

# TALES FROM THE RIVERBANK



September/October 2014

## ***The Lancashire Environmental Fund***

***Anne Kingston***

The Lancashire Environmental Fund awarded a £4,000 grant to Canal and River Trust for the construction of a canoe access point at Salwick for the use of the Ribble Canoe Club.

The towpath has been drained and resurfaced recently but the canal edge was unstable and dirty. The new rubber 'soft edge' stabilises the edge and enable easy access for able-bodied and disabled canoeists and keep the edge clean of dirt.

The project will be featured in our Annual Report due out in September and we recently filmed some of the Club members and filmed them for our film review. Matt Aspden, Graham Eccles Norman, Mark and Patricia Green were involved with us on the day.



*Anne Kingston*

**Communications Officer  
Lancashire Environmental Fund**

# ***Charity Paddle to Tewitfield***

***Sarah Hewitt***



In July 2013 a group of a dozen or so people who all work in the family justice system in Lancashire got on our bikes and joined the 1000s of cyclists on the annual Manchester to Blackpool ride. We managed to raise nearly £6000 for two Lancashire children's charities. During the celebrations after our ride it became clear that people wanted to try a different challenge the following year. Thus the idea of paddling the length of the Lancaster canal was born.

We had no idea of how we would go about this adventure but were lucky enough to stumble upon the Ribble Canoe Club. Thus it was on a dark Tuesday evening at the end of February a small group of us turned up at the Hand and Dagger to find out whether any of you guys thought that what we had in mind was feasible and could advise us on how to go about it. We soon realised we had come to exactly the right place.

We were warmly welcomed and pointed in the direction of Allan Hacking and Roy Booth who were generous with advice and encouragement. Four of us came along to a swimming pool session and learnt (with varying success) the necessary skills to prevent us panicking or, worse, in the event of a capsize. Allan and Roy then organised a "bespoke" training session on the canal for us on a Wednesday night and thus equipped us with enough basic skills to enable us to feel that our endeavour was realistic. They also initiated us into the etiquette of turning out on a Tuesday and using the club kit without interfering with the classes that were running.



Our challenge had become a realistic proposition. All we needed to do was to keep turning out on Tuesdays and practicing. We also needed to work out the mysteries of booking out the boats we were to need for the weekend and of liaising with the quartermaster. Graham Eccles was very tolerant of our confusing attempts to sort out our requirements.

By mid August we were set. There were going to be eight of us: Dawn, Gareth, Jeanie, John, Julia, Robert, Sarah and Trish. We were to use two double canoes and 4 touring kayaks. John owns two kayaks and was willing to lend one to Robert. The canoes and the remaining two kayaks were borrowed from the club along with paddles, buoyancy aids and spray decks. The logistics seemed challenging but we found a canoe trailer for hire from the Gorton Lads and Girls Church Brigade advertised on an excellent website: [hirebobs.co.uk](http://hirebobs.co.uk). The Lads and Girls brigade hired out the trailer to us for £50.00 for the week. They were glad simply to have the trailer used and to receive a small contribution for its maintenance fund. I live in Manchester and it was quite convenient to collect it from Bredbury. My brother's house is only 2 miles from the Hand and Dagger and we were therefore able to store the boats and trailer securely when we were not using them.

Our next stroke of logistical luck/genius was to hire a narrow boat from Arlen Boats at Ashton Basin



The Falcon sleeps 6/7 and the cost divided between all the participants made it a reasonable proposition. We had worked out our half way point to be Galgate and had tried to find a campsite bordering the canal close to Galgate without success. Having the Falcon meant that 6 slept on board and 5 went to the New Inn for the night.

During our voyage we took breaks from paddling every couple of hours and the narrowboat was an excellent source of hot drinks and bacon sandwiches and enabled us to give trips on board to various supporters when they got tired of walking the towpath.



It also meant that we could bring along Bill, Debbie, Robert and Ross who, together with the ship's dogs Dolly and Basil, were our trusty support crew.

We set off from the Hand and Dagger on Saturday 23rd August at 9.00 am. The weather was stunning but the wind was against us quite a bit and we made slow but steady progress. There were sections when we outpaced our walking supporters and the Falcon by a considerable margin but equally there were long straight sections with the wind against us when we were travelling at something less than a brisk walking pace.

We stopped for a late coffee at Guys and for lunch at the Tithe Barn. Some supporters surprised us and came to the Tithe Barn. They were amused to find that I had been provided with a small megaphone to urge everyone on. Somebody commented that I did not need one.

I had also acquired a waterproof Bluetooth speaker which I used to play music when I thought that other water users would not be disturbed. I don't think that my 8 hour playlist of 70s ' and Julie Andrews' classics pleased all of the other paddlers either but I was quite inspired by "I have confidence" from the Sound of Music. Also for some reason they did not seem to enjoy me using the music as an opportunity to sing along whenever possible.



We had a great overnight stop at Galgate. We ate at the Plough where the portions of fish and chips were as enormous as anyone had ever seen. Five of us stayed at the New Inn where we had a clean and comfortable night's sleep for £25.00 each. This was despite our impression that the public bar was somewhat wild and despite the need to drop off whilst the floor vibrated to the stomping of dozens of feet to the rhythm of Come on Eileen. Even provided with all this luxury one of our paddlers was heard to protest that he wanted to find the nearest Hilton - I ask you!

On Sunday morning the crew of the Falcon decided that they needed to turn back in order to return her on time to the Ashton basin on Monday. They were right; they encountered much more traffic on the Sunday than on the Saturday and it did take them a good 8 hours to get back to the Hand and Dagger on Sunday night. This left the paddlers without our support ship and we had to take all we needed in cool bags on the canoes. We made it in good time to Lancaster and were looking forward to coffee at the White Cross. To our disappointment it was closed but we stopped anyway for chocolate and cold drinks from our own supplies. We were then offered a coffee service from the husband of one of our paddlers. They live in Lancaster. He turned up at the aqueduct with flasks of piping hot excellent coffee. We stopped again and enjoyed the coffee and more chocolate and an excellent view of the aqueduct. We stopped again a few minutes later so that another of our paddlers could call on her dad who is over 70 years old and a bit frail and bring him to the canal to meet us all. Our three (!) Lancaster stops had put us a little behind our schedule.



We paddled on to Hest Bank and enjoyed breathtaking glimpses across Morecambe Bay to our left. We had a great lunch at the Hest Bank Hotel. Immediately after lunch our only mishap of the trip occurred when Robert was rather too nonchalant about getting back into his kayak and found himself upside down in the canal remembering all that Roy had taught him at Fulwood Leisure Centre. Fortunately the weather was gloriously warm and sunny and he did not need to accept any of our offers of warm dry clothing.

We went on to navigate the swing bridge at Bolton-le-Sands and I discovered that it is not so easy to paddle and steer a double canoe from the front whilst the rudder woman opens and closes the bridge.

We had our next cold drink and chocolate stop at the Canal Turn in Carnforth. We paddled on through the last gloriously pretty section to Tewitfield where we arrived shortly after 5 o'clock. Bill was waiting for us with the trailer which he had collected from Preston. Job done.



We had a marvellous time. The canal scenery was stunning and changing. We all got on and enjoyed each other's company and support. We have also raised nearly £5000 for Child Action North West. I attach the link to our Justgiving page just in case anyone reading this is inspired to make a donation <http://www.justgiving.com/sls2014>.

We also discovered a marvellous sport and pastime with a great supportive club. Several of us have joined the RCC and intend to keep up our membership next year to broaden our skills and experience but in the meantime, **THANK YOU VERY MUCH RIBBLE CANOE CLUB**

***Sarah Hewitt***

# ***Wanted***

## ***Photographs for the Club Website***

***Matt Aspden***

Looking at the website the photo area is looking a little bit tired. To this end the committee have decided to offer some small prizes of little value to any member who can send in ONE photograph that reflects the flavour of the clubs activities.

The best pictures will be up loaded on to the photo section – NOT just the Gallery. The reason being we want them to be available to be viewed by potential new members. The Gallery can only members can access the gallery.

The best 3 pictures will receive a very small prize (this prize is intended the whip the club members in to a frenzy of enthusiasm!!!).

- The judge's (who has not yet put his/her head above the parapet) decision will be final.
- All pictures must be taken by club members or be of club activities.
- Anyone depicted in these photographs must have given permission for them to be published on the club website.
- The photographer must also agree to publication of their photographs.
- Any photographs that do not win the fairly valueless prizes may also be put on the website.
- ONE PHOTOGRAPH PER MEMBER!!!!!!
- Entries to [chairman@ribblecanoecub.co.uk](mailto:chairman@ribblecanoecub.co.uk)
- Latest entry date 30th Sept 2014

**GET CLICKING**

***Matt Aspden***

# ***2014 Star Awards***

***Tuesday 22<sup>nd</sup> October***

This is a presentation evening for those of you have complete one of the club courses this year, all members & families welcome

7:00pm Meet at H&D

7:30pm Certificates are presented

8:00pm Supper

The Supper is free to students and coaches on the courses  
For the rest of us it's a fiver.

***Matt Aspden***

# ***The Dwyrd & The Mawddach***

***Norman Green***

For some time Pat has been yearning to go back and paddle these two estuaries in North Wales. Unfortunately there are relatively few opportunities when the right conditions happen at the right time.

The high tide has to occur at the right height of at least 8.5 metres at Liverpool and at the right time and right day for paddlers to be able to take advantage of it. Well Pat reached for her tide tables and realised that on the weekend of August 16 and 17 the tides were just right. As it is August there is also a reasonable chance that weather may be benign enough to allow an enjoyable trip in warm weather at least.

Fired up by this realisation Pat rallied support for her plan (she told me we were going) then added a post on the club forum asking for other like-minded paddlers to join us.

In the event we were joined by Alan and Ros Clowes and Graham Eccles for the weekend, whilst Billy T came down to join us for the paddle on the Mawddach. Unfortunately Suzanne & John had to cancel due to ill health.

The weather forecast was for bad weather with strong winds on the Sunday, so we decide to do an additional trip on the Friday. We paddled the Dwyrd (Maentwrog to Borth –Y-Gest) on Friday and the Mawddach on Saturday. If the weather had been kinder we would have paddled the Dwyrd again on Sunday but in the opposite direction, Borth-Y-Gest to Maentwrog.

For those who are not familiar with these two estuaries, the Dwyrd flows through the Vale of Ffestiniog, past the tourist attraction of Portmeirion and into the bay to the West of Porthmadog. This bay is formed by the estuaries of the Rivers Dwyrd and Glasslyn and is largely sheltered by the sand dunes at its mouth. The views on a fine day are amazing and the paddling experience is very satisfying if the plan comes together. There is an option to do an upstream only, a downstream only or even an up and back trip. Previous (bitter) experience has taught us that it can be difficult enough to get all the timings and weather just right for a one way trip without pushing things too far by attempting an up and back trip.



We decided on a one way trip downstream (on the outgoing tide) from a lay by on the main A487 road just before Maentwrog. At this point there is easy access from the road to the river and enough room to park a few vehicles if necessary. We would have to do a shuttle to the little harbour at Borth-Y-Gest, where there is a fairly big **free** car park with facilities like toilets and cafes.



Doing the trip this way meant that we could have a later start to allow Alan & Ros to drive down in the morning and meet us after we had done the car shuttle. They simply rolled up and we launched onto the river making full use of the tide which had turned only a couple of minutes earlier.

The weather was warm with broken cloud and a very light breeze and the trip was very pleasant and uneventful up to the bridge over the river at Penryhndeuadraeth. This is a combined toll road and Railway Bridge currently closed for major reconstruction. The previous bridge was a wooden trestle one, which probably didn't stand up too well to the Winter Storms.

As we paddled towards the bridge we were approached by a couple of people in an inflatable boat who advised that due to health & safety rules we had to be escorted under the new bridge construction work. We chatted for a short while with these two who were obviously very bored because we were the first people to be escorted since the two kayakers the previous day. We told them that they must have one of the cushiest jobs in Wales; they made no comment and smiled as they asked us to follow them under the bridge. (This reminded me of the quote by Sir Humphrey of the "Yes Minister" TV Series- "You may think that. I couldn't possibly comment")

Once through the bridge the river widens out into a proper estuary, we paddled on until soon the outline of Portmeirion hove into view with its phoney building facades and even phonier sailing boat cleverly painted onto the sea wall.



As we reached Portmeirion we decided to have a short lunch break and found a suitable beach. This was not that simple because the tide was still fairly high and sandy beaches were still under water.





After a short lunch break we set off with the tide still falling, and as we rounded the headland after Portmeirion and entered the bay there was a brisk wind blowing against the outgoing tide, which was probably running at its fastest by this time. We went from almost flat conditions to something a little more interesting, however it was only for about one kilometre and we were able to keep to the outside of the roughest bit. From a kayakers point of view there are a couple of channels in the bay that can be used to paddle back to our landing point at Borth-Y-Gest, but only if you get the tide timings right. That said if you get the tides wrong it can be very frustrating trying to paddle to a destination a few hundred yards away if there is a big sandbank in the way and the tide is still ebbing (Been there got the T-Shirt). We were heading directly to Borth-Y-Gest as we crossed the bay, but a big sandbank came up and grabbed our bottoms causing slight consternation and a detour inland. More by good luck than good navigation we found sufficient depth of water to reach the main navigation channel outside Porthmadog Harbour and gracefully paddled across to our landing point in a rapidly drying out harbour at Borth-Y-Gest.

By now the sun was shining and it was very warm so we were all a little reluctant to leave the pretty little harbour side. A plan was concocted where I would take Alan to collect his vehicle so he could return to collect his boat. Whilst we were away Pat, Ros and Graham would work on their sun tans and decide which café we would frequent on our return. To be fair they did choose a good café even if there was only about two to choose from. We sat looking out at the sun drenched Welsh scenery whilst gulping back several cups of tea and quaffing freshly made scones with jam and clotted cream. (It seemed the polite thing to do in the circumstances).

With a feeling of “What a good day” we set off to collect Graham’s car and drive to the camp site at Vanner Farm Dolgellau ready for the Saturday trip.

On Saturday we woke to a grey sky with a bit of a stiff breeze but fortunately it was dry. The forecast was for a North Westerly wind, so we figured that being in an East West river valley, even a fairly wide one we would escape its full force, especially if we chose to paddle close to the sheltered North Bank.

The plan was for us to leave Alan's vehicle at Penmaenpool (the upstream destination) and the rest of us would meet at the beach car park in Barmouth. We would launch at Barmouth Harbour and paddle up to Penmaenpool on the incoming tide. We would then have lunch and return on the outgoing tide. As it's only about 8 Km each way it is perfectly feasible. If the weather turned against us or anyone didn't want to do the return trip we had the back-up plan of a set of dry clothes and transport to reunite us all with our vehicles in Barmouth.

We set off from Barmouth Harbour, Pat, Me, Graham Eccles, Alan & Ros Clowes and Billy T. Alan and Ros were paddling their double sea kayak same as the previous day, but Ros was thinking of ending her trip at Penmaenpool so Alan had left his single kayak on his vehicle so that he could do the return trip solo.

As we set off we noticed that the wind was not North Westerly as forecast but Westerly. This was great news for a speedy trip up stream on the fast flowing tide but would be somewhat of a party stopper on the return leg. We cast such thoughts from our minds as we watched four Welsh sounding sit-on-toppers climb on their craft along-side us and set off for the same destination. Some of them looked somewhat underdressed for the conditions but the fact that they were local made us think that they actually knew what they were undertaking and that our concern was misplaced. (More on that later)

We paddled towards the bridge at Barmouth with the tide flooding at a fast rate helped along by the stiff Westerly Wind. Mooring buoys and boats at anchor seemed to whizz by as we negotiated our way past them and then it was time to choose which bridge span to aim for whilst there was still time and room to set your chosen course.

I chose the widest span on the basis that if the water was confused with eddies and boils behind the bridge supports; there was more chance of a clear route through a wide gap than a narrow one. Having seen the four sit-on-toppers more or less in line with us, I decided to keep well away from them and so I put on a bit of a burst of speed to get in front of them. We all paddled through the bridge and headed upstream with the wind at our backs and the tide pushing us along nicely. Our superior sea kayaks soon left the Welsh Navy trailing in our wakes. In fact so fast was our progress we were too fast for the tide, which had still not put sufficient depth of water in some of the channels, usually the ones we chose to paddle up. It made quite a comical site, all these kayaks sat in what looked like a wide river trying to shuffle across to somewhere with deeper water. At one point Graham was seen doing an upstream "Bongo Slide" along the sandy bottom trying to look like he was in complete control of the situation.

I looked across to see that all this sand shuffling had allowed the Welsh Navy of sit-on-toppers to catch us up. I assumed that as they were local (well Welsh anyway) that they would know the best routes and so perhaps we should follow them. In fact they soon started having just as much trouble with the lack of water as we were, so we ignored their route selection and got stuck without outside assistance. One of the good things (if there are any) about being stuck like this on an incoming tide, is that you only have to wait a few minutes and the tide is going to float you off. Because Alan & Ros were in a double kayak they had less manoeuvrability and a need for slightly deeper water, so they took a little time to catch up with the rest of the group. Added to this the Welsh Navy cheated and got up and walked along the bottom when they got stuck so they were now neck and neck with us. We rounded the next bend and the bridge at Penmaenpool was just a couple of hundred metres away. It had taken approximately an hour and a half from Barmouth to our destination, even with the sand shuffling and Bongo-ing. What's more the Welsh Navy reached the bridge before us pushing us back to second place (the humiliation, fancy being beaten by sit-on-tops). But the day was not over and the race not yet lost.



We all sat down for lunch and watched as the Welsh Navy tied up their craft with ropes to stop them floating off with the incoming tide and headed to the pub. The plan after lunch was for Ros and Pat to leave the trip and pick up Alan's van whilst the rest of us would paddle back to Barmouth. Alan would swap the double for his single sea kayak for the trip back. We finished lunch and sat waiting for signs that the tide had turned so that we could set off back, but it was getting difficult to tell because the wind was blowing strongly from the West, which was against the outgoing tide. Eventually we noticed what we thought was flotsam going back downstream was in fact the Welsh Navy sit-on-tops. They had looked out of the pub window and noticed that their mooring lines were at full stretch so decided to return to the fray before they lost their boats. They paddled across so we asked "are you going back to Barmouth in this headwind." They confidently replied "yes but it's going to be hard work" (Welsh are good at understatements). We also asked if they were local, they replied not really they were from Anglesey (and they paddled sit-on-tops not sea kayaks?). We asked if they were familiar with the river because we had been hoping they could guide us up through the channels with their local knowledge. They replied actually we had no idea we were hoping you could show us the way.

Whilst this is going on, around the bend appears another Welsh sit-on-topper arriving to have lunch. He paddles up to the beach nonchalantly dismounts (I think that's the correct terminology for getting off such craft) and as he picks up his plastic carrier bag exclaims "that's good looks like my sandwiches are still dry." (I feel some explanation his due at this point because in Wales you do not get carrier bags free in the supermarkets, you have to pay 5 pence, so he perhaps thought he had purchased a dry bag).

A short conversation revealed he had paddled from Barmouth on his own and was intending to return the same way. He said he lived in Dolgellau the nearby town.

I have to say up to this point I had been thinking do I really want to paddle back into what was a 20 mph headwind with the consequent wind over tide conditions? My original plan was to call it a day just like Pat and Ros, but Pat encouraged me to do the return leg citing such phrases as "You'll regret it if you don't" and "if they can do it in sit-on-tops you'll have no trouble in a sea kayak." So I made the decision to do the return leg.

So all the men returned to their kayaks and assembled in the large sheltered pool for a group photograph before our return. My theory is that Pat wanted a picture to pass on to the search and rescue team so they knew what to look for if we didn't manage to make it back to Barmouth.



By now the Welsh Navy had started their return trip, so we set off in pursuit, Alan at the front paddling like a man who had been just unshackled from a double kayak and allowed to soar (paddle) free as a bird. Our superior kayaks soon allowed us to overtake them, as I passed one of them I noticed the look on his face. It was a look of sheer exhaustion coupled with there's no way I'm going to be able to paddle all the way back in this wind. I gave him a sympathetic glance and said something like "A bit breezy isn't it" as I gradually overtook him.

The paddle back against the wind was really hard work, the tidal assistance was not really noticeable for the first part of the trip, and we had to keep finding a sheltered spot to stop and rest. We looked around and there was no sign of the Welsh Navy, they had all abandoned ship and made for the shore. Triumph was tinged with envy at the thought that they would be back in Barmouth with their feet up whilst we were battling the wind and waves on the Mawddach.

At one point we were about to start paddling after a short rest when Alan suggested that if we paddled the “Lumpy Bits” we get more assistance from the tidal flow. He was quite correct but individually we made our own decisions as to which was the greater of the two evils, a Lumpy Sea or a calmer one with less flow. At this point we were reaching the maximum speed of flow and it was against a constant 20 mph wind, so the Lumps were fairly big Lumps.

After what seemed like hours, we saw the outline of Barmouth Bridge in the distance but no matter how much we paddled it never seemed to get any nearer. Eventually we reached a point where our first sandbank was beginning to show and we had to start negotiating the channel. The current running around this sandbank made the boat point left and attempts to keep straight required a good deal of effort, but eventually we reached a point where a rest and regroup seemed like a good idea. This was in the Lee of a rocky cliff with a building on it called Coes-faen. After a short rest we pulled out from the shelter into the main channel to discover that it was running very fast and there was a lot of clapotis due to the current reflecting off the vertical cliff wall. A good deal of concentration was required and a certain amount of buttock clenching, especially as we then had to negotiate our way through moored boats and the dreaded bridge piers.



I was in front of the group at this point and have to say I never attempted to look back to see if the rest of the group were OK because I was very pre-occupied trying to stay the right way up in the confused water with the wind trying to rip my paddle from my grip. Eventually I broke out of the main current into the flat water of the harbour and looked back to see that everyone was OK. I now started paddling back to our landing spot and it felt like paddling through Treacle. I had become so used to the tidal assistance that I hadn't really noticed it until now that there was none.

I landed on the beach and my heart did a little jig of joy that I no longer had to battle that pesky wind. It had taken a long hard 2 hours 20 minutes to paddle back, which doesn't sound that long now.





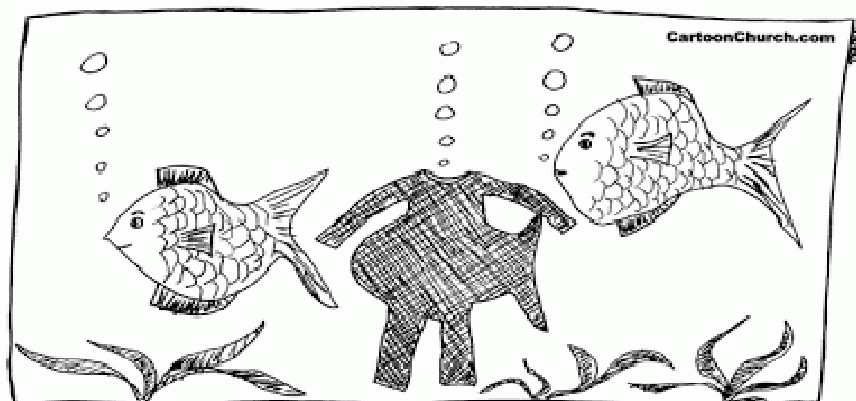
Back at the car park Pat was waiting with hot sausage rolls and cups of tea to restore some energy into the tired bodies, prior to bidding farewell to Graham and Billy T who were making their way back home. The rest of us returned to the camp site where we had an impromptu farewell barbecue because the following day we would not be paddling due to the forecast bad weather with strong winds.

In fact some parts of the Welsh Coast were bathed in sunshine and there was only a light breeze blowing. We visited Porthmadog and Criccieth and watched as people happily played on sit-on-tops at Borth-Y-Gest and surfed off Criccieth Beach. Ah well such is weather forecasting.

***Norman Green***

## ***What to wear?***

***Suzanne Thomas***



His friends told him the wetsuit  
didn't suit him, but he wouldn't listen.

At any time of year it's one of those perennial questions that members ask each other. I can't take the credit for the information below (it comes via Tamar Canoe Association) but I believe it's a pretty accurate guide as to what is best worn in the colder coming months.

<b>Guide for clothing in the Colder Months</b>				
	<b>Worst</b>	<b>OK</b>	<b>Good</b>	<b>Best</b>
<b>Top Layer</b>	T shirt with 'It's an I'm OK' tough guy attitude	A cagoule style windproof Helmet **	A purpose made cag Gloves/neoprene Mitts & Helmet	Dry suit or dry cag & dry trousers Gloves/neoprene mitts Helmet
<b>Middle Layer</b>	Skin – the pale look is sexy	Wetsuit	Wetsuit	Specialist fleeces
<b>Base Layer</b>	What's that ?	Something made of wool ( <b>never cotton</b> )	Something made of wool or two thin fleeces	Purpose designed fleeces such Immersion Research, Palm, Reed.
<b>Feet</b>	Hush puppies	Plimsoles or neoprene shoes	Wet suit socks & neoprene shoes/boots	Purpose made footwear Fleece socks

*\*\* a helmet is always a good idea when likely to come into contact with rocks or other boats.*

The worst column is there for a bit of fun but do bear in mind that trip leaders will be reluctant to take you along if you turn up like this!

#### **Other necessities include:**

- A packed lunch and a flask with a warm drink. A chocolate bar in easy reach is a good idea if a sugar rush is needed.
- Spare clothing in a dry bag, in a dry bag, in a dry bag... you get the message! In case you get cold.

Keep some dry clothes to travel home – these are best left in your vehicle – and a towel. As changing is sometimes on the roadside and taking into account the canoeists code to change discreetly, please give some thought to the size of towel you need!

I hope this helps but as with anything, people will have differing thoughts and opinions as to what to wear, my best advice is to ask several people and go out and enjoy your paddling !

***Suzanne Thomas***



# ***RCC Funday - Coniston***

***Paul Binks***

*Photo's – Will Body, Sam Binks, Karen Shaw, David Sutton*

It's Allan's fault, you can all blame him. When he said we were going to get all those old strange boats out of the container I thought, 'yippee, they are going to the tip'. When he mentioned taking them up to Coniston my first thought was he was going to scupper the RCC fleet of antique and archaic craft. But no he wanted to paddle them, not only that he wanted others to paddle them as well!

The K2 Sprint Racer was the most popular. Popular for some as they could keep in it



and popular for the spectators as others couldn't.





There were C2 & C1 Slalom boats



Our Youngest paddler 3 Years old Charlie



And as well as very long boats, there was a boat that was round



And some boats that were not boats at all



And even boats with dogs on



The Topo double also proved popular





Some boats were used sensibly



And some not so



Overall a fantastic day was had – Ribble style



***Paul Binks***



# ***Editors Bit***

Welcome to the September/October edition of the Newsletter, the anticipated flood of articles, just like the rain in the rivers has reduced to a trickle. However what we lack in quantity we try to achieve in quality, only you can judge if we have been successful.

As mentioned elsewhere the club members have not been stopped by lack of rain in the rivers and have been busy paddling lakes, estuaries, canals, the sea and even the Wake Park at Blackpool. (There's desperation for you – actually it is quite clean water and OK for capsizing/rescue practice)

Thanks as always to the people who contributed articles to this edition; once again the lead article was supplied by a Non-member, this time Anne Kingston from the "Lancashire Environmental Fund" who kindly supported us to do canal bank improvements at the Hand and Dagger. It is so much better getting in and out now that the rubber strip has been fitted. To demonstrate how much better it is the Green Family along with Matt and Graham Eccles were recruited to pose for publicity pictures. At first I thought the photographer needed some real "Eye Candy" paddlers but soon realised that we were the only ones not working that morning.

Thank you to Sarah Hewitt for your article about your exploits on the Lancaster Canal with your intrepid group of colleagues. Your idea of "Roughing It" in a support Canal Boat and Hotel are in tune with mine. When we are paddling we don't have much use for a waterproof Bluetooth Speaker though. On most of our trips we have no shortage of waterproof speakers we just don't know how to turn them off sometimes. It is interesting that the Canal Boat took 8 hours to get from Galgate to Preston. That is probably longer than it would take someone walking back along the road, and shows how the canal follows a very tortuous route to avoid hills and therefore the need for locks.

Thanks to Suzanne for her article about what to wear when paddling, I would also add that footwear should NOT come off when swimming down a river and consider having legs covered because we frequently have to walk through vegetation such as nettles, brambles and areas where sheep ticks could be lurking. Anyone going to the Tyne Tour should definitely consider warm clothes on and off the river because the North East is always an "Overcoat Colder" than the North West especially in November. (I reckon that's why they have a Bonfire).

Thanks to Paul Binks for his article about the "Coniston Fun Day" when many of us had a great time getting wet by falling out of various boats. I think the Racing K2 may not make it back next year unless someone does some serious repair work on it though.

**Dates and Deadlines:** The next committee meeting will be on Wednesday 5<sup>th</sup> November at 7:00pm. The next newsletter will be published on 17<sup>th</sup> November. We would appreciate all submissions by Wednesday 10<sup>th</sup>. Please send submissions to [newsletter@ribblecanoecclub.co.uk](mailto:newsletter@ribblecanoecclub.co.uk)

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

# ***Chairman's Chat***

## ***The Summer of the Sea Kayaks***

Time has flown since my last ramblings and summer draws to an end. The club scene has been hectic for what has proved to be a summer of good weather. The good weather has influenced the paddling tremendously with the rivers being low the amount of white water paddling has been minimal with trips being limited to the Leven, Burrs, Garstang Weir and Washburn.

On the other hand everyone who paddles sea kayaks have had a bumper summer season. On one weekend in August 3 separate sea paddling trips took place with Gareth Jones taking a group to Oban for a race which was a hard fought battle against wave and wind where one turn around the island coined the nick name of Calamity Corner. Respectable times were put in by club members with promises of a return next year.

On the same weekend Mitch ran a trip out from Arisaig for some paddling and wild camping around the Arisaig / Loch Morar area, the sun shone and we look forward to an article for a future newsletter.

Also on the same weekend Allan ran a trip to Skye as part of his birthday celebrations where once again the sun shone and the paddling and other outdoor activities were tremendous.

Pat and Norman organised a weekend sea paddling on the Dwyryd (Portmadoc) and Mawddach (Barmouth) Estuaries. On one of the days this involved a gentle paddle up the estuary followed by a two hour battle against a very strong head wind to paddle back to the harbour in Barmouth.

Many other sea kayaking trips have taken place with day trips to the lakes and out from Fleetwood and area.

The members who take part in the DARK SIDE (open Canoeing) took a trip down to the River Severn and we look forward to further reports on this trip.

The Coaches have been very busy with both 1 star and 2 star courses and assessment and thanks must go to all the coaches and helpers who seem to have endless energy and commitment which drives the club forward. THANK YOU !

Tuesdays have been a hive of activity with come 'try it out nights' leading to a good number of new members who have filled the canal and all the club boats all summer long.

Pat has spent all summer sorting out memberships and collecting membership fees a task that can be thankless but needs doing THANKS Pat.

The good summer has led to many relaxing evenings in the garden at the Hand and Dagger soaking up the sun.

This year for the first time Roy Booth organised 4 extra pool sessions which were very well attended and enjoyed by all the participants. THANKS Roy.

The Rhosneiger camp was well attended with sea paddling winning again as the sea was calmish with no surfing available.

I have not mentioned everyone who helps the club function to a high standard I will thank you here.  
THANKS.

My ramblings must finish now with only one thought on my mind PLEASE CAN WE HAVE  
SOME RAIN TO FILL THE RIVERS UP. I am suffering from white water paddling withdrawal  
symptoms!!!!

**Matt Aspden**

[Chairman@ribblecanoecub.co.uk](mailto:Chairman@ribblecanoecub.co.uk)

# **TYNE TOUR**

**31<sup>st</sup> October 2<sup>nd</sup> November 2014**

The Tyne tour is once again been held in Hexham and on the Tyne River.

The usual script is to arrive in Hexham on the Friday 31st October and pitch our tents on Tyne Green we usually go up into town for tea and a drink. Some participants also take motorhomes or stay in Bed and Breakfast accommodation.

The paddling takes place on the Saturday where some racing is involved some of our members will race. For members who do not race paddling is available on the Tyne (Assumed Risk).

Participants have the choice of easy to some grade 4 white water paddling.

If you have not been on this trip before please take advice from club members who have paddled this area previously for suitable paddling.

On the Saturday evening there is Ceilidh in a Marquee( which is a change from previous years Tyne Tour) on Tyne Green with prize giving for the racers.

A change this year is that tea on the Saturday evening will be provided in the ticket price.

On the Saturday there is a Fireworks display in the town which is well worth a viewing . Bring few quid with you to this event as it is a charity event and is very impressive.

On the Sunday Will Body is running the development trip; details to be announced.

To book on the Tour go to where all the details are shown. <http://www.tynetour.co.uk/>  
When booking camping please mention Ribble Canoe Club and then we will be allocated our own camping area.

Can anyone who has booked on the Tour please either post on the forum or contact me and let me know, this will help coordinate the paddling for less experienced paddlers.

Any questions post here or speak to members who have done the tour previously .I am at the Hand and Dagger most Tuesdays

**Matt Aspden**

[Chairman@ribblecanoecub.co.uk](mailto:Chairman@ribblecanoecub.co.uk)



# Pool Sessions

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

Date	Session	Contact	Supervisor	Committee
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	Sea Skills	Paula Sharples	Paul Smith	Allan Hacking
12/12/14	Paddle Skills	Graham Kingaby	Brian Petherwick	Graham Kingaby
19/12/14	Dumbongo	Gareth Jones	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.

## Policies for Pool Session

- Rolling courses:** These are for members who cannot roll at all, they are not for refining your roll. Due to restricted space everyone on the course should use either a river or general purpose boat.
- Paddle Skills & Open Sessions** These are for members to refine/practise rolling and/or other skills. Sea/Touring Boats can be used for these sessions.

# ***Ribble CC Library***

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

## **General**

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

## **DVD - BCU 'Go Paddling' 2012**

### **Touring & Sea Kayaking**

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

### **Sea Kayak Navigation**

Complete Book of Sea Kayaking  
Sea Kayaker Deep Trouble

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

## SEPTEMBER

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

**Sat 20 Sept  
2 Star assessment**

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

*Wed 24 Sept  
Coaching Forum*

**Sun 28 Sept  
1star Assessment  
Contact: Chris Jackson**

## OCTOBER

***Sun 5 Oct  
Development Trip  
Contact: Roy Booth***

**Sat 18 or Sun 19 Oct  
Beginners Trip  
Contact: Allan Hacking**

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

Fri 31 Oct – Sun 2 Nov  
Tyne Tour  
Hexham

## NOVEMBER

***Sun 2 Nov  
Development Trip  
North Tyne  
Contact: Will Body***

**Sat 15 or Sun 16 Nov  
Beginners Trip  
Contact: TBC**  
Ribble CC development trips are in **bold**