

TALES FROM THE RIVERBANK



July/August 2014

“Na zdrowie” Paddle Poland 2014

Amanda Spavin

□



After months of careful planning launch time finally arrives

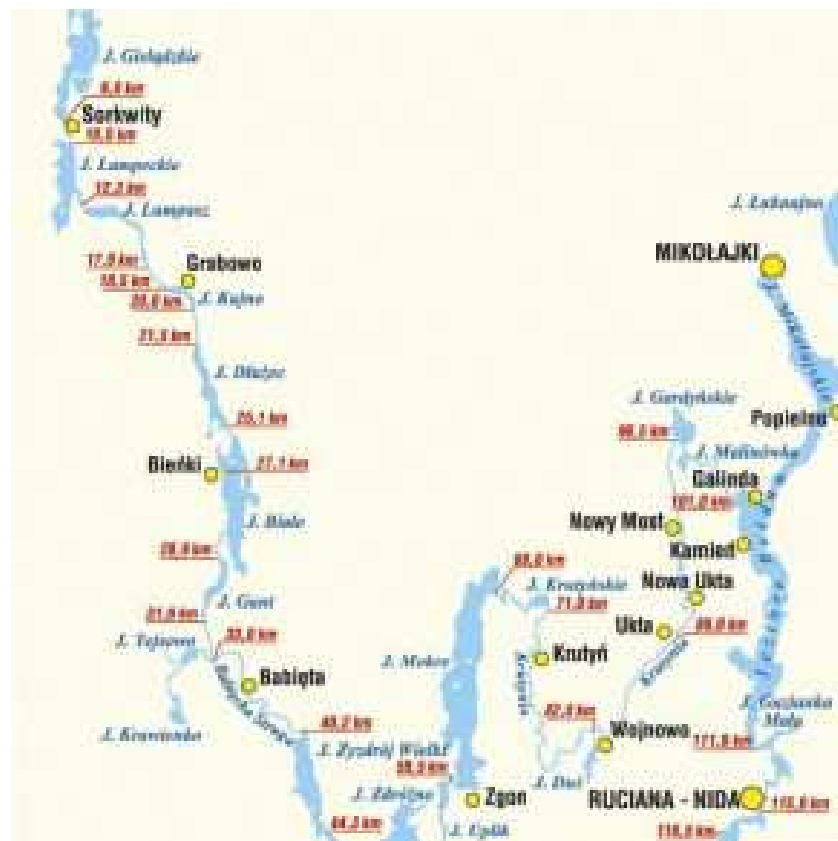
Poland may not be the most obvious choice for a kayaking destination. However having been invited to support a reconnoitre of the Krutyn River by a group of Paraplegic kayakers looking at using the route for new spinally injured people, I was keen to help out.

“Back Up” is a national charity that helps people of all ages and backgrounds rebuild their confidence and independence after a spinal cord injury. They believe that while a spinal cord injury can be devastating it should not prevent anyone from fulfilling their potential. Their key aim is to open peoples’ eyes and inspire them to look forward to a more positive future.

My eyes were certainly opened and I was both humbled and inspired by the determination and resourcefulness of my fellow paddlers.

Our destination in Poland was Szlak Kajakowy Krutyni, which is one of the most scenic low-lying river trails of Europe. The 120km kayaking route leads through 17 lakes and several rivers and streams of the Piska Forest and the Great Masurian Lake District - called The Land of the Thousands Lakes.

Scattered along the banks is a well-developed network of riverside hostels and campsites. Such trips down Krutynia River are a huge attraction of the region, and the river itself is considered the most picturesque kayaking route in Poland.



Map overview of the 116km Szlak Kajakowy Krutyni Trail

Our first day consisted of a 16km paddle from Krutyn to Ukta. Here the river is shallow and slow flowing and the river banks are very low flanked by mixed forests and meadows with lots of aquatic vegetation and fresh water mussels. An old water mill presented a difficult short portage, the only portage on the whole 120kms of this trail!

With no wheelchairs 6 able bodied kayakers portaged each kayak still containing its passenger!

Some difficulties in straight paddling were caused by no foot or knee support coupled with a high spinal break giving reduced core stability and balance despite the mastering of sweep strokes.

Day two involved a 14km paddle from Ukta to Iznota through a beautiful nature reserve. Here the river meanders as it widens and is abundant with wildlife, which gave us plenty of photo stops. We also came across Poland's largest bird the Mute Swan, with a wing span of 2.4 meters, it was a spectacular sight as it flew over and landed only a few feet in front of my kayak. For bird lovers you can also enjoy the sight of grey herons, cormorants, coots and grebes and we were lucky enough to see an eagle too.

Two of the group, finding day one in a stable river boat quite easy, took the challenge of upgrading to sea kayaks for the second day, and impressed the rest of the group as they navigated them along the trail.



Lunch stop at one of the many picturesque riverside bars

Whilst we only navigated a short part of the trail it is possible to find organised guided tours that include the hire of kayaks with overnight stops at campsites, marinas or agro-tourist farms including, meals and insurance. It is also possible to create itineraries designed by tourists themselves. Kayaking tours usually start at Sorkwity on Lake Lampackie and end at Ruciane-Nida on Lake Nidzkie, you can contact [AS-TOUR](#) for more details. Whilst we paid around £4 a day for kayak hire and transportation, an eight day supported tour is offered for a little as £100. Flights cost approximately £130 return and food was extremely cheap with main courses starting from a mere £5! This leads me nicely onto drinking!

In restaurants beer cost around £1.20 a pint, wine £5 a bottle, the most we paid was £10.00 for a beautiful bottle of Argentinian Malbec. Bottles of vodka meanwhile are around £5.00 in supermarkets and large shots less than £1 in bars, for this reason I have included a fun guide on how to drink vodka like a local;

- In Poland, drinking is a public affair; always ensure you have a group of friends with you to share your vodka.
- Poles don't drink vodka in cocktail form or diluted with a mixer. In fact, to traditionalists, these practices are considered practically criminal. Vodka is drunk neat, chilled (but without ice) and usually in measurements of 50ml.
- The most common toast is *na zdrowie* (pronounced 'naz-dro-v-yeh'), meaning 'to health'.
- Vodka is always drunk in one gulp or '*do dna*' ('to the bottom'), regardless of size.
- Drinks are immediately refilled, so take some time between each toast to sip some water or have a Polish snack, such as pickles or sausage.
- Be warned: if you're a guest in someone's house, your host will expect the bottle to be empty before you leave.
- Drink responsibly! Unless you're Russian, never try to out-drink a Pole. Miss a few turns or sip your drink in stages.



“Na zdrowie – Cheers” Sadly I chose to ignore all of the above!

If anyone is interested in finding out more about either the Krutyna trail or the 'Back Up Trust' buy me a vodka at club night and I'll tell you all I know. I also have a more detailed tourist map of the whole trail you can borrow if you are interested in planning a trip. If anyone is interested in organising a Ribble Trip, I'd be happy to help and would love to come along too.

Amanda Spavin

Prehistoric Kayaking

Following our last appeal for articles for the Newsletter, we received one from an 84 year old lady who is not even a member of the club. What's more she didn't even receive the email request that you lot did. So, on that basis the rest of you have no excuse for not sending articles (Just joking).

Perhaps I had better explain. Gary Fishwick handed me the following article saying that one of his customers was an ex-kayaker and had some photographs and information that she thought might be of interest to him and the canoe club. Having read the article Pat & I decided that it was something a little different and that it was of historical interest from a modern paddlers' perspective.

By way of explanation, P.B.K is a reference to "Percy Blanford Kayak" that is a kayak designed by him and usually built from a set of plans he sold. Percy Blanford died quite recently he was 101 years old and his obituary was featured in Canoe Focus. He was an authority on the subject and also wrote several books about kayaking and many other subjects (113 books in all); it was after reading these as a schoolboy (not all 113) that my personal interest in kayaking was aroused. It would however take several years before my opportunity to paddle a kayak came around. For those who have not heard of Percy Blandford before here is a link you may like to follow for further information.

<http://www.westerndailypress.co.uk/man-launched-DIY-boating-craze/story-20498799-detail/story.html>

The other references that are quite remarkable are the ones to the fact that kayak trips were undertaken on public transport, using trains to reach the start of the trip and even being able to cut the trip short of the intended destination and still be able to catch a train home. I often wondered why the river Wye was so popular with earlier Kayakers, but never realised that it was partly because it was well served by train stations along the route. If you look at a modern map you will unfortunately realise that most of the stations and train lines mentioned are no longer there. They fell victim to the Beeching Axe of the 1960's. Read on and enjoy.

Prehistoric Kayaking – Sylvia Horner

I married John Brown in 1950. We lived in Poole almost on the shores of Holes Bay the innermost part of Poole Harbour. John soon bought the paper plans of a P.B.K. double and, with a friend, built it in a disused space at the top of the new Poole Power Station. When it was complete, they lowered it carefully from one roof level to another until it reached the ground and then paddled it home.

John explored Poole harbour thoroughly, wearing an old shirt, shorts and holey tennis shoes. He did not consider either a crash hat or lifebelt necessary. When I joined him with the two small children, we did give them lifebelts, but chiefly to keep them warm.

Our favourite outing was to the tiny wild Pergins Island, in the middle of Holes Bay about a mile from home. Once we actually took my mother in law as well. On the return trip I noticed seagulls walking in the shallow waters in front of us as the tide went out. We realised that we could easily ground, so we detoured to the railway embankment crossing the bay. I got out with my paddle and walked back along the line and John took the family back by water. His mother said "Thanks, but never again."



In 1955 John persuaded me to spend a week canoeing on the River Wye from Glasbury to Chepstow. Our equipment was minimal but as waterproof as possible. Tupperware and plastic bags had not been invented so we had, from memory, a single pole tent and flysheet with a separate groundsheet, two sleeping bags which we stowed in a rucksack.

Kettle, primus, lighter, metal plates, mugs and cutlery, food in small tins and canvas water carrier. We also had two rubberised bags for clothes. These had to be folded up as a concertina at the neck, folded over and tied tightly with cord to keep them as dry as possible. We had two pairs of paddles and a pair of wheels with one axle which could be screwed on to the bottom of the craft for transporting it on land.

The directions we had from Percy Blandford were a set of strip maps on one sheet with some remarks such as *"Bridge Sollers weedy"* *"Take central arch of Hereford Bridge"* *"Below Tintern the banks are high and muddy at low tide"*, we also took the O.S. Maps

The evening before we were to leave, we gave mother in law all the advice she wanted about looking after the children and John fixed the wheels under the boat, and a metal arm from the bow to the saddle of his cycle and towed the kayak the half mile to Poole station.

Next morning we walked to the station with a rucksack each and various bags and parcels and travelled by train via Bristol, Severn Tunnel Junction and the Wye valley line to Hay on Wye. The river was low and John knew that the first stretch from Glasbury would have been very shallow.

Most of the trip was easy. The weather was warm and sunny and the little rapids easily passed. We spent the night near the bridge at Whitney having paddled about six miles. The river on this stretch is flat with great meanders. We did see swans, cows, and hawthorn in blossom but it was all very monotonous. Next day it was similar and perhaps we were careless, for in mid-afternoon we were caught on a pebbly ridge at the end of a small island, spun round and capsized. John sensibly picked up the rucksack with the sleeping bags from between his knees and hung it on the branch of a tree overhead, but everything else was soaked. It took over an hour to carry everything on to the bank, get permission from the farmer to erect the tent and hang the wet clothes on a makeshift line in the orchard. Then I realised that most of our food was spoiled so I hurried to the shop in nearby Preston on Wye to get there before it closed at 6 p.m. The shopkeeper was surprised to get someone wanting bread, milk, bacon and eggs so late, but was most sympathetic when she heard what had happened. She suggested that she could dry our woollies overnight in her airing cupboard. We were very grateful when we picked them up again next day.



So the journey continued. Bridge Sollers was weedy but not impassable and we reached another orchard behind a pub at Hereford that evening. We woke to a terrific thunderstorm so decided to stay put for one day. Unfortunately we had nothing to entertain ourselves with.

John went into the pub to try to buy a paper. The only one available was the Daily Herald which was being kept for a customer in the evening but we were allowed to borrow it. We read every word, all the small ads, and did the crossword on a grid drawn on a scrap of paper.

The scenery was much more interesting as we paddled towards Ross. The valley sides were steeper and wooded but the river still meandered. We almost did a complete circle as we passed Symonds Yat.



It was late afternoon when we reached Monmouth and we realised that we had no chance of reaching Chepstow by midday the next day to catch the high tide. It is impossible to land there unless the tide is high because of the exceptionally steep muddy banks. So we came to the confluence of the River Monnow and paddled up it for half a mile to the station.

John went to find out if we could get home that evening and came back with three porters running behind him. They picked up the boat and all the gear and threw it and us into the guards van. During the next half hour we packed everything away as well as we could and hoped to get the express to Bristol from Severn Tunnel Junction. Unfortunately the guards van of the express had the corridor side to the platform and all the railway men could not get the canoe through the double doorways. At last they said they would forward it on the next day and we went on without it. Mother in law was surprised and very relieved when we walked in at about 10pm. John cycled to the station at noon next day and towed the boat home. He went on to have many more canoe camping trips I had done it once and that was enough.

Sylvia Horner

It's a great pity Sylvia didn't send us a picture of John Brown towing his kayak behind his bike. That I would like to see.

It's interesting how Sylvia & John passed away the enforced day spent sheltering from the thunderstorm, today I guess people would have along some electronic device like a smartphone to provide entertainment. Or they could use it to search out the nearest pub. In 1955 the pub would not be open during the day of course because the legal opening hours were different.

I find it interesting that people were able to manage without plastic bags or containers. I don't remember it being a problem at the time and I don't remember a particular time when they were suddenly introduced. Tupperware containers became commonplace in the mid 1960's onwards, and were usually sold by Tupperware agents who organised "Tupperware Parties" in people's homes to demonstrate and sell all these new-fangled kitchen and storage devices. When plastic was introduced into the construction of kayaks, many regular paddlers disparagingly referred to them as "Tupperware Boats" or "Plastic Pigs," how times have changed.

Editor

Ribble Racers Bring Home the Trophies

Paula Sharples

Ribble Canoe Club has once again pulled out all the stops in two competitions that have taken place this month.

Coquet Island Sea Race

The first race was the Coquet Island Sea Race, now in its 25th year, which took place on June the 08th. Following on from last year's great performance Ribble entered another record number of paddlers (from left to right - Mags Brayfield, Gareth Jones, Paula Sharples, Mitch Dunne, Peter Roscoe, Stuart Williams, Alan Blackburn, Amanda Spavin and Sarah Jones).



Although lovely and sunny the sea state was slightly choppy than both the forecast and last year's event. There were 40 competitors that completed the 5-5.5 mile event. Brian Turnbull was the first racer home in the fastest time ever of 44 minutes and the fastest lady, Kate Duffus arrived home in 11th place. Most importantly were our very own winners.

Alan Blackburn - Second in the Grand Old Man of the Sea Category, 17th Place overall with a time of 54.26 minutes



Peter Roscoe, winner of the Ancient Mariner category, 26th Place overall with a time of 60.39 seconds, just over the 1 hour marker.

The Girls did us proud this year with improved times over last year's performance (although not stopping for photos helped a little!) Big shout outs for Mags and Amanda on their first Sea Race outing, it's nice to see more of us ladies on the water.



A great time was had by all and I have no doubt we will all be returning again next year, maybe we can improve on our times yet again! (Next years' race is scheduled for Sunday the 28th of June 2015)

Results

Position	Name	Time
1	Brian Turnbull	44.00
11	Kate Duffus	52.58
17	Alan Blackburn	54.26
19	Mitch Dunne	56.20
23	Stuart Williams	58.45
26	Peter Roscoe	60.39
28	Gareth Jones	62.21
31	Mags Brayfield	63.58
32	Paula Sharples	64.21
34	Amanda Spavin	65.57
35	Sarah Jones	66.02

(For full results you can visit <http://www.seakayakingnorthumberland.co.uk/Race.html>)

Windermere Summer Solstice – 21st and 22nd of June

The Second Event this month was the Windermere Summer Solstice. We had three entrants in the Long Course (10.5 miles, Waterhead to Fell Foot) in the form of Mitch Dunne in a Sea Kayak and Mags Brayfield and Alan Blackburn in the Tandem canoe.



(Kate Duffus, Mags, Alan and Mitch with their prizes)

Mitch completed the course in a time of 01:50:40 arriving in 26th place. Mags and Alan were second in the tandem canoe category and came home in 45th position with a time of 02:18:01, an impressive feat considering it was their first race together!



Finally Amanda Spavin completed the Standard Course (5.5 miles from Fell Foot to Ferry Nab) in a time of 01:00:14. Being the 3rd lady home and 10th overall it was a great effort!



Race Results

Position	Name	Boat	Time
	LONG COURSE		
1	Alan and Ian Tordoff	Tandom Kayak	01:14:00
2	GB Dragonboat Team	Dragonboat	01:14:15
3	Colin Cartwright	Single Kayak	01:18:30
26	Mitch Dunne	Single Kayak	01:50:40
31	Adam and Steve	Tandom Canoe	01:53:09
43	Alan and Mags	Tandom Canoe	02:18:01
	SHORT COURSE		
1	Kenny Fraser	Single Kayak	43:42
4	Kate Duffus	Single Kayak	48:54
10	Amanda Spavin	Single Kayak	01:00:14

(For Full results you can visit: <http://www.windermerecanoekayak.com/2014/06/summer-solstice-2014-results/>)

Everyone who attended both competitions had a great time. These races are always a good laugh and lots of fun is had by all no matter what the results. So why not join us for the next one?.....Coming Soon is the.....

The York River Race - 19th July 2014

The York River Festival Canoe Races are taking place on Saturday the 19th of July. The event is open to paddlers of all ages and abilities and all types of canoes. Participants can choose between 3 different distances to cater for all abilities.

1. Short Course to Skeldergate Bridge (approx. 2500metres)

For novices, leisure paddlers, families, and groups etc. using short kayaks (less than 4metres), double kayaks or open Canadian canoes. Long kayaks (K1, RR, SK etc.) should enter the medium or long courses.

2. Medium Course to Railway Bridge (approx. 5000metres)

This course is recommended for recreational paddlers.

3. Long course to Clifton Bridge (approx. 7500metres)

The long course is targeted at competitive paddlers.

The Races begin at 2.00pm and registration is on the day. If anyone is interested feel free to talk to me or have a nosy at the website;

www.conexcanoerace.co.uk

I hope you can join us! ☺

Paula Sharples
(Photos Courtesy of Mags Brayfield and Mitch Dunne)

WHY?

Will Body

I was hoping to write something for the last newsletter but didn't find time. Discussions following our trip to Rannoch moor had got me thinking about why we had done it, or perhaps more importantly why we enjoyed it. Why did I enjoy sleeping under a tarp, filtering water and using damp twigs to heat water for a brew when I have a house with clean running water and an electric kettle? Why would I travel couple of hundred miles to walk down a shallow river pushing, pulling and lifting a canoe when there is purpose built waterway (Leeds Liverpool canal) a hundred yards from my front door?

So the newsletter arrives without my ramblings and I find Paul has touched on the why we do such trips question in his article. Then John Hooper's article questioned and, at least in part, answered why we (accept being) volunteer(ed) for roles on committees, coaching, organising events and so on. Matt also touched on the subject in his inaugural chairman's chat. Perhaps it was just as well I didn't make time to write mine or Pat and Norman would have felt compelled to write about why we want a newsletter. They could have concluded that we didn't, and where would that leave us. So here I am at Manchester airport about to depart for my holiday home in China determined to think of something worthwhile to contribute to the debate. Our new company structure gives me the official title of *Senior Analyst*, so why not have a busman's holiday and do some extra-curricular analysing. With a number of the topics already taken I will attempt to tackle the big one; why go paddling! Why, when you usually get wet, cold and tired and always end up in need of a wash, thanks to the perfume paddling kit collates over time. What is it that makes us do it again and again? It is easy to compile a list of probable reasons: challenge, camaraderie, scenery, solitude, escaping from the daily grind. But there has to be more to it, there are many other ways to achieve those aims more easily and cheaply, and with much less reliance on the weather. Most paddlers are outdoor types that also participate in a number of other sports: climbing, cycling, hillwalking, and so on. All of which can offer much the same merits. Yet very often paddling, in one form or another, is the core pursuit that everything else fits around. And I don't just mean in Ribble Canoe Club, where the name lends itself to that fact: it seems to be true of most paddlers I meet. Even those that get drawn away into dryer pastimes seem to fall back in sooner or later.

I know there are quotes I could, err, quote, about the unique pleasures of messing around in boats, but that would seem a clichéd approach to this and a bit of a cop-out. There is something in it though, boats and water are a bit of a national obsession. The Leeds Liverpool canal, my local running, strolling and blackberry picking route is full of canal boats. English lakes are filled with sailing boats, while American lakes are filled with powerboats and jet skis. Suitable (and not so suitable) beaches fill with surfers at the hint of a swell (and wanabees if the sun shines as well). It seems that being on the water is something humanity desires. But as a species we are also drawn to be by the water. Gardens often contain ponds, fountains and other types of mosquito farm. On Sunday afternoons the canal tow path sees walkers, cyclists and fishermen compete for space.

Beaches, even on the west Lancashire coast that give little more than a notion that the actual sea is *out there somewhere*, are strewn with car parks to accommodate the hordes on bank holidays and sunny weekends. Even on wet windy days you'd struggle to find an empty car park. Most major hubs of civilisation are centred on rivers, and that can't be for reasons as simple as water supply or fishing.

So, here is my theory, one that I have only come up with whilst writing, so forgive me if it is flawed. I can't rely on the comfort blankets of maths and physics for this one. We like water, to be near it or on it. But we'd rather not actually be *up to our necks in it*; hence our propensity to use that as a metaphor for being in difficulty. Swimming is not something we're built for and, although we can do it, grace, efficiency and speed are achieved by very few. Canoes and kayaks on the other hand get us more or less in it and, via one or two big prosthetic hands on a stick, allow us to interact closely with it. We can be very very close to it, feel it, manipulate it, but on our own terms.



Coracles exist for a reason, but I doubt that reason is really a practical one. Having paddled Paul's I think swimming would be more effective, but a whole lot less fun. Some have used fishing as an excuse to be out in one, but I don't buy it.

So can this explain why I enjoyed a trip where it seemed that I travelled *with* my boat on more of the river sections than *in* it? I was only up to my knees or ankles, and not my neck or other sensitive body parts, so I could bravely venture forth in little shoes and didn't need to put the big one on.

Will Body

RCC Club Announcements

Club Secretary. After Gareth Jones' announcement that he was moving out of the area and would be standing down we circulates an appeal for nominations for Club Secretary. We only had one Nomination Deborah Finn. As the new club secretary Deborah attended her first committee meeting on 2nd July, to everyone's surprise she typed up the minutes and circulated them to the committee the following day. Such efficiency!

Club Library. As of the 15th July we will be trying a new system for the club library. Amanda Spavin has offered to take over the duties from Kath and Albert from this date.

We are proposing the new system will trial over the next few months, so instead of the whole library being brought to club night every Tuesday, we are asking that members message Amanda via the forum with their selections and items or send her a text 07891 434028. These will then be brought to the H&D for you to collect at a mutually agreed club night.

We would like to take this opportunity of thanking Albert and Kath for providing this service to everyone over the last three years.

Staffa

Sarah Jones

During our week in Mull, Gareth and I fancied a trip to Ulva Island after hearing lots of stories from a previous trip there. Nicky Marsh and Rick Patterson also expressed an interest in going, little did Nicky and I know that the guys were planning a trip to Staffa if the conditions were right.

So the next day we set off from Ulva Ferry and headed towards Little Colonsay, Gareth was leading the trip and suggested a beach on Little Colonsay for lunch. This beach turned out to be full of rocks and seaweed not the golden sand we expected!



Over lunch Gareth and Rick told us of their plan to go to Staffa, they were confident we could all do it as the conditions were very calm, like it had been all week.

Nicky and I were a bit apprehensive with the 5-6km crossing but the guys were getting excited at the thought of paddling to Staffa, so we agreed and we went around the corner to see Staffa in the distance.



We passed puffins as we got closer to Staffa and we were all getting excited that we were almost at the island

To see the caves we had to paddle around the other side of the island, going past where the boats landed and through a channel, it was then that we saw the impressive rock formations. People were walking along a roped ledge to get to Fingal's cave.



Fingal's cave is 20m high and 75m deep, the tourists could get to the first 10m. We were able to paddle right to the end; I can't describe how impressive it was, with the clear water and pillars of rock towering above you



We then went on to see other caves (Boat cave and Mckinnon cave) around the corner, which we had all to ourselves. These were just as interesting as Fingal's

After exploring for a while, we decided it was time to leave and head back. The weather had picked up and the sea was rougher now, it seemed to take ages to get back to Ulva, Gareth found us another 'beach'. It was a welcome sight to have a rest before the final leg.



The beach soon disappeared though with the rising tide, so we set off back to the Ulva ferry. It had been a long day 32km in all, but it is definitely worth all the effort of paddling to see this special island.

Sarah Jones

LOCH KEN: THE RETURN

12th – 14th 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 12th to Sunday 14th 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 Dee. Then reluctantly we made our way back to the 21st 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

Editors Bit

Once again we received articles “Just-in-time” a common theme these days, but hardly surprising given how busy everyone has been paddling. The fact that we received an article from an 84 year old ex-kayaking lady came as quite a surprise, especially as she is not even a club member. Perhaps in future we should start canvassing the local retirement homes for articles if the members don’t send us any. The nice bit is that she can actually spell and knows her way around English Grammar, so making editing nice and easy.

To be honest I didn’t try to spell check the article from Amanda Spavin, I think the Polish text would have defeated my spell checker. Thank you Amanda for the article it provided a bit of variety to the Newsletter, something we try to achieve but don’t always succeed with.

Thanks to Sarah Jones for her article about the trip to Staffa. Surprisingly enough this is the only article from the recent holiday on Mull. I had expected other articles given how long we were there and all the shenanigans that happened. Perhaps they are long articles and the authors need more time, so we may find them in the mailbox ready for the next edition (he said, more in hope than anticipation). It’s seems incredible that we won the Go Canoeing challenge with 1820 miles paddled in a week and we have very little to say about it. (In print anyway).

Thanks for the article from “Will Body.” I’m sure there was no need to flee to China after sending it in, it’s actually rather good. So please don’t consider seeking political asylum. But if you do who gets first dibs on your paddling gear?

Thanks to Paula Sharples for her report of the various competitions that members have been participating in. Congratulations to the various participants.

It’s interesting that these days we seem to be competing on Lakes and the Sea whereas in the past it was usually on rivers. I guess this is just another way that paddling is changing over time just like most things in life. The article from Sylvia Horner “Prehistoric Kayaking” highlights how 1950’s paddling was so very different from today’s. Thank You Sylvia for your article.

Welcome to Deborah Finn as new club secretary and thanks to Gareth Jones for his past services. Hopefully Gareth and Sarah’s impending house move to Cheshire will not mean that we no longer enjoy their company on club trips in the future.

Nothing to do with the Newsletter, but some of you who receive Canoe Focus may have noticed that we are no longer Canoe England, we are now “British Canoeing” complete with new logo. I won’t comment on the logo because many people already have.

Dates and Deadlines: The next committee meeting will be on Wednesday 3rd September at 7:00pm. The next newsletter will be published on 17th September. We would appreciate all submissions by Wednesday 10th. Please send submissions to newsletter@ribblecanoeclub.co.uk

Norman Green
[Newsletter@ribblecanoeclub.co.uk](mailto:newsletter@ribblecanoeclub.co.uk)

Chairman's Chat

Two months on from being appointed as chairman it is once again time to write my bi monthly review on how I see Ribble Canoe Club activities since my last ramblings.

The club has once again been a hive of activity with trips, training and competitions featuring highly on the agenda. Training has continued at a pace both at One Star and Two Star levels.

Last Sunday, members took to the water on the annual white water introduction to river swimming and rescues. The event was very good and well attended. Thanks To Nicky Marsh who organised the day, ably assisted by Allan Hacking and Will Body.

Congratulation must go to all the One Star participants who took and passed their assessment last month. The Two Star group, under the leadership of Graham Kingaby, have been put through their training both in canoe and kayak. No doubt, judging by the canoe training which took place on Coniston yesterday, we will soon have another group of Two Star members ready to paddle the waterways of the UK and maybe even further away.

The club has extended the pool sessions further in to the summer and the details are available on the forum. Another One Star course is due to start in August. Details are on the forum.

Thanks must go to all the coaches and members who have assisted during all the training that has taken place both on the canal, pool and further afield.

A group of the sea kayaking fraternity took part in the Coquet Island race and once again came back with silverware. Peter Roscoe was triumphant, winning the Ancient Mariners Trophy and Alan Blackburn came second in his class. The rest of the team who participated in the Coquet Island also put in good times and deserve a commendation for their efforts.

A further challenge was the Summer Solstice Race on Lake Windermere. Once again Alan Blackburn and Mags Brayfield came second in the Open Canoe Doubles class (welcome to the Darkside). Mitch Dunn participated in the sea kayak class and put in a good performance beating the time he had set himself. On Sunday Amanda Spavin took part in the intermediate class and came first and was also third overall in the Ladies Single Kayak.

Ribble has also been awarded first prize in the Every Mile Counts. Members managed to paddle 1820 miles during the National Go Canoeing Week. Well done to all who paddled and reported their miles. Thanks to Pat Green for collating the results.

Trips have taken place to The Isle of Mull with a shoal of paddlers invading the Highlands and Islands for a week of paddling. The trip to Mull must count as one of the best turnouts the club has ever had. Roy, acting as the Admiral of the Fleet, must be thanked for organising this Mega Paddle and has been mentioned in dispatches from all who participated in this trip. No doubt a report of this trip will be reported in this newsletter.

The Bala Camp was a quieter event than previously, probably because the change of date and its proximity to the Mull trip. The weather was kind and the company was excellent. The weekend was a very chilled event with paddling being fairly low key and the BBQ and social side proving to be very convivial.

The next camp is to Rhosneigr, one which many of us look forward to and which will give us all a chance to hone our surfing sea kayaking and barbequing skills.

I hope all the new members who have recently joined find the newsletter gives a flavour of our club and encourages you all to join in with the club's activities.

If any member wishes to contact me on club matters I am usually at the Hand and Dagger on Tuesday evenings or give me an email on chairman@ribblecanoecub.co.uk

Matt Aspden.

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
18/07/14	River Skills	Roy Booth	Matt Aspden	Roy Booth
25/07/14	River Skills	Roy Booth	Adam Fielder	Roy Booth
01/08/14	River Skills	Roy Booth	Chris Jackson	Roy Booth
08/08/14	River Skills	Roy Booth	Bruce Carter	Roy Booth
15/08/14?	River Skills	Roy Booth	Sarah Jones	Roy Booth
05/09/14	Open		Tony Morgan	Graham Eccles
12/09/14	Paddle Skills	Allan Hacking	Paul Binks	Allan Hacking
19/09/14	Rolling Course	Allan Hacking	Paul Smith	Marl Shaw
26/09/14	Rolling Course	Allan Hacking	Brian Petherwick	John Hooper
03/10/14	Rolling Course	Allan Hacking	Bruce Carter	Stuart Bailey
10/10/14	Paddle Skills	Allan Hacking	Bill Turner	Allan Hacking
17/10/14	Open		John Kington	Deborah Finn
24/10/14	Sea Skills	Paula Sharples	Will Body	Paula Sharples
31/10/14	Polo	Mark Shaw	Matt Aspden	Mark Shaw
07/11/14	Open		Adam Fielder	John Hooper
14/11/14	Paddle Skills	Allan Hacking	Chris Jackson	Allan Hacking
21/11/14	Safety Skills	Tony Morgan	Albert Risely	John Hooper
28/11/14	Slalom	Mark Shaw	Will Body	Mark Shaw
05/12/14	Open		Paul Smith	Graham Eccles
12/12/14	Paddle Skills	Allan Hacking	Brian Petherwick	Allan Hacking
19/12/14	Dumbongo	GJ or PB?	Bruce Carter	John Hooper

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

Contact Amanda Spavin 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

	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
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 Brown		☺																	Club Welfare Officer
Lucy Bailey		☺																	Youth Rep
Mark Shaw		☺													☺	☺	☺	☺	Competition Secretary
Matt Aspden		Chairman	☺				☺												
Norman & Pat Green		☺						☺					☺						Newsletter
Pat Green		Membership																	Membership Secretary
Paula Sharples		☺																	
Roy Booth		Vice Chairman			☺	☺	☺		☺										
Stuart Bailey		☺																	

Additional Key Holders: Andy Dowe, Rick Turner, Tony Morgan

NOTE: Last minute trips are often arranged and posted on the website forum, generally under “Trips & Events” or “Coaching & Training” or arranged verbally at the Hand & Dagger on Tuesdays or at Fulwood on Friday (RCC pool nights).

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.

JULY

***Sun 20 July
Paddling Fun Day
Coniston Water***

AUGUST

**Sat 2 or Sun 3 Aug
Development trip
Contact: Roy Booth**

**Sat 16 or Sun 17 Aug
Beginner's trip,
Contact: Paul Binks
Windermere**

**Tues 5 August
Start of Summer 1 star course
Contact: Chris Jackson**

**Sat 9 Aug
2 Star Assessment Day
Coniston Water**

SEPTEMBER

**Sun 7 Sept
Development trip**

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

**Sat 20 Sept
2 Star assessments**

**Sat 20 Sept
Beginners Trip
Contact: Graham Kingaby**

OCTOBER

**Fri 31 Oct – Sun 2 Nov
English Canoe Symposium
Lakeside YHA
Cumbria**

**Fri 31 Oct – Sun 2 Nov
Tyne Tour
Hexham**

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