as wide as Halton at this point and Dave said, "see that spherical boulder above the huge drops in the middle, as long as you paddle and stay within the 2ft strip above it you hopefully might miss the two gaping chasm holes below." What if you swim in the chasms? "Don't be silly, you can't swim in those." The Stig crouched down and started eyeing up his line; I immediately went into Captain Mainwaring mode, called him "Stupid boy!" And dragged him off to portage his boat - it's part of his mid-life crisis thingy, I did exactly the same thing when he tried to buy a One Direction CD at the service station.

We then had a surreal incident when I shouted to Stig n Fish, "watch the rock and that branch in the water" - now here's something you don't see very often (well I didn't until I nearly hit it - I wasn't wearing my bins) the branch in the water turned out to be the antlers of a stag who was swimming across the Orchy - imagine swimming and ending up impaled on that - explain that one to yer missus!

Grade 4 Sore Tooth Gorge was next, the Fish decided to sit this one out and I immediately saw this as an opportunity to stop his p\*\*\*taking. Me and the Stig chose 2 completely different routes which we explained to Dave, he asked us to turn around so we could point out our lines (afterwards he let us into a secret, he turned us around so we couldn't see the flowers and plaque dedicated to the 6 rafters who drowned their several years previous). As usual the smarmy Stig nailed the drop and made the line, I also nailed the drop but when crossing left to right I ended upside down in the middle of a hole again, it was also my birthday weekend and the big guy must have been watching over me, cos out of nowhere I executed a perfect roll and finished off my line. Now here's something you don't see often, a silent, gobsmailed Fish - Oh! I'm Mr Smug.

The next stretch of rapid, I got pinned on a rock and Fish told me that as he was on a collision course, which would have left me dead and impaled on the pinning rock, he made the instant and very heroic decision to eject himself from his boat and swim down the very rocky rapid - just to save the life of his friend... We all welled up with tears as he recounted his story in the eddy below the rapid, Wotta man, Wotta guy, Wotta a Billy Bulls\*\*\*\*er!



Always remember...  
Fat Guys go deeper!



Next up, Roller Coaster (ignore the name, it's just a few cheeky ledges, Dave said. I was beginning to realise his Level 5 Jedi mind language describing rapids as 'interesting', a 'little cheeky' a 'wee beastie' - all meant the same thing, it's gonna be scary!).

Me and Rick Turner had swum here previously, we got a really good kicking at the time. Anyway, I didn't realise but the Fish n Stig both mentioned how quiet I'd gone whilst waiting in the eddy above, basically cos I knew what was coming - I went first and had an up, down, smash, spin, Duracell bunny, Norman Wisdom screaming "Mr Grimsdale" type of experience - but if you could've bottled the euphoria I felt at the bottom. You'd be a very rich man.

I was followed by the Stig who also experienced a Lee Evans type flagellation experience with his paddle (oh how I laughed, he'd been so masterful 'n cool prior to that drop) but he also eventually arrived in the eddy the right way up as well.

Next up was the Fish, he was up, down, in, out, you shake it all about, you paddle like a Bunny n you turn around that's what it's all about!

Okieecokee over, he arrived in our eddy which was a miraculous feat - unfortunately he'd forgot to bring his boat with him. We located his kit and got to the side to empty his boat and have a quick debrief.

Dave the Level 5 coach asked, "Can you give Fish a quick critique on what the main problem with that run was? (Everyone who's paddled Teeside with me now knows what's coming, everyone, except the L5 coach)... Basically Fish, your main problem is your paddling's s\*\*\*e! (I cleaned that up a bit). Yet again I let myself down in front of one of the UK's finest coaches... But hey oh, who am I to break with a Ribble tradition.

We were getting near the end now, everyone was getting a bit jaded as we approached the End of Civilisation rapid (which clown comes up with these names, where's Fluffy Bunny rapid or Marshmallow Falls eh?). Fish said, I might walk this one, but Dave wasn't having any of it, "we'll do it tandem", Fish said come on I know yer pleased to see me but where you hiding the Topo Duo? Dave said relax, he bear hugged Fish and off they went, bimbbling down the rapid hugging each other.



Fish developing a new entry procedure called the 'Walrus Launch' It involves sliding down the bank, coming to a dead stop on a granite nub and dinting your nose... again

Why they were still hugging when we arrived in the eddy 2 minutes later, perhaps we'll never know - I think they were just having one of those Gladiator, Russell Crowe bonding type moments.

We then portaged another grade 5, Eas a Chathaidh (Gaelic for Oh S\*\*\*\*! Not another one! I believe) this portage involved rolling and wallowing in mud, Fish was in his element, as we dragged our boats through the muddy quicksand.

Two final rapids left, the next one a long S-shaped bendy one with slalom boulders all the way down. If you'd been viewing us from a helicopter you'd swear you were watching a pinball machine (Dave stated; "now I know why Fish's bow is covered in tape n foam). Fish's final swim of the day took place here as he ricocheted off a tree or a rock.



To be honest I was glad for the 5 minute comfort break, I was breathing from my rear end at this point and we still had the final grade 4 rapid, Witches Step (see what I mean with names?) to run.

We all ran it, we all nailed it and we all seemed to sink very deep for some reason, perhaps a witches curse (it couldn't be our 18 stone relaxed muscle physiques). Anyway it was so good, me n Stig said, "One more time!" Having nailed the perfect line Fish was finishing on a high, he offered to be our cameraman.

Next came the highlight of my day, as we were portaging back, the Stig thought he'd take a short cut across this nice, patch of flat green moss. Plop!



For illustration purposes a  
dramatical reconstruction of the  
Stig's predicament,  
unfortunately I couldn't take a  
photo, I couldn't even stand up.

He suddenly sunk up to his waist, still carrying his boat! I immediately responded, doing the only thing a whitewater trained rescuer could do... I fell over, holding my sides, the pain of laughter was so intense but luckily I didn't wet myself in my drysuit. The Stig just sat there like Muttley, chunnering to himself - anyway when I was no longer in pain, I stood up and we ran witches step again. What an end to a brilliant day.

Well that's it! The end to another one of our epic adventures. As I get older I find I'm asking myself, more and more, why can't we just go and have a normal everyday paddle like other 'normal' people? But heyho! Who wants to grow old gracefully anyway!

Anyway, cue the 'Last of the Summer Wine' theme tune and roll the credits



You have to model your  
paddling style on someone,  
unfortunately we didn't search  
very far  
Respect to our paddling  
mentors

Orchy tha Noo! - Starring.. 2 Fat Guys and one old fella

**FINAL SCORE:** 1 Swim for me and 1 really wonderful roll, the Stig – don't ask, he makes you sick! Why can't I move my boat like he does? 3 swims for the Fish and I lost count of the number of rolls he did. Hats off to the Fish though, I know I've taken the rip out of him in this article but he's come so far and he's got so much bottle – a true role model.

Anyway... the moral to the story is... the more time spent with yer bums in the seat, the less times yer bum will leave the seat!

***Adam Fielder***

## ***BBC (Bink Boo's Coracle)***



Now, as a club we are relatively broad minded when it comes to craft; sea boats, open boats, play boats and the 2 star was even done on a sit on top by one member. All of the boats though are definitely thinner than they are long and all made of plastic of some form or fiberglass. Never before have we had one that is round and made out of cotton and plywood; until now that is.

One of Paul's ambitions was to paddle a coracle; not very rock and roll as midlife crisis go, but it's a start. Being an organised sort of chap he scoured E-bay and bought one and brought it to Halton for its maiden voyage. Five paddlers were brave (or foolish) enough to have a go and all coped well given they had not been in one before.



Even the definite lack of discernable front didn't put them off trying to ferry glide the Lune below Denny Beck Road Bridge.

I think the event was summed up well:



A coracle is a peculiar craft,  
It's round and it's funny and daft,  
When we look at it in the water,  
To see if we could float her,  
We laughed and we laughed and we  
laughed



Buoyed up by the success of this retro craft, blow me, he then went and bought another, so he now has two coracles! How many coracles can one man want?! More than he needs according to Mrs Binks. Though she has muttered one would make a nice planter.

It was suggested he do the Buccaneer run in one, another suggestion was to take it to Washburn; neither met with approval. Now that he has two though we can see plans formulating for some form of competition. Watch this space!

## ***2014 Membership Fees***

If you haven't renewed your membership fees this is a gentle reminder that they are now due. You should have received your renewal by email, if you haven't then let me know and I will email it to you. Please do not print a blank form off the website, wait for your personalised renewal form to arrive. 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 you can pay at the H&D on a Tuesday evening cash or cheque

If you are sending your form by post and you want a membership card then please enclose a SAE and I will send you your membership cards.

**Please Note:** 2014 Membership Fees should be paid no later than 30th April. If you joined the club after 1<sup>st</sup> October 2013 the fee you paid includes your 2014 fees.

## ***IMPORTANT ANNOUNCEMENT***

We are sorry to report that due to ill health Terry Maddock has stood down as Chairman and resigned from the committee with immediate effect.

We would like to thank Terry for his sterling service to the club over many years. He has served on RCC Committee since 1993 when he was elected as Treasurer. He spent 12 months as Development Officer in 2001 before becoming Chairman in 2002.

We wish Terry all the best for a good recovery.

## ***NOMINATIONS & ELECTIONS FOR***

### **Chairman, Vice Chairman, Club Volunteer Coordinator**

The Committee has decided to send out nomination forms to all club members that we hold email addresses for - we generally don't hold email addresses for family members. We would appreciate Adult members passing a copy of this email to anyone you listed as a RCC Family Member on your club application/renewal providing they are over the age of 18.

Our constitution states that we should have a Vice Chairperson, but we have not had one for many years. As a condition of being affiliated to Canoe England we must also appoint a Club Volunteer Coordinator.

The Committee see this as an opportune time to try to recruit someone for these posts as well. Job descriptions are included with the nomination forms.

Experience has shown that people are reluctant to put themselves forward for committee, but will often do so if someone just asks them. With this in mind we would encourage members to approach anyone who they think could and would take on the role. If they accept then offer to nominate them and possibly even suggest a seconder.

The Proposer should obtain the nominees consent and type a letter Y in the box before emailing the completed form to the Club Secretary Gareth Jones [secretary@ribblecanoecub.co.uk](mailto:secretary@ribblecanoecub.co.uk)

[There is a separate form for each vacant post, please use the correct one.](#)

**Nomination forms to be returned to the secretary by 28<sup>th</sup> March 2014**

Nominations together with voting papers will be circulated via email to members on 29<sup>th</sup> March

Completed voting papers (in sealed envelope) can be either:

Emailed to [secretary@ribblecanoecub.co.uk](mailto:secretary@ribblecanoecub.co.uk)

Handed in at the H&D on Tuesday Evening 1<sup>st</sup> April

Handed in at the H&D on Tuesday 8th April (up until 8:30)

8<sup>th</sup> April 8:30 the voting papers will be opened and counted

The elected officers will be announced at 9:30

***RCC Committee***



# **STRESS!!!** and what it means for paddlers

***Tony Marsh***

It seems almost ridiculous when we paddle for fun that stress should be a factor. Stress is something for the workplace not your leisure time but stress and your body's reaction to it, is worth thinking about to improve your time on the water both as a coach and a participant.

Now I'm not a coach or a sports scientist. These are musings and ideas based on my own lengthy experience of bricking it and a knowledge of how the body reacts to the stress caused by conflict situations. It may be complete rubbish but if it makes you think or prompts discussion then it has served its purpose. So disclaimer done, please read on...

The stress being talked about here is that caused by anxiety/nerves/ even fear. There's obviously a degrees of stress from that butterfly feeling at the start of a trip or whilst inspecting a rapid to the being in the middle of the biggest rapid you've ever done to the panic of an unexpected swim. To greater or lesser extent they have the same physiological effect and impact on your performance.

Like most other animals we have a flight or fight response to situations of danger. If someone shouts "Boo!" when it's not expected we jump. The stimulus causes the body to dump adrenaline into your system, preparing you for either a fight to the death or an Indiana Jones style run to safety. Similarly adrenaline is released during a swim or when out of your comfort zone. Like chocolate, some adrenaline is good, too much can be a problem.

The body has several other reactions accompanying the adrenalin rush. Peripheral vision closes down; you become focused on the area in front of you. Auditory exclusion occurs; you cease to hear about you as you focus on the situation immediately in front. Fine motor skills (anything involving dexterity such as doing up a zip or putting on a deck) decline, on the upside gross motor skills (anything involving your limbs and major muscle groups such as Duracell bunny-style paddling) improve.

So what does this means for paddlers? Well it means that someone experiencing these symptoms might not be aware of anything other than their own predicament and what's in front of their nose. When getting on the river they may appear clumsy (fine motor skills), in the midst of a rapid or swim they may appear to be un-cooperative (tunnel vision and auditory exclusion). For the same reason they may be unaware of any eddies or hazards beyond the immediate feature (every one of us has paddled past an obvious eddy at the end of a section because we were so focused on getting through upright).

As a paddler we need to be aware of these physiological effects and do what we can to mitigate them. Try and look around, be aware of who and what is around you, and to listen to the group. Remember to relax your hips and become like a Weeble. As coaches we need to project through the tunnel vision with simple, loud, clear instructions and reassurance. We all also need to be aware of the "come down" from the adrenalin rush. Nausea, shaking, loss of coordination, fatigue all need to be taken in to account.

And so there, in a nutshell are the effects of stress and its importance to paddling. We can't stop it happening but we can be aware of what our bodies are doing and what that means on the river.

***Tony Marsh***

## ***"Tales from Davy Jones's Locker"***

### **The Ancient Mariners Challenge - Sunday 2nd March**



So the Challenge was set, the Ancient Mariner had thrown down the pogie to all Ribble Members who would dare. As paddler after paddler fell afoul of the dreaded lurgy only the heartiest of Members came forward to accept the challenge.



Just the five of us, Peter (the Ancient one), Stuart Williams, Dave Sutton and the two of us set out to conquer the Glasson Ring. Despite a last minute change in direction (the start was now on the canal rather than the River Lune) we set off and before long we reached the first of the six portages along the route. Going uphill all the way, the six locks felt more like sixty and were made more awkward by the odd number of people to move the kayaks around them. Some of the locks tested our balancing and climbing skills with high, undercut pontoons not to mention the slippery platforms and the sticky-out nails.



Once we had completed the Glasson Branch of the canal it was a long slog towards Galgate and through the city of Lancaster. Pushing ourselves through what felt like mud at times so we wouldn't miss the outgoing tide on the River Lune. We finally made it to the Aqueduct but there was no rest for the wicked. Narrowly avoiding a "food" mutiny by Dave (we think he sneaked a chocolate bar!) we soon had the boats onto the river where we had a little assistance. Cracking the whip Peter was determined that we would make it down to Skerton Weir in time to avoid yet another portage. We were in luck; the water was still high enough for us to race the weir in our sea kayaks. A little bit of white water, which for a couple of us felt more like walking the plank! Nevertheless, we all survived safe and dry and we were finally granted permission to stop for lunch.





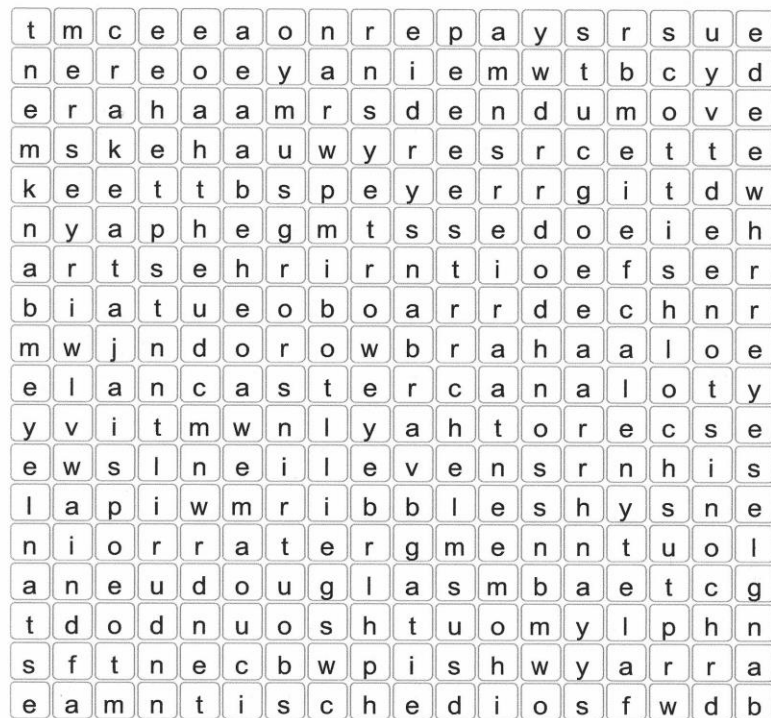
Once we were all fed and watered we were once again back to the challenge. After a fairly sheltered paddle through the heart and under the bridges of Lancaster the river opened up and we felt the full force of the wind. Battling through the strong headwind and "wind over tide" waves we all made it safely round Snatchems. It was a good day as there were no "jet ski" pirates or risk of press gangs. After a long, hard slog the victorious five made it back to the get out, narrowly avoiding a very, very muddy walk and the risk of losing a foot!



So we are pleased to announce that the Ancient Mariners Challenge has been accepted and completed, with a well-deserved shout out to Dave Sutton for his first long distance paddle with us mad sea kayakers. As the trip took a little longer than expected we were unable to partake of the fine ales but I'm sure the others will join us when we say.....line up the next challenge!!

***Sarah Jones &  
Paula Sharples***

## Where have we paddled ?



### Words to find:

anglesey, brathay, burrs, coniston, crake, dee, derwent water, douglas, four mile bridge, greta, lancaster canal, leven, mersey, plymouth sound, ribble, rothay, scottish lochs, spey, stanley embankment, tamar, tees, **tyne**, washburn, windermere, wnion, wye, wyre.

# ***What floats Your Boat?***

***A limited interest article by Paul Binks***

What makes boats float? The answer is the boat and the water. For all of you who can remember 'O' Level physics a thing will float if it displaces a volume of water that has a mass equal to its own mass. Luckily 1 litre of water has a mass equal to 1 kilogram of boat and paddler. So a 100kilo paddler (that's me, it's taken years of pie eating to reach this magical number) with 20kilo of boat and kit weighs 120kilo and will displace 120 litre of water when it floats.

My boat is about 330 litres and with me in it, on flat water you can tell that about 1/3 of the volume of the boat is under the water, displacing the 120 litres required to keep me and boat afloat.

Why then do I need approximately 2/3 of my boat volume above the water? I don't. Some of the extra volume allows me to be comfortable and not constantly be getting wet. Some of the extra volume allows me to edge and change the profile of the boat in the water. But some of the volume is required because 1 litre of water does not always weigh 1 kilo. Moving or white water has air in it. So 1 litre of white water is probably made up of 50% water and 50% air. In this case, such as when I'm on a bouncy wave train that's been hitting rocks and mixing air into the water, in order to float the combined weight of me and boat of 120 kilo I'd need to displace not 120 litres but 240 litres; approximately 2/3 of my boat volume.

Similarly when I go over a bit drop and plummet into the boiling mess below, the water I am going into will have air in it so more of my boat volume is required to keep me a float but also as well as the force generated by the mass of me and my boat I've also the force added to this as a result of me falling. I'll not try and explain the physics behind the plummeting effect but a useful reasonably academic article, check it out if you want to know a bit more:

[http://www.physics.arizona.edu/physics/gdresources/documents/13\\_Archimedes.pdf](http://www.physics.arizona.edu/physics/gdresources/documents/13_Archimedes.pdf)

Here's a puzzle for you: Paul and Dave go out on Coniston in an open canoe carrying several kilos of kit they won't need, including a very large and heavy iron anvil; Paul said it may come in handy, Dave just shrugged his shoulders. First of all they get in the boat and Young Matt and Old Roy stand on the jetty and carefully lower the anvil into the boat. Holly, being keen, notices that the water level in Coniston rises slightly when the anvil is put in the boat. After several hours of laborious paddling Dave begs Paul to throw the anvil overboard which they do. Question, the water level in Coniston rose when the anvil was put in the boat. But when it was thrown overboard did the level A stay the same, B rise, C drop. Answer at the back of the newsletter.

Thank you for reading this, both of you; and please don't pick me up for interchanging the terms mass and weight. Oh, one last thing. You will hear people say they are adding extra buoyancy to their boats. What they mean is they are adding some bags of air or some foam blocks to the inside of their boat so that when it fills up with water there is some space there that doesn't fill up with water so making it less heavy and easier to empty. It doesn't mean that the boat will float higher in the water when there is no water in it just a paddler. May seem obvious but I have known people who thought it was the latter.

***Paul Binks***



# ***Editors Bit***

Well once more a bumper issue of the Newsletter thanks to all our contributors. You may notice that we have no Chairman's Chat in this issue; this is because Terry writes the information in his AGM report so doesn't need to duplicate the information. The other reason of course is because Terry has stood down from his Chairman's role and the committee due to ill health. I would like to thank him for his long service and to wish him well in his fight to regain good health once more. You should all have received an email advising you about this and asking if you would like to nominate someone to replace Terry. In fact he took on the role of Chairman and Club Volunteer Co-ordinator, so we have two roles to fill. As we are in recruitment mode the committee decided it was an opportune time to fill the post of Vice Chairman as well, since we haven't got one and according to our constitution we should have.

You should have received the job description for all the vacant roles as well as nomination forms by email already. If anyone would like to know more about the posts or the procedures for nominating someone, please contact a member of the committee. (Contact details are in the "Club Contacts" section at the end of this newsletter)

So it looks like there are going to be big personnel changes ahead for the club. At the AGM, John Kington retired as Treasurer and was replaced by Jude Smith, thanks to John for his past service and welcome to Jude.

Suzanne Thomas Stood down as club welfare officer and has been replaced by Karen Brown, so thanks to Suzanne and good luck to Karen in her new role.

We are obviously going to have a new Chairman, Vice Chairman and Club Volunteer Co-ordinator as well, so it seems likely that these new faces will eventually stamp their mark on the tasks they do also. Whoever ends up in these posts, they are going to need your support so please bear this in mind and remember that they are all going to be unpaid volunteers doing their best. They also have lives outside of RCC so if you need to contact committee members by phone, please do so at socially acceptable times remember they are not on duty 24 hours a day 7 days a week.

So back to the Newsletter; Thanks to Adam for his amusing article about his trip to the Orchy. This one made it to the front page at last. After reading the article I wonder if their requests for Full **English** Breakfast prompted the hotelier's desire for Scottish Independence. I am rather surprised that Bigfish was able to hold his breath under water for such a long time, I didn't realise he had such self- control.

Thanks to Paul Binks for his article "What Floats Your Boat". It was all very interesting but for the life of me I can't understand why anyone would want to carry an anvil in a canoe or why they would want to throw it in the lake. However having seen Paul paddling his new "Coracle" at Halton recently nothing he does surprises me anymore. I suppose with his wealth of technical knowledge and his new boat, we ought to call him the "Oracle with a Coracle."

Thanks to Paula & Sarah for their article about their experiences on the "Ancient Mariners Challenge." It would certainly be a challenge for an old guy like me to climb in & out my kayak at the 5 locks. The paddling bit would seem easy after that.

Thanks to Tony Marsh for his article about stress, I'll try to remember all that stuff the next time I'm swimming down a river trying frantically to hang on to my boat and paddle.

Actually would be rescuers would do well to take on board Tony's information, especially the bit about having tunnel vision and reduced audio sensitivity. On two of my swims I was trying to hang on to my boat when a would-be rescuer came between me and my boat and split us up when it would have been better to let me hang on. The Tunnel Vision meant I had not seen the rescuer coming and the sound of rushing water meant I hadn't heard him either. Being separated from my boat left me with greater stress. Perhaps rescuers should establish eye contact with a victim and let them know what they intend to do before taking action. Maybe that's something for the coaching forum to debate.

Thanks to Suzanne for the word puzzle, if people like un-jumbling letters and words they would love editing the newsletter.

Thanks to the organisers of the club camps, Graham Kingaby, John Kington and David Sutton for providing the information early so that we can get on with making our plans for the summer.

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

**Norman Green**

### **Answer. To Paul's puzzle in what floats Your Boat?**

C, Drop. Iron has a specific density of 7.9, which means it is 7.9 times heavier than water. In order to float an anvil that has a volume of 10 litres you need to displace 79 litres of water. When the anvil was in the boat the boat and anvil were floating so the 10 litre anvil, weighing 79 kilos, displaced extra 79 litres of water in Coniston by adding to the weight of the boat and the boat displacing extra 79 litres of water. When the anvil was dropped over the side it sank and only displaced 10 litres of Coniston, 10 litres being its own volume. So with the anvil in the boat Coniston rose by 79 litres but only rose by 10 when the anvil was in the water.

## ***RCC Courses for 2014***

**BCU 1 star course** In 2014 we are planning to run 2 courses they will run in May and August, each will take the form of a 6 week course The first one star course starts on Tuesday the 29th of April and will run for 6 weeks just skipping May the 27th as most people are away. The course will be run on the canal with an assessment in the lakes DTBA, enrolment will be on Tuesday 15th April or 22nd April there is a limit of a Maximum of 12 people. For more information and enrolment please speak to Roy Booth

**BCU 2 star course** In 2014 we will be offering the 2 star course, this course requires a significant commitment from the paddler as he/she is expected to reach quite 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.

# ***Bala Summer Camp***

## ***20<sup>th</sup> - 22<sup>nd</sup> June 2014***



The last few years Rache has organised the last of Ribble Canoe Clubs summer camps to Bala unfortunately Rache is not able to organise the trip from China so it falls on me to do it.

This will be my first time here so I am going to have to work from an old but successful plan. This year the Bala Camp is going to be the first camp instead of the last and will be on the 21st - 22nd June at Glan Llyn campsite, Bala. Once again, we will be returning to the shores of Llyn Tegid for our first camp of the summer and I hope to see as many of you there as possible.

More details on booking have been posted on the forum but here are some of the previous camps highlights:

- We will be camped right on the banks of Llyn Tegid - so there are opportunities for all to have a flat water paddle around the lake (after the purchase of a permit).
- A short distance up the road into Bala is Canolfan Tryweryn (which is the Welsh National White Water Centre) which, water release dependent provides a grade 3/4 trip for white-water paddlers of 3\* standard and above.
- The Lower Tryweryn is a great grade 2/3 (with a grade 4 which can be portaged) trip. More details can be found on [www.ukrafting.co.uk](http://www.ukrafting.co.uk).
- Also nearby is Coed y Brenin, the largest Welsh Mountain Bike centre. It's around 20 minutes' drive away and has a fantastic variety of mountain bike trails of various grades and walks.
- Then there is the traditional Saturday night BBQ which takes place come rain or shine!
- Last but not least – for those interested I will be running a canoe three star skills session on the Saturday.

If I have whetted your appetite for a summer Welsh weekend adventure then all you need to do is contact the campsite direct to book your pitch – Prices and T&C's are on the forum.

The telephone number displayed on their website [www.glanllyn.com](http://www.glanllyn.com) (01678 540227 or 01678 540441) and I have also had a quick response via their email address - [info@glanllyn.com](mailto:info@glanllyn.com)

***Graham Kingaby***



# ***Anglesey Camp Rhosneigr***

## ***11<sup>th</sup> -13<sup>th</sup> July***



This year's Rhosneigr camp will take place over the weekend 11 – 13 July. If you've been before you'll know the script. If not, read on.

Since time immemorial Ribble members have congregated on Anglesey in July for a weekend of jollity by the seaside and many tales have been told of antics real, imagined, and possibly hallucinated. The original premise, which remains at the heart of the weekend, is surf – on the sea, in kayaks. Most kayaks will surf after a fashion – modern river boats with planing hulls are ideal. As surf cannot be guaranteed sea kayaking is another favoured activity. Those members who have the use of sea kayaks tend to take on more ambitious day trips (the Skerries last year), but shorter excursions are possible in river boats – perhaps over to Rhoscolyn Beacon to see the seals. Others simply play on the beach – whatever suits.

It's not compulsory, but Saturday night is invariably barbecue night – bring something to incinerate and maybe something to wash it down with. Alternatively there is a chip shop and a couple of pubs in the village.

Most people arrive Friday evening and leave Sunday. If you want to arrive earlier or stay longer please arrange that with the campsite.

We will be camping at our usual site – Bodfan Farm ([www.bodfanfarm.co.uk](http://www.bodfanfarm.co.uk)). Their website has details of how to get there and site fees. It's not particularly sophisticated, but it's clean, friendly, has plenty of space and the nice hot showers only cost 20p. I've made a reservation for "around 40" – so no need to book direct, just let me know you're coming via the forum. If you're intending to bring a caravan and/or want electric hook up please arrange that directly with the campsite. I'm led to believe that there are things called "B&Bs" in the vicinity, which some degenerate types have taken to using, but can't offer any recommendations.

***John Kington***

# ***LOCH KEN: THE RETURN***

***12<sup>th</sup> – 14<sup>th</sup> September***



Due to the success and popularity of club trip last year to the waters of Loch Ken, I'm organising a return trip this year. This time it'll be over the weekend of Friday 12<sup>th</sup> to Sunday 14<sup>th</sup> September.

Last year folks started arriving on the Friday afternoon and went for a late afternoon paddle. In the evening we had a BBQ and drinks. The following morning; set off on an exploration down the loch and back in time for another BBQ and drinks. Sunday morning saw a few hardy souls set across the loch and down the river River Dee. Then reluctantly we made our way back to the 21<sup>st</sup> century in the afternoon.

This time, for those who went last year, there's a longish trip that can be done down the loch to Threave Castle. There is also the opportunity of paddling on the River Dee and possibly the secluded Woodhall Loch.

As it is still a bit away off in the future, there is no rush to book your place – yet. Speaking of which I think the best thing to do pay me the £20 deposit by the end of July and I'll make a block booking, as I did last year, so that we can be all together for the evening's festivities.

On a serious note, please be aware that the loch is home to an invasive population of American Crayfish. So to stop the spread of any larvae please ensure that all your kit is thoroughly dry before going on your next trip.

Here's a link for the camp site which gives prices along with terms and conditions

<http://www.lochkenholidaypark.co.uk/camping-touring-loch-ken.php>

***David Sutton***

# ***AGM 2013 Minutes***

For the year ending 31<sup>st</sup> December 2013  
Fulwood & Broughton Cricket Club  
Thursday 13<sup>th</sup> February 2014 8:00pm start

## ***Apologies***

Peter Roscoe, Rick Patterson, Mags Brayfield, Deborah Finn, Andy Biggs, Rachel Body, Tony Marsh, Paula Sharples

Terry Maddock apologised for not having brought copies of the minutes or agendas for viewing by club members. There will be copies made available electronically for any review and comments for a short time period.

## ***Hon. Membership Secretary's Report***

Membership has remained fairly static,

We had 259 members in 2012 we have 258 for 2013

I have some statistics if anyone would like to look at them, they will also appear in the next newsletter.

Membership renewals were emailed out to members and some have already renewed.

There will be an opportunity after the formal proceedings this evening for members to renew their membership

Others can either post them to me or hand it to me at the H&D on a Tuesday evening.

We have had membership cards printed for 2014

Members can collect their cards when they pay their fees

If you have already paid and not got a card you can collect one tonight or at the H&D on a Tuesday Evening.

Thanks for listening has anyone got any questions?



**MEMBERSHIP STATISTICS**

Age groups	Canoe England Members				Non-Canoe England Members				RCC Member Totals	
	2012	2013	2012	2013	2012	2013	2012	2013	2012	2013
	Male		Female		Male		Female			
Under 16	1	2	0		27	16	11	10	39	28
18 & Under	3	2	0		4	11	7	8	14	21
19 -45	20	20	8	9	46	32	24	23	98	84
45+	35	33	8	8	42	53	23	31	108	125
Totals	59	57	16	17	119	112	65	72	259	258

Numbers by Membership Category				
	2010	2011	2012	2013
Affiliated groups	2		0	1
Adult	186	167	196	198
Junior	53	46	53	49
Life members	8	10	10	10
Total	249	223	259	258

Activity	Numbers Interested			
	2009/10	2010/11	2011/12	2012/13
Slalom	28	29	25	30
WW touring	124	117	106	108
Surf	77	69	62	63
W/W Race	7	5	5	2
Polo	27	24	16	20
General Recreation	238	205	202	241
Sea	98	90	91	98
Freestyle	19	12	16	21

**People Joining RCC and renewing their membership.  
The numbers included family members**

	2011	2012	2013	Up to 13 <sup>th</sup> Feb 2014
Joined During the Year	48	72	89	13
Re-joined the following Year	39	36		

## **Hon. Treasurer's report and Statement of Accounts for the year ended 31<sup>st</sup> Dec 2013.**

I've distributed a number of copies of the a/c s around the room; hopefully you're able to see one. I've also distributed a smaller number of copies of the kit list that underpins the balance sheet – even in very small font it is substantial and I'm thinking of the trees.

The accounts for y/e 31/12/2013 present a picture of a club that is in a reasonably healthy position. While we are showing a small loss that is after adjusting for depreciation of equipment; in cash terms we're showing a surplus. Given that we don't set out to generate profits that's not a bad position to be in and we still have a healthy bank balance.

Our spending on training and new kit was significantly less than in 2012. Numbers coming forward to train as coaches have been much lower than previously, while we have benefitted from Canoe England bursary income. Spend on new kit has been minimal, but we expect to make substantial investment in open boats in the near future.

The income side is healthy, if stable. Not so many new members this year as previously, but there are new faces getting out paddling & making their presence felt, which is good.

Our courses remain a valuable source of income as well as fulfilling their main purpose of helping members to develop their skills in order that they may better enjoy their paddling – thank you to all the organisers, coaches and helpers. In 2013 our courses were well attended, however, pool hire fees at £50 a session (increasing again from April) have eaten into the surplus. Pool fees have resulted in a loss on other sessions.

Other items worth a mention. BCU affiliation fee is self-explanatory and continues to increase. Repairs and maintenance reflect contributions to enhancement works on the canal bank here at the Hand & Dagger. Insurance is increased – in part because of significant additions to kit in 2012. The committee will be reviewing this item and looking around for more reasonably priced providers. Depreciation is an accounting adjustment to reflect the fact that kit wears out and loses its value.

Any questions?

	<b>Proposer</b>	<b>Seconder</b>	<b>Result</b>
Treasurers Report	Albert Risely	Mick Huddleston	Unanimous
Acceptance of Auditor	Roy Booth	Kath Risely	Unanimous

## **COMPETITION REPORT - 2013**

### **COMPETITION REPORT - 2013**

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 2013. The Younguns freestyle series ran again last year with the only event in our area being Llangollen in April. Anyone interested for 2014 should keep an eye on their web site - [www.youngunsfreestyle.co.uk](http://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 2013 were not convenient for those that had shown an interest plus the club has no river racing boats to loan out. The latter will be rectified once we have more storage available. Anyone interested in the 2014 dates should keep an eye on their website - [www.wildwater.org.uk](http://www.wildwater.org.uk)

Ribble members did compete however in a number of 'unofficial' river racing events with some notable successes –

**Tyne Tour 2013**

RCC entered 3 out of the 5 classes in this year's Tyne Tour race. Allan Hacking and Rachel Body came 2<sup>nd</sup> (again) in the Topo Duo class. Will Body did extremely well to maintain 2<sup>nd</sup> place in the single Open Boat class against the extra power of the tandem open boats. Honours go to the new pairing of Dave Cardwell and Paul Binks in the tandem Open Boat class who managed to recover from a capsize within 100m of the start line to finish 2<sup>nd</sup> in their class and third overall.

**Yorkie Run 2013**

This competition isn't really a race but was introduced for the first time in 2013 to improve river running skills whilst having fun. It was won by an Interloper, Mr Rick Atkinson, the UK distributor of Select Paddles, who achieved 45 eddies between the start of the course and the first bridge on the Washburn.

**Buccaneer Run 2013**

The Buccaneer Run was a very different story. 17 paddlers stood up and completed the challenge (this figure does not include at least 30+ shudda, wudda, cudda paddlers who weekly grace the lounge of the Hand & Dagger with stories of their epic adventures).

Fastest lady was a tie between Sarah Jones and Paula Sharples in 29 minutes 40 seconds.

Fastest man went to John Roberts in a time of 27 minutes and receives the Buccaneer Prize.

Thanks go to everyone who completed the Run and to Wallworks Ltd who paid for the Prizes and all the Neck Buffs awarded to everyone who competed.

Thanks also go to Adam Fielder for organising both the Yorkie and Buccaneer Runs.

**Canoe Slalom**

Roy Garriock will be wearing Bib 11 in the Veteran Prem/Div 1 races for 2014.

Mick Huddleston competed in Kayak Men's Division 1 finishing 76<sup>th</sup> overall but 6<sup>th</sup> in the Masters rankings for his age group.

Jonathan Shaw competed in Canadian Men's Singles Division 1 but only managed to get to two events finishing 22<sup>nd</sup> overall. Hopefully he will be able to get to more events in 2014.

Jacquelyn Shaw became a Bradshaw in 2013. She also decided to start competing again in Kayak finishing 34<sup>th</sup> in Prem off just two races. Her main focus was still Canadian Singles however where she competed again for GB at the U23 European Championships at Bourg St Maurice in France finishing 9<sup>th</sup>. At national level she didn't manage to retain her Number 1 bib due to other commitments and so will start as Bib 5 in Prem for 2014.

Slalom events are publicised on the UK Slalom web site - [www.canoeslalom.co.uk](http://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.

### **7th Ravenglass Seaquest**

Ribble had intended to compete in this event but bad weather hampered those plans. The 2014 event looks like it will be run on Sunday 15<sup>th</sup> June so put the date in your diaries now.

### **Coquet Island**

Ribble did well this year with a team of 8 returning with 2 trophies! Full results are on the forum. This year's race will be held on 8<sup>th</sup> June.

### **Hilbre Island 2013**

A small Ribble contingent entered this year consisting of Sarah and Gareth Jones and Paula Sharples. No prizes this time. The 2014 race has already been organised for 29th June.

Paul Binks has started a thread in the forum where all the 2014 Races and Tours are listed so take a look and sign up for an event - [www.ribblecanoecub.co.uk/smf\\_1-1-2\\_install/index.php?topic=2650.0](http://www.ribblecanoecub.co.uk/smf_1-1-2_install/index.php?topic=2650.0)

If I haven't mentioned an event you competed in last year then it's 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!

Finally, I would like to add my thanks to all the others for the fantastic job Sarah Jones did in organising all the submissions on behalf of Ribble Canoe Club to the Canoe England Winter Club Challenge and 1<sup>st</sup> place for the 'Most Places Paddled'. Here's hoping that Ribble Canoe Club has an even stronger competitive year in 2014.



## ***Hon. Chairman's Report***

A tradition took seed on 12 January 2013 when Pat and Kath organised our first annual ceilidh with about 50 members leaping about. Many willows were stripped that night. We hadn't had a ceilidh before that because no-one knew how to spell it. We've just had our second annual ceilidh, again so ably organised by Pat and Kath, so there you have it – definitely a tradition. It seems to be a tradition too, that some members paddle on the Saturday before the ceilidh and some the day after. Now that's dedication. There may even be one or more who paddled both before AND after. Now that's .....obsession ☺

Another tradition was started by David Sutton in June when he inaugurated Ribble's first Annual Loch Ken Camp. We know it was the first annual, and a tradition, because he's just announced the second; this time in September. We'd been to Loch Ken before, but as a one off in October many years ago. That must have been the pilot show. Now we're into the series. It's a fine loch for two days of paddling and a good and friendly camp site – a recipe for success, as indeed it was with over 20 members camping and paddling.

Lots of members were at Rhosneigr Surf Camp where, in contrast to the previous year, there was little or no surf. However there was plenty of paddling with a trip south along the coast from Cable Bay to Chapel Island (and back). Several very new paddlers survived their longest paddle, the odd bit of lumpy water and some rock hopping. An intrepid group of sea paddlers fulfilled a long felt want and paddled to the Skerries and back. Others went in search of adventure on the tidal waves at Stanley Embankment and all returned to barbecue and beers.

Bala Camp was well attended again with paddlers going to the white water on the Tryweryn and to gentler water on Llyn Tegid (Lake Bala). Despite wind and rain, enjoyable trips were had and again all returned to barbecues and beers and Binky's quince wine, all under tarps and behind wind breaks. Cheese and biscuits and port extended the evening and I know one member who wasn't fit to paddle on the Sunday. I don't know whether it was good port or not, but as it was in a storm ..... The saying applies. Many thanks to the organisers of our camps, David Sutton, John Kington and Rache. Who's going to organise Bala Camp now that Rache has gone east. That's to China not Yorkshire! A thought has been expressed that Bala should be brought forward to become our first summer camp, in June, then Rhosneigr in July (tide dependant), possibly followed by another camp in August, then Loch Ken in September.

We ran an abundance of courses this year. Our 1 Star Courses ran to a new format of several six week courses starting at the beginning of each month from April to August and overlapping by one or two weeks. It was a good plan, but the take-up, especially in the earlier months was very poor with only 2 or 3 students. Even the August course had only 6 students, whereas we'd had 26 the previous year in August. It just goes to show you can only plan for a likely outcome, and wait for it all to go pear shaped, keep calm and carry on. Thanks to the coaches who ran the 1 Stars, Allan Hacking, Roy Booth, Gary Fishwick and David Cardwell and to all those coaches and experienced paddlers who assisted them.

Rick Turner ran a very successful 2 Star course throughout the spring and summer and Peter Roscoe a 3 Star Sea course. Many thanks to Rick, Peter and all those other coaches and members who supported them. Weekly pool courses were well attended and followed our usual format of Rolling, Slalom, Sea Skills, Safety & Rescue, Allan's monthly Paddle Skills Sessions, regular Open Sessions and the occasional Dumbongo. Thanks to the organisers and the Pool Supervisors and Committee Representatives who turned up and shame on those who forgot. I'm in there, I know. Sorry.

In November Sean McGrath of Wild River came to The Hand & Dagger to present all the BCU awards gained by our members over the summer. Over 50 members and family turned up to witness and applaud the successful students in all the above-mentioned categories plus Graham Kingaby's UKCC Level 2 Coach award, working towards which had kept him from a lot of coaching this summer. Graham's putting his new status to good use by running this coming year's 2 Star Course as announced on the Forum recently.

Our monthly Beginners' Trips, Development Trips and our impromptu trips which seem to happen just as regularly, continue to be well attended as was the Tyne Tour again this year with prizes and personal bests galore. Members continued to attend Foundation Safety and Rescue Courses and White Water Safety and Rescue Courses provided by Tony Morgan and Wild River, and our Level 3 White Water coaches held a very useful Moving Water Rescue session on the Lune at Kirby Lonsdale. The club has become much more diverse over the past few years, with more and more members paddling open boats and sea paddling as well as touring and white water paddling.

The BCU held a competition between October and December for the most miles paddled by an affiliated club and by an individual member and for the most places paddled by an affiliated club. Sarah Jones spotted this and organised the reporting of all trips, miles, locations etc. by members to herself to record and submit to the BCU. Her hard work and that of all the paddlers was rewarded when Ribble won the Most Places Paddled section. We came 5<sup>th</sup> in the Most Miles Paddled by a club, Debbie Dowe came 9<sup>th</sup> and Peter Roscoe 4<sup>th</sup> in the Most Miles Paddled by an individual (Female & Male respectively). Now we just have to decide what to do with the prize money of £250. Following some argy bargy, a poll was held on the Forum and the results will be discussed at this meeting under Any Other Business.

Pat and Norman's long and hard work at Halton bore fruit during this past year. The canoe/kayak launching steps on the north bank were completed along with the showers, changing rooms and parking places. An Open Day was held at Halton Mill in August with paddling machines and a mechanical elephant (don't ask) and quite a few Ribble members went along. The NWBCU Annual Committee Meeting was held there in November. A BCU Coach Update day is to be held there next month with talks in the mill and paddling on the river – an excellent venue for this sort of event. Raising the profile of Halton in this way can, I'm sure, only enhance the possibility of improving river access there in the future. Once again Pat organised two summer paddling days there.

On our web site, Graham had the idea of putting the calendar on the front (Home) page. Non-members can see from the calendar the amount of paddling available within the Club, but they have to become members to access the Forum and obtain the necessary details to take part. Graham keeps tweaking our web site and forum to keep us secure and up to date in the IT world. This year he's also set up a Drop Box for easier access to Committee and Coaching Forum agendas and minutes and he's currently looking into ease, security and costs of setting up an on-line database of membership including possibly payment of fees.

You've probably noticed our improved canal access at the Hand & Dagger thanks to the Canals and Rivers Trust encouraged by Rick Patterson. This followed on from the re-siting of our container within the new layout and landscaping of the beer gardens. I think you'll agree that using the container and launching on the canal is much more pleasant these days. In December seventy members ate our Christmas Meal at the Hand & Dagger. I don't know how we all fit in, but we did and it seemed to go alright.

Here's looking forward to another year of the same, or similar. Please make any suggestions for additions or improvement to your Committee or just get on with it yourselves.

Finally, I can't finish this report without mentioning the sad event which occurred last month. Steve Swarbrick died at the age of 58 after an illness of 5 years or so. I'm not going to go into all he did over nearly 20 years for this club and its members, but I ask you to read the article on the front of our Jan/Feb 2014 Newsletter if you've not already done so.

If you have been, thanks for listening.

***Terry Maddock***

## ***Election of Officers and Members to the General Committee.***

The following Committee Members resigned during the year:

- Will Body
- Paul Binks
- Jane Eccles (was also youth representative)

The following Committee Members are standing for re-election:

- Terry Maddock
- Mark Shaw
- John Hooper
- Allan Hacking

Proposer	Seconder	Result
PW	SS	Unanimous

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

- Lucy Bailey (as youth representative)
- Stuart Bailey
- Jude Smith

Proposer	Seconder	Result
Will Body	Andy Dowe	Unanimous

The following Officers are standing for re-election:

- Chairman                      Terry Maddock

Proposer	Seconder	Result
Albert Risely	Debbie Dowe	Unanimous

The following are standing for election to Office:

- Treasurer                      Jude Smith
- Quartermaster                Graham Eccles
- Webmaster                      Graham Kingaby

Proposer	Seconder	Result
Paul Binks	Nicky Marsh	Unanimous

Thanks to Graham Eccles, Elizabeth Eccles and John Kington.



## ***Proposal for Membership Fee Increase***

Terry Maddock detailed the existing membership and then proposed the new membership fees.

	<b>2013 Fee</b>	<b>2014 Fee</b>
Adult Member	£20	£25
Child Member	£10	£10
Family Member	£4	£5
Affiliation Fee	£35	£50

Explanations of the committees reasoning were provided.

Questions were raised by regarding the issue of family membership. Should the family membership fee be raised (or scrapped). How many active members benefitted?

One of the justifications for the new fees was regarding the purchase of new kit, boats and a trailer. The trailer resulted in a lot of discussion and questions regarding practicality, usage, storage, insurance, legality and maintenance costs were raised. It was mentioned that Graham Kingaby had secured storage (at the school he works for) on the basis of some training for the school kids; however the question was then asked 'What happens if Graham leaves?' Will the trailer lead to coaches being taken advantage of (towing etc...)

Graham Kingaby pointed out that the club needed new Open Canoes and associated storage/transport if the club was to provide 2\* training and assessment (as it currently does).

John and Suzanne Thomas pointed out the club could stop providing 2\* courses and assessment's.

Mark Dillon asked why general club fees had to pay for equipment used for training and assessment. Why can't the course fees cover the equipment costs?

Vote on raising fees –

<b>For</b>	<b>Against</b>	<b>Abstain</b>
46	10	0

## ***Any Other Business***

### **Spending of Canoe England Prize Money**

Poll results were –

	<b>Number of Votes</b>	<b>Percentage</b>
Free food at AGM	2	8%
Charity donation	14	56%
New Equipment	7	28%
Other	2	8%
	<b>25</b>	

Vote for money going to a charity –

<b>For</b>	<b>Against</b>	<b>Abstain</b>
44	5	7

Motion passed therefore a question was raised regarding which charity should receive the money.

The options are:-

- SMILE
- RNLI
- MNDA
- Marie Curie

Vote for money going to MNDA –

For	Against	Abstain
54	1	1

### **AGM Parking**

Question was raised about the lack of parking at the AGM this year.

### **AGM Closed**

Terry Maddock closed proceedings. The new 'Phil Singleton & Steve Swarbrick Memorial Award' was presented by Bev Saville and the issuing of Trophies (by Debbie Dowe). This was followed by the consumption of subsidised food.

## ***Nominations for Trophies Presented at AGM***

### **Driftwood**

Awarded to the club member whose paddling ability has improved the most during the last year.

**Nominees:** Alan Blackburn, Billy T, Jack Turner, Graham Kingaby, Sam Binks, Rachel Body, Jude Smith & Deborah Finn.

**A Close Runner Up** Deborah Finn

**WINNER:** Jude Smith

Both Jude & Deborah are New/Relatively New to paddling for 2013 and did 1 and 2 Star courses respectively. Then threw themselves into paddling whole heartedly. Accepting the tuition and mentoring offered, they took on river after river. Doing Warden Gorge on North Tyne at Tyne Tour without a mishap has to be testament to their determination and ability to take advantage of what RCC offers in the way of tuition and opportunities to learn.

### **Competition**

Awarded to the person seen to have achieved (or improved) most in Competition during the year.

**Nominees:** Sarah Jones Paul Binks & Dave Cardwell

**Honory Mention: Jacquelyn Shaw**

**WINNER: Paul Binks & Dave Cardwell** for their efforts on the Tyne Tour. Despite falling out 100 metres from the start of the Tyne Tour race and losing a paddle, racing against three other crews all under 30 years of age, to come second in the tandem class.

### **Youth Challenge**

Awarded to the club member under the age of 18 who has achieved the most in the past year, be it in improved paddling ability or competition.

**Nominees:** All nominations received in this class were for Tom Beer.

**WINNER: Tom Beer.** After some shaky incidents early on, he has moved on and grown in confidence. He has been paddling for a couple of years. Has demonstrated more awareness of what paddling and especially rivers are about. He has shown a developing respect for both rivers and the tuition offered and has become a better paddler as a result. New Year, New Boat, 2013 has seen Tom improve dramatically; he now appears to be at home and having fun on white water.

### **Shakespeare**

Awarded to the writer of the best newsletter article(s) in the last year.

**Nominees:** Terry Maddock, Pat Green, Sarah Jones & Paula Sharples

**WINNERS: Sarah Jones & Paula Sharples** Their submissions are both informative and humorous. July/Aug Tales from Davey Jones Locker, Sea Kayak Training Anglesey. July/Aug Northumberland Coquet Island Race. Nov/Dec Hilbre Island Race

### **Philip Singleton Trophy – Now Philip Singleton & Steve Swarbrick Memorial Award**

Awarded for significant contributions to the club over a number of years

**Nominees:** Allan Hacking, Roy Booth, Peter Roscoe

**WINNER: Roy Booth** - Coaching, encouraging and helping paddlers who need assistance to get out and improve their paddling. In particular, his support for David Cardwell, our first wheelchair user. Has been very good for David, but has also shown the rest of us that having a disability does not mean you cannot paddle. We have been shown that it is simply a matter of thinking differently, and working around any difficulties to make things happen. Other coaches and members help David, but it was Roy who took the first initiative. His most recent challenge/achievement taking new members on the canal on a Club Night – in the dark! Without this they would not be able to get out and paddle.



His coaching is appreciated by lots of RCC Members. On a recent “Intro to Moving water” session at Halton two members said “we have learnt more in two hours with Roy than we learnt in a week on a commercially run White Water course in Wales”.

Roy has done all this whilst improving both his own personal paddling and coaching skills.

He is always willing to help with the transport of boats and equipment on club trips.

### **Floater**

The Floater trophy is awarded to the member who hasn't won 'owt and deserves summat for doing the most extraordinarily exceptional thing(s) during the past year - extraordinarily exceptional in any way which enhances the diverse nature of our club, be it silly, eccentric, adventurous, outlandish, courageous, bold, hardworking, entertaining, public spirited, mad, generous etc...etc...

**Nominees:** Rick Turner, Graham Kingaby, Paul Binks & David Cardwell

**WINNER: Graham Kingaby** For development of his own personal coaching, and embracing canoe and going from Zero to (not quite) to Hero (nearly) in both single and tandem canoe.

### **Photograph of the Year**

**Nominees:** Gareth Jones, Jude Smith, David Sutton

**WINNER: David Sutton** “Two Old Chuffers” A photograph with Terry paddling on the lake with a train travelling along the Lakeside and Haverthwaite rail track.

# ***Pool Sessions***

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

<b>Date</b>	<b>Session</b>	<b>Contact</b>	<b>Supervisor</b>	<b>Committee</b>
21 Mar	Open	N/A	Graham Kingaby	John Hooper
28 Mar	Sea Skills	Paula Sharples	Terry Maddock	Paula Sharples
04 Apr	Open	N/A	Paul Binks	Graham Eccles
11 Apr	Paddle Skills	Allan Hacking	John Kington	Allan Hacking
18 Apr	GOOD FRIDAY	N/A	N/A	N/A
25 Apr	2 Star	Graham Kingaby	Paul Smith	Graham Kingaby
02 May	Sea Safety	Paula Sharples	Brian Petherwick	Paula Sharples
09 May	Paddle Skills	Allan Hacking	Paul Binks	Allan Hacking
16 May	2 Star	Graham Kingaby	Albert Risely	Graham Kingaby
23 May	Open		Matt Aspden	Brian Woodhouse
30 May	Open		Paul Smith	John Hooper
06 June	2 Star	Graham Kingaby	Adam Fielder	Graham Kingaby
13 June	Paddle Skills	Allan Hacking	Will Body	Allan Hacking
20 June	Open		Rick Turner	Mark Shaw
27 June	Fun And Games	Gareth Jones	Sarah Jones	Gareth Jones

**Prices for pool sessions:** Rolling Course £20 plus club membership. **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.

# ***Ribble CC Library***

**See Albert or Kath Risely to borrow a book or DVD.**

## **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 **NEW**  
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)

## **Whitewater**

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  
Whitewater 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 - Whitewater 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

	<b>Ribble CC Contact List</b>	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
Albert & Kath Risely							☺	☺											Library
Allan Hacking		☺			☺	☺	☺		☺	☺		☺	☺						
Brian Woodhouse		☺	☺	☺				☺	☺	☺									
Gareth Jones		Secretary																	
Graham Eccles		☺					☺												Quartermaster
Graham Kingaby		☺			☺	☺	☺						☺						Webmaster
John Hooper		☺					☺												
John Kington		☺								☺				☺					
Jude Smith		Treasurer																	Treasurer
Karen Brown		☺																	Club Welfare Officer
Lucy Bailey		☺																	Youth Rep
Mark Shaw		☺													☺	☺	☺	☺	Competition Secretary
Norman & Pat Green		☺						☺											Newsletter
Pat Green		Membership																	Membership Secretary
Paula Sharples		☺																	
Stuart Bailey		☺																	

**Additional Key Holders:** Andy Dowe, Rick Turner, Roy Booth, Tony Morgan



Last minute trips organised on the website, at the Hand & Dagger (Tues, 6:30pm onwards) or Fulwood Leisure Centre (Fri, 9:00pm). 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.

## MARCH

**Sun 16 Mar**  
***Beginners Trip***  
***Coniston, Cumbria***  
**Contact: Roy B**

*Tue 18 Mar*  
*2 Star Enrolment Night - The Hand & Dagger*

## APRIL

**Tue 1 Apr – Tue 8 July**  
**2 Star Course**  
**The Hand & Dagger**

Sun 13 Apr  
London Kayakathon  
Some club members participating  
Contact: Alan Blackburn

**Sun 6 Apr**  
**Development trip**  
**Contact: Rick Patterson**

*Tue 22 Apr*  
*1 Star Enrolment - H&D*

*Tue 29 Apr*  
*1 Star Enrolment - H&D*

**MAY**  
**Sat 24 – Sat 31 May**  
***Beginners Sea Kayaking Trip***  
***Island of Mull***  
**Contact: Roy Booth**

**Sun 4 May**  
**Development trip**  
**Contact: Chris Jackson**

**Sat 17 May**  
**Beginners Trip**  
**Contact: Graham Kingaby**

**JUNE**  
Sun 8 Jun  
Coquet Island Race

**20<sup>th</sup> - 22<sup>nd</sup> June 2014**  
***Lake Bala***  
**Contact: Graham Kingaby**

## JULY

**11<sup>th</sup> -13<sup>th</sup>**

**Anglesey Rhosneigr**  
**Contact: John Kington**

## SEPTEMBER

***Fri 12 – Sun 14 Sept***  
***Loch Ken Camp***  
***Lock Ken Holiday Park***  
***Nr Castle Douglas***  
**Contact: David Sutton**

NOTE: 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.