

# TALES FROM THE RIVERBANK



March/April 2012

## *A Paddlers' Quest*

*Kath Risely*



In the summer of 2009 something happened which was to change my feelings about paddling for ever – RCC had a trip to the sunnier climes of the Ardeche in the south of France, and a new love was born. No, not French wine, but the joy of paddling in warm water was discovered. Oh, the delights of shedding the thermals, the wet suit and the cag and donning swimsuits and shorts instead.

The delights of the clear blue water, surfing that final wave before the get out, and then, maybe, a roll - just to cool off. All this and entertainment provided in the form of the hired 'sit on tops' capsizing all around us. For me, I'm afraid that Burrs just can't compete.

So – to try and recapture that moment in 2011 a journey which was to cover four countries began.

Firstly, and with hindsight, Wales was perhaps not the best place to begin! Ok it was July, and the start of the summer holidays was looming, and on occasions the sun has shone for the Rhosneigr camp. Sadly this year reverted to the norm and we had the usual wind and rain.

Full paddling kit required and the surf – well there definitely was plenty of that. There was the ‘sit on top’ entertainment, although that came in the form of my capsize within about 30 seconds of taking to the craft resulting in plenty of blood, a suspected broken nose and the end of my paddling for the weekend. This was definitely not part of my plan!

Others, though, enjoyed the waves and we were treated to a particularly fine display of surfing prowess on Sunday as the Three Amigos and Rick showed us how it should be done.

OK, I needed to look further afield. Next stop – Slovenia. The Julian Alps in July should surely meet our requirements. Sunshine – tick, clear blue rivers – tick, waves to surf – tick, warm water – cross!

Again, hindsight is a wonderful thing and whilst air temperatures were reaching 30<sup>c</sup> the snag in the plan was that the river Soca is alpine. Rivers fed by snow melt from 9000ft peaks most definitely are not warm! That said though, the river runs spectacularly through limestone gorges backed by the aforementioned peaks and is the most azure blue I think I have ever seen.

There were plenty of paddlers based around Bovec, in the north east of the country, which is the main paddling area and there seemed to be plenty of canoe clubs present (mostly German I think).

We made enquiries and we could have taken hired kayaks out with a trip leader, but we seemed to be rather under equipped as the icy cold water meant full paddling kit was needed.

I therefore made do with just dabbling my feet in the water, but even then could only last a few minutes before they started to turn the same shade of blue as the river. The quest goes on...



Maybe we should just appreciate what lies almost on our doorstep and so, with a good forecast from the BBC for sun and light winds, a lovely paddle on Windermere would be just the job.

We crossed the lake at Ferry Nab with a bit of island hopping and headed north.

The views were lovely and the paddling easy as we made our way up to Waterhead with the idea of a bit of indulgence in the form of a hot choc dipped ice cream at the half way point.

Oh no, they’ve got it wrong again! By the time we reached the vicinity of the ice cream kiosk it was raining and the wind was belting up the full length of the lake. The holiday makers had headed for cover and the hire companies were calling in their canoes and ‘sit on tops’. We decided to press on.

On passing the moorings at Low Wood we were paddling as hard as we could but despite all our efforts it felt like we were barely making headway.

We must have been, as slowly, but surely, we left them behind. With the incentive of things being easier (they weren't) once we reached some shelter from the islands we headed south, although I have to confess, that there may have been a swear word or two thrown in for good measure.

So, August and a trip to the Dordogne was on the cards. It was to be a family holiday so no boats on the car as we drove south through the lovely French countryside passing chateaus, vineyards and fields of sunflowers. An overnight stop in the Loire offered up the potential for a trip on the river Cher passing by the spectacular chateau at Chenonceau, but there were only rowing boats on offer. We decided to pass on that opportunity and await the delights that the Dordogne had to offer. We had been to the area before but not paddled the river so it was a definite 'To Do'.

We booked two kayaks with one of the many hire companies and were dropped off at the small village of Carsac to paddle the 28km back to their base. This was the first time we had paddled single 'sit on tops' and we were very impressed with their manoeuvrability. We found we could easily edge them for breaking in and out of the current.

It was a beautiful day and dressed in shorts and t shirts under our buoyancy aids we found the splashing of the paddles and the waves lovely and cooling. The only snag was that our knees are not used to being so exposed and by the end of the day were decidedly red.

Fellow paddlers were very friendly wishing us 'Bon Appetit' as we ate our lunch of baguette and brie on a riverside beach with our feet dangling in the water. The river was a delight with small caves to explore, cliffs and friendly rapids, and every few kilometres yet another small village complete with fairy tale cliff top chateau.

Now I never thought I would say this, but a bit more water in the river wouldn't have gone amiss. Although in parts the current was quite fast flowing, some sections were flat with a barely discernible flow and we were tired as we reached our destination.

We'd had a great day in great weather with great scenery. The water was warm and the sun was shining – the only trouble was it's impossible to have that final cooling roll on a 'sit on top'.

***Kath Risely***

## ***Booking Equipment***

A reminder to any members wanting to borrow club equipment

**Please remember to follow the standard booking procedure, which is:**

Email Me (Any time before Tuesday evening) or ring me on a Monday evening  
(see contacts page for address & telephone number)  
Collect and return kit at H&D on a Tuesday evening

**SIMPLE!**



Happy Paddling - Graham Kingaby

# ***Rhosneigr Surf Camp***

## ***Friday 20th – Sunday 22nd July 2012***



**Most of you will probably already know about our annual Anglesey Surf Weekend. If not, read on.**

One of the few things that you can do in a kayak that beats surfing a glassy green wave on a fast river is surfing down the face of a perfectly formed glassy green wave on the sea – especially if the sun's shining. Playing in the surf is also a good way of getting used to the way the sea can jump around in surprising ways – good practice if you fancy getting into sea kayaking.

Every year we have a weekend camp at Rhosneigr on Anglesey. The idea is to pack in as much surfing as possible and have a generally sociable weekend. Sadly we can't guarantee surf, but Anglesey has other attractions – play-boating at the Stanley Embankment wave, some of the best sea kayaking territory in the world (really!), seal spotting around some of the offshore islands, beach games, kite flying, beer and barbecues – whatever suits. We can't guarantee sun, after all this is Wales we're talking about – but it is also true that the worst of the wet weather tends to go straight over and hit Snowdonia instead.

If you've not surfed before this is a good opportunity to learn. As long as you have a reasonable control of your boat and are prepared to swim a bit you should have fun.

Modern river boats with planing hulls work well – most of the club's newer boats fit the bill in this respect. Ultra-short play boats do surf, but can be a bit too slow to catch the waves. Sit-on-tops work well too. I've not seen it tried in a canoe – yet.

Rhosneigr is on the North West corner of Anglesey. If you've been before you'll know where the campsite is, if not I will be putting details on the club forum – look out for details. The site is fairly basic – no water park or cabaret, but it has hot showers and is not normally crowded. We usually travel to Anglesey on Friday night, but you can always come up on Saturday; some stay longer.

Please let me know if you're coming either direct or via the forum. There is no need to book with the site (unless you have a camper van or caravan, want electricity or plan to stay longer than the weekend). The site is fairly relaxed about numbers, but if we're going to have a lot more than expected I'd like to let them know.

***John Kington***

# ***2012 MEMBERSHIP FEES***

## ***are now due***

If you haven't already paid yours we would appreciate you paying your fees before 30<sup>th</sup> April.

As well as sending your fees to Brian you can also pay at the H&D on Tuesday Evenings, between 8pm and 9pm. Pat Green will have the renewal forms so all you need is your money – cheque or cash will do. If you prefer you can print off your renewal form from the website, please write on it that “renewal” to indicate you are an existing member. This will help the membership secretary. Send the completed form with a cheque made payable to Ribble CC to the address at the bottom of the form

If you did not pay your membership last year and want to continue your membership in 2012 it would be appreciated if you would make a payment that includes both years' fees.

### **Annual Membership Fees:**

£20	Full Member
£10	Junior Member
£4	Family Member – person who lives at the same address as a full member
£35	Affiliated organisation

It was agreed at a recent committee meeting that only members will be entitled to: post on the forum, borrow/use club equipment, or take part in club trips and courses. Newsletters will only be emailed out to members.

If you are a member, and do not receive a newsletter, email [membership@ribblecanoecub.co.uk](mailto:membership@ribblecanoecub.co.uk)

**Please Note:** Membership runs from 1<sup>st</sup> January to 31<sup>st</sup> December. Fees are set at the AGM in February and are due on 1<sup>st</sup> March.

As per the Club Constitution “A member shall be deemed to have resigned from the club, if after due notice in writing, he/she has not paid by 1<sup>st</sup> May the annual subscription which became due on 1<sup>st</sup> March ”. (This is your “due notice in writing”, you will not normally receive one individually, or receive further reminders).

## ***Editors Bit***

As this is the first Newsletter after the AGM, it is traditional for the Chairman to be excused from writing a Chairman's Chat. This is because his ramblings are included in the AGM report elsewhere in this edition.

This article has been written as a joint venture between the two Editors. Pat wrote her bit first then Norman put his interpretation on it. Under normal circumstances Terry would have introduced Pat as a new committee

member in his Chairman's Chat, but as he is not writing one for this edition Pat has done it herself below.

(Pat) - After a 25 year absence I have gone back onto the committee. I have been asked on a number of occasions in recent years but always refused.

(Norman) – She actually used to say “Not until Hell Freezes Over.”

(Pat) - However having stood up at the AGM and raising the issue of falling membership numbers and need to make paying fees an easier process, Terry asked if I would go on the committee with the role of "Homeland Security". I felt I should accept, "I should put my money where my mouth is", and help sort out a number of issues surrounding membership.



(Norman) – I've kicked ass up at Halton and they are sorted, so now I need to introduce my clogs to Ribble CC.

(Pat) The committee meeting on 7<sup>th</sup> March included discussions on the proposed equipment booking system, and the need to encourage people to pay their membership by coming up with easier ways to pay and minimising the number of people turning up on events that are not members – they haven't paid their fees.

(Norman) – If you don't pay you don't play.

Some things have, or are about to be actioned, hence the information earlier in the Newsletter.

A sub-committee has been set up to look at what is needed to implement these ideas and to review procedures etc. The team consists of Brian Woodhouse, John Kington, Rachel Body and myself.

(Norman) – I'm not alone, this is my gang.

Please be patient, despite our best efforts it will be amazing if we get everything right first time.

(Norman) – But don't blame us if we screw up.

So by now you have probably realised that this issue is more biased away from the general paddling stories and towards some of the less interesting but necessary information.

This newsletter issue is mainly about club administration, particularly membership.

Apologies for this but I'm sure we will return to the usual format for next issue.

Thanks to Kath Risely & Paul Binks for their articles, the only non-business articles in this edition. Thanks also to the contributors who compile and send the more mundane, but still important and necessary information for every edition. These are usually the committee members or volunteers who supply details of Pool Sessions, Library Contents, Details of Trips and Camping Weekends etc.

We have still not received any articles to include in the TOP TIPS section, which is a bit disappointing given the wealth of knowledge and experience within the club.

Therefore this has been written by Norman AGAIN! His font of knowledge is running dry so PLEASE send us something or we will have to scrap the TOP TIPS section.

**For Contributors** Please bear in mind that information you submit becomes a permanent written record in the archives of Ribble Canoe Club. This information can be viewed by anyone in the world who has Internet access. If you are writing about the details of a face to face conversation, or remarks made in the heat of the moment, you should first check that the information, if subsequently made public will not cause offence.

**Dates and Deadlines** The next committee meeting will be on Wednesday 2<sup>nd</sup> May at 7:00pm at the Hand & Dagger. The next newsletter will be published on 16<sup>th</sup> May. We would appreciate all submissions by Wednesday 9<sup>th</sup>. Please send submissions by email, to [newsletter@ribblecanoecub.co.uk](mailto:newsletter@ribblecanoecub.co.uk)

**Disclaimer** Please note that the opinions expressed in this and every other Ribble CC newsletter are those of the author of the article. They do not necessarily reflect the opinions of the newsletter editor or the committee, or the policies of Ribble Canoe Club.

**Pat & Norman Green**  
[newsletter@ribblecanoecub.co.uk](mailto:newsletter@ribblecanoecub.co.uk)

# Top Tips March 2012

As yet another Ribble CC paddler has suffered a “Shoulder Dislocation” whilst out paddling, it seems like a good idea to highlight the problem, its causes, consequences and avoidance.

As I am not medically qualified to give advice on the subject, I can only suggest that paddlers, especially relative newcomers, turn to the Internet and Google the information out there. A few general points emerged from the information I found so I here they are.

Kayaking by its very nature puts participants at risk of shoulder dislocations. The injury can be very painful and recovery times can be long. Sometimes an operation may be required, if the injury is serious it can in some cases mean that the sufferer may never paddle again. The most common dislocations occur when the hand is further back than the shoulder and a large force is applied.

An example would be when performing an Eskimo roll and you are at the end of the sequence with your arm extended.

Good paddling technique can significantly reduce the risks of shoulder dislocations.

Good Torso Rotation and keeping hands fairly low whilst paddling or rolling reduces the chance of the shoulder being forward of the working hand and thus in a vulnerable position.

Generally a shoulder dislocation occurs towards the front of the shoulder joint. The joint is held in place by muscles at the front and the back of the joint. Because we paddle forward we mainly build up the muscles at the back. If we were to build up those at the front we would reduce the chance of a dislocation.

Perhaps we should all practice more back paddling.

**Norman Green**

## RCC LIBRARY

New members may not be aware that Ribble Canoe Club has a library consisting of a varied selection of books and DVDs. Titles range from guidebooks on local waters such as Cumbrian lakes or rivers, to faraway places such as Wales - or even Yorkshire!



There are instructional DVDs and books on the mysterious art of the Eskimo roll and tales of daredevil trips by club members to Nepal and the Grand Canyon. Surely there is something to tempt everyone?

Books and DVDs are free for all club members to borrow and a full list is in each Newsletter. We will try and bring the library to the Hand & Dagger most Tuesdays. If you want a particular title just give us a bell first to check it's not already out on loan. Our contact details are also in the Newsletter.

**Cheers!**  
**Albert & Kath**

# ***Ribble Roller***

## ***Rolling Competition 17<sup>th</sup> Feb or “How not to do it!”***

***Paul Binks***

Someone, not sure who, thought it'd be a good idea if we had a rolling competition.

The first rolling competition actually happened during The Great Paddle & Splash on Coniston in July 2010, Adam Little Fish Fishwick was victorious.

At the Dumbongo in December 2010 we managed to squeeze a rolling challenge in at the end and Smudge (Michael) Smith drew this time with Adam Fishwick. We'd hoped to do the same again at the 2011 Dumbongo ,but Alan Blackburn's team took so long gloating over their win we didn't have time.

I promised to hold a rolling competition at the first open session in the New Year but clean forgot! Smudge hadn't and turned up 'ready to roll'; I'm sorry Smudge.

So on 17<sup>th</sup> Feb we held our first full on rolling competition as part of an open night at the pool. We'd be happy to say it was well organized; unfortunately we'd be lying! We did have teams, of sorts, and the two Captains were the unstoppable Alan 'Captain' Blackburn and the reluctant Gary Big Fish Fishwick. I tried to encourage people to join the teams so that we had equal numbers of beginners (can just about do it), intermediates (good roll but not really done it in anger on white water), and the professionals (proficient on moving water etc.).

It was like herding cats! I also tried to get an age and gender balance. I set the age divide at 35 otherwise it would have been a Smudge v Little Fish competition, as the 3 Amigos were saving themselves and didn't turn up.

It all got a bit too complicated, and that was before we got on the water!

Adam Fielder did a sterling job of trying to marshal, though he and I weren't always on the same Hymn sheet, or even in the same church at certain points; sorry Adam. However, we got there in the end.

Mick Huddleston had turned up for the open session and didn't know about the rolling competition. I'm sure he said he wasn't interested as we went into the pool, but his competitive spirit got the better of him he took part and at the end he was contesting the results and wanting to know when the next one was.

Everyone had a go, from the expert down to the 'might as well give it a go'.

I did try and take everyone's scores at the deferent heats into account. I won't reveal the exact algorithm by which I worked out the results as I'm sure someone will take me to task, but I don't think I'll be applying for the position of chief score keeper at the Olympics this year. Notwithstanding this the results are below.

<b>Class</b>	<b>Winner</b>	<b>2nd</b>	<b>3rd</b>
Veteran	Mick H 58 points	Adam F 34 points	Gary F 31 points
Youngun	Smudge 70 points	Will B 65 points	Adam Fish 61 points
Novice	Liz/Neil	Matt/ Dave C	Sarah

**Overall Team Winner:** Captain Captain's  
**Overall Winner:** Smudge

Yes I know that if you've two joint firsts you're meant to not have a second place but only have a third place; in which case Sarah is actually fifth not third, but I organized the competition and I make up the rules.

**So, what do we learn from this?**

Don't volunteer to run a competition?

Prime the captains with what's actually going to happen and get them to do a bit of organizing on your behalf. This of course works if you actually think things through and work out what is actually going to happen before the competition starts.

Buy a new marker pen – my old one ran out.

Get a proper stop watch rather than relying on the second hand on your watch.

Everyone seemed to enjoy themselves, and there sure seems to be a friendly competitive spirit. Seeing as Ribble Traditions start very easily, I think this competition has already been added to the long list. We'll just be a bit more organized next time!

***Paul Binks***

## ***2012 Summer Courses***

Several members who completed the 1 star course last year have asked if we are going to do a 2 star course this year.

To meet this demand we will be running our usual BCU 1 star course to introduce our new members to Paddlesport, but we are also offering a 2 star skills course in either kayak or open canoe.

Those of you who are familiar with the new 2 star award will know that in order to gain the award you have to be proficient in both canoe and kayak, we recognize that many of our members want to improve their paddling skills but do not necessarily want to paddle the alternative craft. The 2 star skills course we are proposing will follow the 2 star syllabus, but we will concentrate on the skills in one craft only, therefore you will not receive a certificate at the end of the course.

However, to cater for those members who do want to gain the full 2 star award we will also be offering the skills course next year, so if you learn to paddle a kayak this year and learn the canoe skills next year we will be able to run a 2 star assessment next year.

Both the 1 star and 2 star skills courses will run on a Tuesday night at the Hand & Dagger for 8 weeks.

The 1 star candidates course will start with a pool session on Friday the 20<sup>th</sup> April, before joining the 2 star candidates at the Hand & Dagger starting on the 24<sup>th</sup> April.

The courses will run until the 19<sup>th</sup> June with a 1 week break during the school holidays on the 5<sup>th</sup> June.

There will be at least 1 trip away from the H & D, most likely to Coniston in the Lake District.

It is expected that people enrolling on the 2 star skills course will have already completed the 1 star award or be able to demonstrate a basic level of competence in a boat.

For further details of this year's courses please speak to Allan Hacking who can usually be found loitering or scheming at the Hand & Dagger most Tuesday evenings.

Course fees for 2012 are being held at the same price as last year: £40 for adult and £30 for junior members, plus the normal pool fees and BCU certificate fees.

It is planned to have 2 enrolment nights at the Hand & Dagger on Tuesday the 27<sup>th</sup> March and Tuesday the 17<sup>th</sup> April.

***Allan Hacking***

# ***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>
23 Mar	Youth Session	Nina Sparks	Mark Buttle	Nina Sparks
13 Apr	Paddle Skills	Allan Hacking	TBA	Allan Hacking
20 Apr	Part of 1 Star Course	Allan Hacking	Albert Risely	Allan Hacking
27 Apr	Open		Adam Fielder	John Hooper
4 May	Freestyle	Will & Rachel Body	Rick Turner	Will Body
11 May	Paddle Skills	Allan Hacking	Gary Fishwick	Will Body
18 May	Open		Adam Fishwick	Graham Kingaby
25 May	Part of Star Courses	Allan Hacking	Tony Morgan	Allan Hacking
1 June	Open		Kathryn Fishwick	Terry Maddock
8 June	Paddle Skills	Allan Hacking	David Nelson	Will Body
15 June	Non-contact polo	Will & Rachel Body	Mark Dillon	Rachel Body
22 June	Open		Mark Buttle	Graham Kingaby
29 June	Open		Will Body	John Hooper

## **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 @ 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.

## **Prices for pool sessions:**

Rolling Course £20 plus club membership. Freestyle £5. All other sessions £4.

Open sessions are open access, no need to book. Please book in advance for ALL other sessions by phoning the named contact.

# ***Ribble Canoe Club AGM***

## ***Year Ending 31st December 2011***

Minutes for the Ribble Canoe Club AGM for the year ending 31<sup>st</sup> December 2011, held on Tuesday 23rd February 2012 at The Hand & Dagger, Salwick 8:00pm

### **Welcome**

Apologies for absence from John Roberts

Number of members present 60

### **Minutes for 2011**

2011 minutes were circulated and approved by a show of hands; unanimous

	<b>Proposer</b>	<b>Secunder</b>
Minutes for 2011	Mark Dillon	Matt Aspden

### **Secretary's report – Paul Binks**

Membership remains healthy but has fallen slightly this year after levelling out last year from a decline over the last couple of years. The figures as of December 2011, provided by the membership Secretary, are shown below.

	<b>2008</b>	<b>2009</b>	<b>2010</b>	<b>2011</b>
<b>Affiliated groups</b>	5	2		
<b>Adult</b>	201	186	190	169
<b>Junior</b>	94	53	46	46
<b>Life members</b>	8	8	8	8
<b>Total</b>	308	249	244	223

There continue to be enquiries for new membership received via the website during 2011 as well as people contacting myself and Terry by phone or just turning up at the pool or Hand & Dagger. We look forwards to entering the warmer weather with well attended beginners trips to introduce new paddlers to paddling and the club. We also introduced the 'come and try it' Tuesdays towards the end of the summer at the H&D, were committee members and coaches are on hand to introduce new comers to the club and take them out on the water.

During 2011 there were no substantial communications other than annual affiliation to the BCU.

In 2011 there were General Committee Meetings in January, March, May, July, September and November, as well as the AGM in February.

Alternating with the General Committee there were Coaching Forum Meetings. The numbers attending these meetings were more variable. We'd like to encourage existing coaches and those interested in coaching to come along.

Once again the summer training courses were healthily attended with 1star groups.

It was decided to bring people to 2 star standard by coaching and mentoring on trips this year instead of a formal course. There was also a fledgling 3 star moving water group started up. Again, this year though the Coaching Forum have decided to not run the intensive 2star course in the summer but run introductory and 1star courses and develop paddlers on the beginners and development trips to the 2 and 3star standards. A number of paddlers have had 4 star training courtesy of Billy Lowe and we look forward to experience their new found leadership skills. This year the 4 star leadership course continues and we are hoping to run 3 star canoe training.

Competition will be covered by the competition secretary. There is though a healthy competitive spirit in the club and the title for Dumbongo and the rolling champion were enthusiastically fought for. Such competitive games help members get to know each other more but also allow people to try new skills without really thinking about it; kneeling backwards in a kayak with a canoe paddle whilst sponges are thrown at you certainly helps focus the mind on trying to stay upright.

### **Treasurer's Report for Year Ended 31<sup>st</sup> December 2011**

The club has had a steady year from a financial perspective with the accounts showing an overall profit of £1,060.

Membership fees of £2,197 are somewhat lower compared with the two previous years.

I've changed the presentation of figures in the accounts re. courses in comparison with the previous two years. Now all coach-led sessions are included in courses whereas previously the monthly skills sessions and some safety sessions were grouped with Open sessions.

The figure for profit on courses is comparable with 2009, but noticeably reduced in comparison with 2010. It's worth noting that 2010 was an exceptional year in terms of number of courses held and in part the reduction in 2011 was a reaction to that. However, courses have still made a significant contribution to the club's funds and we are grateful to the coaches and everyone else who has given up their time to make them happen.

We just about broke even on other pool sessions. In particular we have continued to support polo and slalom sessions. While those sessions haven't been well attended the people who did attend enjoyed themselves. These aren't highly competitive training sessions, rather they're an opportunity to try a different side of the sport, if you've not tried polo or slalom why not come to the next session? Also, I've just received the pool booking forms for March onwards and sessions will be costing just over £50 each so a few more people supporting polo & slalom would help the bottom line too.

The accounts show a donation received of £1,350. This represents the estimated value of boats donated to the club by former members, Chris & Janet Porter. I think we'd much rather still have Chris & Janet paddling with us, but we are grateful for their generosity.

We've continued to spend money on development, both of coaches and in subsidising safety and rescue courses. Expenditure described as printing, postage & stationery includes £166 for renewing the website domain name. BCU affiliation and boat insurance continue to represent significant items of expenditure for the club.

The pitifully small figure for bank interest received reflects both general interest rates and the particularly low rates offered to clubs & societies. If anyone is aware of a bank offering a better rate for clubs please let me know.

The figure of additions to fixed assets of £1,967 includes the value of donated boats. Since the year end we have spent around £900 on new boats (two custom-specified Pyranha Karnalis) and made a contribution of £500 to Canoe England NW re. Halton.

At the year-end we had cash in the bank and on hand of £11,822, slightly up on the previous year. Today that balance stands at £9,883.42.

Approved by a show of hands; unanimous

	<b>Proposer</b>	<b>Seconder</b>
Treasurers report	John Hooper	Albert Risely
Accept the Auditor, Turner & Brown	Kath Risely	Rick Turner

### **COMPETITION REPORT – Mark Shaw**

I took over the role of Competition Secretary in November 2011 from Rachel Body and I would like to thank her for the hard work and enthusiasm she put in to the role of promoting competition within Ribble Canoe Club.

This year has been another quiet year on the competition front in terms of total numbers competing but we have had some notable successes – more of that later.

#### **Seaquest 2011**

Unfortunately the event on the River Wyre in September was cancelled due to poor weather. Ribble has always been well represented at these events with a good turnout. Details have already been posted for an event at Ravenglass in May this year – see the forum for details.

#### **Buccaneer Run 2011**

This competition has just closed. It takes place on the stretch of canal between the Hand & Dagger bridge and the Jolly Rodger bridge. There are currently five categories - Long Boat (Over 12ft), Open Canoe, River Boat, Playboat and Tandem. The results will be announced later.

#### **Rolling Competition 2012**

This was completed last Friday and appears to have been a great success. Well done to all those who took part and 'Keep on rolling!' The results will also be announced later.

#### **Tyne Tour 2011**

Rachel Body and Allan Hacking came 3<sup>rd</sup> in the Topo Duo race and 6<sup>th</sup> overall.

#### **Tay Descent 2011**

Rick Patterson competed in the Tay Descent – not sure of his placing but well done for competing.

#### **BUCS White Water River Race 2011**

Sam Binks competed in the BUCS white water river race on the Washburn in November.

#### **Freestyle**

Not a great deal to report unfortunately in 2011. The Brayfield's didn't compete on behalf of Ribble and the Youth Freestyle series wasn't well attended. Ribble has had some success in Freestyle in previous years so this is something to focus on in 2012.

## Slalom

Roy Garriock finished 4<sup>th</sup> in the Veterans Division 2/3. Unfortunately his favourite course at Sowerby Bridge isn't running any slaloms in 2012 so it looks like he's going to have to travel a bit further than usual to get his races in this year.

Nicky Marsh is threatening to get back in a slalom boat this year following quite a bit of time out. We wish her well competing in Kayak Women Division 2.

Michael Smith won his very first Kayak Men's Division 4 slalom at Wagon Lane and was promoted to Division 3. His time was so competitive he beat the bottom 6 paddlers in Division 3 on the day.

Mick Huddleston competed in Kayak Men's Division 1 and improved his placing from his starting bib number at the beginning of the season. He also finished 6<sup>th</sup> in the Masters rankings for his age group.

Alex Jones competed in the Kayak Men's Premier Division and managed to retain his bib number for the following season. This is quite impressive considering the amount of time he gets to train in a slalom boat these days.

Jonathan Shaw competed in his last season at international level with the GB squad but continues to compete in the Men's Canadian singles class in the premiership division wearing bib 11 for 2012. At the Junior & U23 European Championships last Summer he was placed 9<sup>th</sup> in Canadian doubles and won a 2<sup>nd</sup> silver medal in the team event.

Jacquelyn Shaw continues to compete at international level with the GB squad and has secured her place already at this year's Senior & U23 GB selection race to be held on the Olympic course at Lee Valley White Water Course. Jacquelyn finished 6<sup>th</sup> in the Women's Canadian singles at last Summer's Junior & U23 European Championships in Bosnia. Unfortunately she lost the coveted Bib 1 in the Premiership Division by just 70 points after a very strong finish to the season but will be racing this season to win it back again for Ribble Canoe Club.

Finally, I'd just like to say that I am here to help any Ribble CC member who would like to try their hand at a competitive discipline whether it is a Division 4 slalom or a down river race. If I didn't mention 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.

Here's hoping that Ribble Canoe Club has an even stronger competitive year in 2012 – the year of the London Olympics.

## Chairman's report

A glance at this Club's Website Forum will convince most people that we must be one of the most active canoe clubs in the NW if not the UK or possibly the world. Yet, despite this it would appear that over the past three years our numbers have fallen. Perhaps the past two very cold winters have caused our members to drop off! Whatever the reason, one thing of which I am certain is that we have more paddlers out regularly on the water (and occasionally in it) than we have ever had before.

A review of membership and renewal procedures will begin at this meeting with a question put forward by Pat Green. I don't think we should get too down about this as the steady flow of enquiries continues and results in new members almost every week. Further, the morale of existing club members appears to me to be very high (a bit too high in some cases)!

The Coaching Forum continues to be active. Its main problem seems to be avoiding straying out of its remit – quite often a heated and lengthy debate ends (to everyone's relief) with someone pointing out that this is a Committee matter and the buck can be passed.

The meetings are sometimes most useful when discussions result, not in a decision made or a policy set up, but in the spreading of experiences and knowledge from coach to coach. Coaching is a continuous learning curve, hopefully not too steep at any one time.

The Halton Water Sports Development Group is still on the move with recent signing of agreements resulting in a calling in of monies promised. I hope Pat will be able to give brief details of the latest situation if she's arrived back from the States and hasn't fallen asleep with jet lag.

Rick Turner has just posted on the Forum, a news report regarding Lancaster Co-Housing's proposed hydroelectric scheme at Halton. Will this affect us, Pat?

The recent popularity of camping in the UK is having an effect on our summer camps. West Tanfield failed to materialise this year due to the new site owners requiring confirmed named bookings by some-time in March – that's not how Ribble Members tend to organise themselves. So this coming year, West Tanfield Camp is being organised by Gary Fishwick at The Cardiff White Water Centre. See the Forum or Newsletter for details. The Rhosneigr Camp was very successful – thank goodness the camp site there continues to operate along more relaxed lines. I think the surf at Rhosneigr was better than I've ever seen it before, and a lot of Members turned up to experience it. The Bala Camp was also a success despite issues of lack of support for less experienced paddlers on the top part of the upper Tryweryn. Complaints didn't arise from "students" but from Rache who was left to look after several novice paddlers in a situation which was not of her choosing and which could have had bad repercussions. A lesson to be learnt there.

Thanks must go to all the Camp organisers; Brian Woodhouse, John Kington, Rache Body and for this coming year to Gary Fishwick.

What a year we've had for weddings! Dave Hull and Sarah, Graham Kingaby and Elizabeth Sleaford, Will Body and Rachel Desmond Drew and Beth and Michael Balshaw-English. Once this lot get into action, we should have no more problems with falling membership.

Paul has mentioned the success of our courses, thanks to our many active coaches – particularly Allan Hacking who has acted as our Coaching organiser for the past several years. The repercussions of the BCU's reorganisation of the Star Awards continue to affect our thinking on how we organise courses to the greatest advantage of our current and future Members.

At last year's AGM, Roy Booth put forward a proposal that the Club should obtain more large new boats for the pool at Fulwood Leisure Centre. During the year, our Quartermaster, Graham Kingaby arranged the purchase of two new Karnali kayaks which are now located and in use at the pool. Further, a very generous donation was made to the Club by Chris and Janet Porter. They gave us their two Carolina touring boats with very good Lendel paddles and other kit including trolleys, split paddles and three river boats. The trolleys and splits were sold to Club Members and the boats are in the store here at the Hand & Dagger. We have to decide whether to auction the Lendel paddles to club Members or keep them for use by Members on touring or sea trips. What do you think?

Finally I must mention our two Christmas do's. The Festive Meal here at the H&D was attended by 59 members and our host Martin did us proud. The dinner & disco at The New Drop, near Ribchester was attended by 28 Members who upheld the Club's reputation for eating, drinking and dancing.

Sadly, Debbie Dowe who has organised the event so well for the past many years has decided to hand on the challenge to someone else. Many thanks, Debbie for all your work over the past years.

I think that with the evidence of all our active members paddling, organising and enjoying themselves to the full, this Club has a rosy future.

Terry Maddock  
Chairman, Ribble Canoe Club

### **Elect Committee:**

Note: The following Committee Members are standing down at this AGM:

Wayne Lees  
Cynthia Conway

The following Committee Members resigned during the year:

Rick Turner  
Richard Collins

### **1) Officers standing for election**

Chairman	<b>Terry Maddock</b>
----------	----------------------

Approved by a show of hands: unanimous

	<b>Proposer</b>	<b>Seconder</b>
	Steve Singleton	Allan Hacking

### **2) Committee members standing for re-election**

General Committee Rachel Body  
General Committee Will Body

Approved by a show of hands; unanimous

	<b>Proposer</b>	<b>Seconder</b>
	John Hooper	Andy Dowe

Note: Mick Huddleston asked that the constitution be checked regarding married couples being on the committee together. The constitution has been checked and this does not appear

### **3) New committee members standing for election:**

Co-opted: Nina Sparks, Mark Shaw, Graham Kingaby

New members: Allan Hacking John Hooper

Approved by a show of hands; unanimous

	<b>Proposer</b>	<b>Seconder</b>
	Pat Green	Paul Smith

**Any other business**

Pat Green raised the question that there should be easier ways to pay the membership fee.

John Kington responded and raised concern that there's a need to know the causes why people have chosen to leave.

Brian Woodhouse replied that 40 - 50 people leave each year but new members replace them. He also stated difficulty in keeping track of members when addresses and e-mail addresses change without him knowing.

A general discussion ensued. Norman Green suggested on-line applications process. Graham Kingaby replied this could be set up. Terry Maddock referred the matter to the next General Committee for consideration. Gary Fishwick asked that any action be decided and quickly actioned.

**Conclusion of official business****Presentation of Club Trophies...****Nominations for Trophies Presented at AGM Feb 2011 The winner is in bold type**

<b>Nominee</b>	<b>Reason(s)</b>
<b>DRIFTWOOD</b>	
Bill Turner	For doing the Irwell from Ramsbottom in January without a clue to doing the Leven in September and rolling under the brick shoot
Alan Blackburn	For going from beginner last year to paddling moving water and longboat (mainly long boat) and taking part in the Tri Lake challenge
Gareth Jones	From novice on moving water in August at Burrs to mastering the Warden's Gorge on the Tyne Tour
Sarah Jones	From novice on moving water in August at Burrs to mastering the Warden's Gorge on the Tyne Tour
Jane Topping	From novice on moving water in August at Burrs to mastering the Warden's Gorge on the Tyne Tour
Allan Blackburn	Trilake Kayathlete - Organiser of Transjock Expedition and game to paddle Teeside - Not bad for a beginner and an oldie as well!
Bill Turner	Improved tremendously - A newbie last year who has paddled an assortment of rivers helping make such great improvement
Rick Turner	For steady improvement and consistent paddling including supporting others.
<b>Matt Aspden</b>	<b>For sticking at it.</b>
Gary Fishwick	With everything he's done with his 4* he's come on loads and has paddled some big rivers this year with no swims.

Sam Binks

For continuous improvement.

Paul Binks

For steady improvement and consistent paddling including supporting others.

**COMPETITION****Michael "Smudge"**

For his quick mastery of slalom at Bradford and Bingley where he competed in his first slalom and won, and gained promotion to Div3. He won the event convincingly in a time of 173 seconds. The person who came second did it in 305 seconds. Michael's time was so fast that he beat 6 of the Division 3 competitors. He may not be a Premier or International paddler yet but he has certainly shown that he has potential.

Curly

He should have got 3rd place at the 2011 Windermere Solstice Race but due to a bureaucratic slip-up he got nothing. For somebody with limited experience, he applies maximum effort and his result in this race was I felt unappreciated by many. Plus, it's about time an oldie won it!

Mick Huddlestan

For continuous competition into a ripe old age!!!

*Jonathon Shaw**For International representation Jonathon received an Honourable Mention.***YOUTH CHALLENGE**

Michael "Smudge"

For his quick mastery of slalom at Bradford and Bingley He took a bit of a beating in a weir this year and it knocked his confidence. He did exceptionally well in his first attempt at slalom, this award may help return his confidence and work towards removing some personal 'demons'. He seems to be the only under 16 paddler that has made massive improvements in his paddling this year. On a recent 3\* training day at Halton he showed the adults how to do tight breakouts directly below the groyne.

**The Three Amigos**

**They just never stop. Darkness is the only way to get them off the river. This year they have developed their skills at new venues including the Tryweryn.**

**SHAKESPEARE****Roy Booth**

For Keswick Greta and Dee articles. New to newsletter article but writes in a humorous and straight forwards style. For his many articles which are often varied and don't seem to follow a predictable format. Provided a variety of interesting and amusing articles for the newsletter. March - Roy Roy's Do Keswick Greta  
May - Dee Dee Done. September - Lee Valley Experience  
article Dee Dee Done Easter 2011 in May Newsletter  
'Roy Roys Keswick Greta' (March)

Norman Green 'Tay Descent' (November)

Paul Binks Because he rattles a good few off and they are always light hearted and a bit of a laugh.

### PIC OF THE YEAR

Phil Howarth You can choose any one of about three of his, nobody else came close.

**Neil Taylor AKA Number 1 son** Photo displayed on forum Bala photo number 46  
Many of the photos he took on the day deserve nomination, it was difficult to single out just one  
Photo displayed on forum Bala photo number 83  
Many of the photos he took on the day deserve nomination, it was difficult to single out just one

???? The last photo of the Rhosneigr Camp on the websites gallery. Not sure who took it though

Iain Robinson in Jan 11 newsletter photo of frozen river Eden

### PHILIP SINGLETON

**Paul Binks** **Apart from being the secretary and dealing with all the mundane stuff, he does lots of other things for the club and its members. In his own quiet un-assuming way encourages paddlers, writes amusing articles for the newsletter, arranges fun events that are always well supported, a good sign of how people appreciate what he does and how good his events are.**

Allan Hacking For continually organising coaching and trips for developers etc., over a number of years.

### FLOATER

Kath Risely For keep attempting to get on my tandem sit on top with me in rough waves at Cable bay only to be rewarded with a broken nose; and all on video.

**Pat Green** **For behaving in a disrespectful and unacceptable manner. When pensioners should be eating cream teas, feeding the ducks and having short but occasional walks - she was witnessed by myself tear arsing down Cardiff International White-water Course, screaming at the top of her voice, ripping up the rapids, surfing the waves, playing in the holes and generally extreme everything else.. etcetera, etcetera. Well anyway, speaking as a past middle age man, trying to ease into the autumn of his life with some respect and dignity I find her approach to life invigorating. It is reassuring to know that as we travel through life's long journey, the 'candle can not only be burnt at both ends', the occasional individual can come along who torches it completely!**

Matt Aspden Never phased on the water, always willing to give things a go, and

doesn't get down when things go wrong - a pleasure to paddle with, and always brightens things up when he is on the water. This is of course due to the reflected light of his new bright yellow dry suit.

Gareth Jones for the biggest grin & most enthusiasm

Terry for his dancing skills

Graham Kingaby for not giving up after the Irwell in December. Having been spun round a few times and an untimely boat exit ends up with one shoe and no paddle but still he comes back for more

# Ribble CC Library

To borrow a book or video, contact Albert & Kath Risely ([alberttrisely@aol.com](mailto:alberttrisely@aol.com)) or see them at the Hand & Dagger. Donations of books or videos are always welcome.

## **Technique:**

BCU Handbook  
The Practical Guide to Kayaking  
Canoeing & Kayaking  
William Nealy's "Kayak"  
Bombproof Roll and Beyond!  
Eskimo Rolling for Survival  
White Water Safety & Rescue  
Weir Wisdom  
Canoe & Kayak Games  
The Playboater's Handbook 2  
Complete Book of Sea Kayaking  
Sea Kayak Navigation  
Path of the Paddle  
Open Canoe Technique  
Rowing it Alone  
The Handbook of Survival at Sea  
BCU Coaching Handbook  
Sea Safety: The Complete Guide  
White Water Kayaking  
The Art of Freestyle  
Sea Kayaker Deep Trouble

## **Guidebooks:**

English White Water  
Scottish White Water  
White Water Lake District  
An Atlas of the English Lakes  
Canal Companion: Cheshire Ring  
Welsh Sea Kayaking  
Touring 100 Paddles in England  
Scottish Sea Kayak Trail

N Eng. & IOM Sea Kayaking  
Yorkshire Rivers

## **General:**

The Rough Guide to Weather  
The Liquid Locomotive  
Many Rivers to Run  
Working out of Doors with Young People  
More Than Activities

## **Expeditions:**

Blue Water Summer – Pacific Coastal Adventure  
Travels with a Kayak  
On Celtic Tides  
*Chris Duff*  
Blazing Paddles  
*Brian Wilson*  
Dancing with Waves  
*Brian Wilson*  
Paddling to Jerusalem  
*David Aaronovitch*  
The Last River  
*Todd Balf*  
Paddle to the Arctic  
*Don Starkey*  
Canoeing across Canada  
*Gary & Joanie McGuffin*  
The Canoe Boys  
*Sir Alastair Dunnnett*  
Odyssey among the Inuit  
*Jonathan Waterman*  
Barbed Wire & Babushkas  
*Paul Grogan*  
Rapids (a novel)  
Great Glen Canoe Trail

## **DVDs:**

Tony Morgan - Grand Canyon  
LVM Lunch Video Magazine

Without a Paddle (13)  
Whitewater Kayaking  
The Cockleshell Heroes (U)  
Mags Brayfield in Nepal  
Tatshenshini/Alsek 2007  
Mountain River Movie  
Jackson Kayak Promo  
It's Different Every Time  
Halton Rapids  
Fort William 2005/06 Trip  
Thistle Float Your Boat  
RCC Scotland trip 2007 & 2008  
Locks and Quays  
Featuring Ribble Canoe Club  
The Politics Show  
Featuring Ribble Canoe Club  
Open Canoeing - Reg Blomfield  
EJ's Rolling and Bracing  
This is the Sea - 1<sup>st</sup> Ever Action  
Sea Kayak Video  
The Call of the River - 100  
years of WW Adventure (USA)  
Sea Kayak - Instructional  
Journey along Skye Coast  
Open Canoe Demo  
Canoe Wales (WCA)  
Sea Safety Advice - RNLI  
The Safety CD - RNLI  
Path of the Paddle - Solo  
Glenmore Lodge (Promo)  
Revenge of the Fat Cats  
Tay Descent 2011  
Performance Sea kayaking  
BCU 3 Star & 4 Star Leader  
Sea Skills



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

**Fri 23 Mar**  
**20:50 – 22:20**

**Youth Pool Session**  
**Contact: Nina Sparks**

*Wed 28 Mar 19:00 – 21:00*  
*Coaching Forum - Hand & Dagger*

*31 Mar – 7 Apr*  
*Scottish Whitewater Trip*  
*Contact: John Kington*

## APRIL

Sun 1 Apr  
Calder Martathon & Fun Race  
Organised by Pennine Canoe Club

*Tue 3 Apr 19:00 – 21:30*  
*New members night - Hand and Dagger*

Mon 9 Apr 09:00 – 17:00  
Tees Watersports Centre Div 4 Short Course Slalom

**Sat 14 Apr**  
***Halton summer access***

**Tue 17 Apr**  
**Theory session for start of Star Courses – Hand & Dagger**  
**Contact: Allan Hacking**

**Sun 22 Apr**  
**Beginners trip – Ullswater**  
**Contact: Allan Hacking**

***Sun 22 Apr***

***London 2012 Kayakathon***  
**Contact: Alan Blackburn**  
***See forum for more details***

**Tue 24 Apr**  
**1&2 star courses - Hand & Dagger**

**MAY**  
**Tue 1 May**  
**1&2 star courses - Hand & Dagger**

*Wed 2 May 19:00 – 21:00*  
*Committee meeting - Hand & Dagger, Treales.*  
*Contact: Paul Binks*

**Sat 5 May**  
***Development trip - The white water course at Teeside***  
**Contact: Adam Fielder**

Sun 6 May  
Ravenglass Seaquest

**Tue 8 May**  
**1&2 star courses - Hand & Dagger**

***Sun 13 May***  
***Halton summer access - River Lune, Halton***

**Tue 15 May**  
**1&2 star courses - Hand & Dagger**

*Sat 19 May – Sun 20 May*  
*WW Safety & Rescue training course*

*Sat 19 May – Sun 20 May*  
*Wagon Lane Div 3/4 Double Slalom - Bradford & Bingley Canoe Club*

**Sat 19 May**  
**Beginners trip - Windermere ferry nab**  
**Contact: Paul Binks**

**Tue 22 May**  
**1&2 star courses - Hand & Dagger**

*Sat 26 May 14:00 – 23:30*  
*Beer festival with music and camping - mowbreck*

Contact: Roy Booth

**Tue 29 May**  
**1&2 star courses - Hand & Dagger**

## JUNE

**Fri 1 Jun – Tue 5 Jun**  
**Caledonian Canal Trip**

**Sat 2 Jun**  
**Development trip – Location TBC**  
**Contact: Rick Turner**

*Wed 6 Jun 19:00 – 21:00*  
*Coaching Forum - Hand & Dagger*  
*Contact: Allan Hacking*

**Tue 12 Jun**  
**1&2 star courses - Hand & Dagger**

**Sat 16 Jun**  
**Summer star courses trip. - TBC**

**Tue 19 Jun**  
**1&2 star courses - Hand & Dagger**

***Fri 22 Jun – Sun 24 Jun***  
***1st Summer Camp Cardiff WW Centre***

Sat 23 Jun  
Conwy Ascent

## JULY

***Fri 20 July – Sun 22 July***  
***Rhosneigr Sea & Surf Camp***  
**Contact: John Kington**

## AUGUST

***Fri 17 Aug – Sun 19 Aug***  
***Summer Camp***  
***Location to be confirmed***  
**Contact: Rachel Body**

## SEPTEMBER

*Fri 28 Sept – Sun 30 Sept*  
*Scottish Open Canoe Symposium - Inverness-shire*

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.