

TALES FROM THE RIVERBANK



May/June 2012

A Guide to the North West

Andy Biggs



No this is not the highlights of the Fylde coast, such as the Pilling Sands portage, surf spots on the River Wyre or tidal races off Rossall Point, but a look at the “far” North West and the coast of Sutherland.

Although there is fun to be found around Morecambe Bay, as a kayaking location it doesn't quite hit the spot as only Scotland can!

The name Sutherland dates from the era of Norse rule and settlement over much of the Highlands and Islands, under the rule of the jarl of Orkney. Although it contains some of the northernmost land in the island of Great Britain, it was called Suðrland ("southern land") from the standpoint of Orkney and Caithness.

The North-West corner of the County, traditionally known as the Province of Strathnaver, was not incorporated into Sutherland until 1601.

This was the home of the powerful and warlike Clan Mackay, and as such was named in Gaelic, Dùthaich 'Ic Aoidh, the Homeland of Mackay. Even today this part of the county is known as Mackay Country, and, unlike other areas of Scotland where the names traditionally associated with the area have become diluted, there is still a preponderance of Mackays in the Dùthaich.

You'll really need three OS maps, numbers 9, 15 and 19, if you want to explore all of this part of the UK coast. Although there is a tidal flow along the coast and certainly headlands such as the Point of Stoer deserve respect, much of the coast has low tidal flows.

It could be argued that the Sutherland coast starts at Ullapool and this makes a good starting point, it has all the facilities needed and a good campsite on the edge of town. However, it is worth heading on a further 4 miles to Ardmair, where there is another campsite right on the water's edge. It is easy to launch here and either head around back towards Ullapool or perhaps more interesting venture around Isle Martin and onto the Summer Isles.



This collection of mainly uninhabited islands, are a sea kayakers paradise. If you want to start nearer the actual islands, there are two good launching points. One is the beach overlooking Badentarbat Bay, which gives good access to the islands



Badentarbat Bay

The second is further north, opposite Isle Ristol. This starting point, will give good access to the head land of Rubha Na Coigich.

From here it is worth following the narrow coast road around to Lochinver and further onto Achmelvich and Clachtoll, where there are more campsites and excellent launching spots.

However, the best location is further along the road at Clashnessie Bay, where there is a golden sands beach and excellent paddling out to the Point of Stoer.

*Point of Stoer*

Another trip worth completing is out to Oldany Island and Drumbeg. Continuing by road from here can become a challenge, as it narrows and snakes its way over the hills to arrive back on the A894 near Kylesku, which provides another excellent venue, especially if the weather turns rough.

*Kylesku,*

The best launching spot is found by turning off the main road into Kylesku. Just as you enter the village there is a commercial quay on your right and a small track that leads down to a stony beach in a sheltered bay. The Lochs provide an interesting day's paddle and it is worth heading up Loch Glendu to the delightful bothy found at its head. Paddling out under the bridge to Loch a Chairn Bhain is quite awe-inspiring.

Until 1984, when the bridge was built, there was a ferry that took traffic over this narrow gap of water. The tide can run up to 5 knots and although not as fierce as the Swellies at Anglesey, it can provide a good practice spot for boat handling in moving water.

If you want an easy passage it is worth checking local high water times.

*Loch a Chairn Bhain*

Take time to have a coffee in the hotel and find out more about the midget submarines that were based here during WWII and featured in the 1955 film, *Above Us the Waves*.

There is a memorial to the lost submariners on the north bank, in a car park just as you cross the bridge. It is possible to paddle around to Badcall Bay from here, a location full of islands.

If you want an easier paddle it is possible to launch using the slipway at Lower Badcall, don't be put off by the no access sign, it is actually a public slipway.

From here the road climbs over to Scourie with another excellent campsite and easy launching. From here a paddle around Handa Island will be the highlight of any one's holiday. This is an island of amazing high cliffs and wildlife. The island feels the full force of the Atlantic swell and on its west coast there are few calm days. The trip is well described as route number 27 in Pesda's Press book, *Scottish Sea Kayaking*.

It is possible to visit the island by a small passenger ferry that operates out of Tarbet, 5 miles from Scourie. Further north launching is more difficult until you reach Kinlochbervie and Loch Inchar. This is the gateway to Cape Wrath, which is one of the most challenging trips in the UK.

Void of landing spots and the meeting point of opposing tides, this is not the place for the faint hearted and marks the end of the west coast.

Although this part of the country may be a premier kayaking venue, it is also a paradise for hill walker and climbers. If you don't feel like heading out to sea, then take a look inland towards some massive hills.

The routes and adventures here are endless but it is one of the shortest walks that can be the most interesting, especially for paddlers. This is locally known as the Bone Cave walk because bones were found in the caves, which led archaeologists to believe the caves were used by early hunters.

The walk starts in a car park on the A837 just south of Inchnadamph and is only 5 km in length. Leave the car park and after about 1.5 km look out for the river coming out of the side of the hill, this is because of the Limestone found in the area. It is marked as Fuaran Allt nan Uamh on the OS map and after heavy rain fall provides quite a surprise! (Car Park at 58.115286⁰N 4.967202⁰W on Google Earth)

Sutherland is a long way from Lancashire and not a weekend venue, but for those who are prepared to make the effort, the rewards are endless.

Andy Biggs

DAM IT!

Scotland Easter 2012

Roy Booth

Pictures courtesy of John Kington

The post went up on the forum for this year's Easter trip to Scotland so I posted I would go along with 20 or so others.



Some of the paddlers

With the rain falling 2 weeks before the date it seemed like we were in for a good trip, and talk was of the rivers Etive, Spean and the Roy, they will be big and you will be tested and enjoy it. But it seemed 'someone' had other ideas and decided to bake Scotland and dry up the rivers.

None the less we all went anyway in true Ribble tradition. So after a gentle trip down the Awe on Sunday there was nothing of note to paddle till the dam release on the river Gary.

With my mind picturing the Washburn (a narrow tree riddled fast stream) I was not looking forward to it. How wrong can you get I was greeted by a wide moderately moving grade 3 river with lots of features. Although not as long as the Washburn it turned out to be lots more fun.



A chip of the old block me thinks

There were just a dozen of us that got on but as this was the only river running it seemed like a Northwest Kayakers Reunion with groups and people we knew from back home. So I got on for the first run down but I felt a bit wobbly (not another day c**p paddling)



The Southern Belle

You get a short break now down to one of the bigger drops and there is a big eddy on river left for a rest and easy break in to get your line right to get down.

What can one say (c**p Paddler), was my first thought so I got a few practise rolls in and felt a bit better. Off we went and in just a few yards you are on the first drop, got through that ok and looked back to see I was not the only one to be a bit wobbly.



Allan when he is not talking



Nothing wooden or wobbly about this man

It is then just a short distance to a large hole which is easily avoided on river left, but not by me. Fortunately I had enough speed to get me through it, all be it the wrong way up glad I practiced my rolling as I now needed it. I noticed the Southern Belle had gone very quiet she would have given me some stick for getting it wrong, she must not be having the best of days herself.

It's here Allan says me and you are going down to set up ropes and Will is going to do the boat chase if necessary. With John in prime camera spot the pressure was on.

Nah Nah I made it and so did everyone else so it could not have been that hard. It's just round the next bend and you are in the eddy above the last rapid which is boulder strewn, followed by a quick drop into the pool at the get out just above the bridge that everyone watches from.

No problem if you swim here there are loads of people to pull you out.

Meet the ice man no matter how much the ladies tormented him he did not break (cool or what).



Well that's the first run done so time for a spot of lunch.



The girls love the quiet type



Paddling is the only time you see the gent in the previous picture in long Trousers, (even wears shorts walking in the snow !!!!!!!!!!!).

Some go and look to see what's below the get out I stay and look after the kit.

After carrying the boats back up to the get in confidence has been restored so it's play time this time around with only having to roll a few times when pushing myself.

The run was much the same till I got to the get out.

Myself and a couple of others were playing in the last drop when someone asked if they were going down the river a bit more.

I said I would but as I looked around at who was actually going to run down alarm bells should have sounded as I was left with just the young guns – everyone else had got off and were grinning at me.

They knew something I didn't.

Yes, they had seen the two big drops just round the corner when they looked at lunch – Oops but I was committed. So we were in the eddy above the drops and Jo was trying to tell me in technical terms how to get down, exasperated she shouts just follow them to which I did and we all got down ok.

A lesson learned there if it's just the young guns carrying on down a river think twice before you agree to go.

Roy Booth

Committee Chat

You can tell the Committee's been busier than usual – we didn't get away from the last meeting till 10.00pm!! Still, an awful lot was discussed, and the odd decision was made.

The summer camps are all organised with week-ends at Cardiff on 22 June, Rhosneigr (Anglesey) on 19 July, Ullswater (not quite organised entirely yet – but nearly) on 18 August and an extra camp in Bude, Cornwall organised by Graham Kingaby for the week beginning 4 August. See website Forum for details.

Will Body will be organising a Big Dog demo day at Halton next winter.

Our Quartermaster Graham Kingaby has been very busy setting up new labels to be fixed to our Club boats. I'm down for sketching details of site improvements at the Hand & Dagger and putting them to the Landlord Martin and Rick Patterson who talks to British Waterways or whatever they are called these days. The improvements cover the towpath and launching area, the path down to it including removal of steps, the access to the container from the car park, and an additional lean-to storage unit on a new container to replace the old one. Rachel Body is looking into a new container.

Echooooo....oooooooo.....oooo!

Our Secretary Paul Binks has organised a joint session at the pool with the Leisure Centre's own lifeguards to give them a better idea of how our pool sessions are run and what speciality safety cover we supply in addition to their own lifeguard cover.

The rota for introducing new members to the Club on the first Tuesday of each month continues with volunteers including John Hooper, Allan Hacking and myself.

Our Competition Secretary Mark Shaw is reviewing our stock of polo and slalom equipment.

The Committee agreed to accept Stephen Singleton's recommendations for updating the rules for our annual Photo Competition for the Pic of the Year Trophy presented at the AGM. You may remember that the competition is open to all photographs shown on the website gallery or published in our Newsletter in the year to 31 December.

Stephen was lumbered with choosing the winning photograph at the last AGM and decided that the following additional rules would make judging easier and the competition fairer :-

- 1) Image size no larger than 1020 x 764 pixels
- 2) Supplied as a jpg file
- 3) Each image must be titled, and name of the photographer supplied

Images will be judged on:

- a) Impact
- b) Composition
- c) Technical Quality
- d) Relevance to Ribble Canoe Club activities

The judge's decision is final until an appropriate bribe is offered.

Ribble Canoe Club has the right to use the image but will credit the photographer.

I'm sure that applying the above rules will be fraught with problems, but at least you'll have a good idea of what's wanted when you submit photographs and, now I've published them here we can all argue out the finer points. I'll also put these on the Forum under Canoeing Matters.

The Committee agreed to make a donation of £50 to the RNLI to be handed over with other donations from members at their visit to the St Annes Lifeboat Station on 27 June organised by Kath Risely.

Our Child Welfare Officer, Nina Sparks headed south recently and will be away for some time.

The Committee decided that this important position needed to be filled promptly. Shortly after the meeting, the Committee was delighted to hear that Susanne Thomas volunteered her services at the first asking.

It is a position that requires completion of various mandatory courses and to our further delight, Suzanne has just completed her first course already. Now that's keen!! Suzanne, we think you're wonderful.

In addition to losing Nina from the Committee for the time being, we were sorry to receive Katie Fishwick's resignation due to work commitments.

Our Membership Review Team sub-committee (previously known as Homeland Security) consisting of Pat Green, Brian Woodhouse, John Kington, Graham Kingaby and Rachel Body, has been looking into security of membership, fees, website, website Forum and trips/events.

Pat has set up a new membership numbering, registration and recording system to keep track of memberships and to ease the process of membership renewals.

Our Club Constitution states "A member shall be deemed to have resigned from the club if, after due notice in writing, he/she has not paid by 1st May the Annual subscription which became due on the 1st March." I hope that no club Member has been angered by our implementing this rule. I thought Pat's notices of our intent were considerate, respectful and gave Members plenty of time to respond. If you thought otherwise, I'm sure you've let me or Pat know. It had become clear that our relaxed attitude to fees and membership had, over the years led to occasional underpayments and the presence of non-members on Club Trips. These affect our affiliation to the BCU and the insurance cover it provides.

Following earlier meetings of the MRT, the sub-committee put forward four possible routes to make the Forum more secure.

The Committee unanimously opted for restriction of the "Trips & Events" and the "Coaching & Training" categories to Club Members only, both for reading and replying. The remaining categories will remain open to all, including those unfortunates who haven't seen the light and joined our illustrious club (or who haven't sent their subscriptions to Pat).

The MRT is also investigating the use of an e-commerce website to allow electronic payments, including fees, to the club. Many thanks for the prodigious amount of work being done by the MRT, especially to Pat, regarding memberships, and Graham and Elizabeth Kingaby regarding the Forum and e-things.

And we're back with Graham again. Does this man ever sleep! He's recently carried out a kit review and the Committee agreed to spend in the order of £1,500 on new buoyancy aids, helmets, spray decks and paddles.

And that's it for the Committee stuff. No wonder we didn't get away till 10.00pm.

You may have noticed that over the past few Tuesdays the Hand & Dagger has been putting on a special meal for us at a cost of £5. So far we've had chicken & mushroom pasta, cottage pie, and beef & tomato curry with rice. Next week (15 May) will be lasagne with garlic bread & peas (see, I was listening Gill) and after that, maybe, sausage & mash. The Club has guaranteed to the H&D payment for ten of these meals each Tuesday and, so far, we've achieved that number, but only just. I'm putting feedback (ha!) to Martin Landlord and arguing for bigger portions, especially of carbs rather than proteins which suits hungry/cold paddlers. The meals are available from 7.30 or 8.00pm till 9.15pm. You can order one and pay your fiver when you come in and get a drink.

Happy paddling,

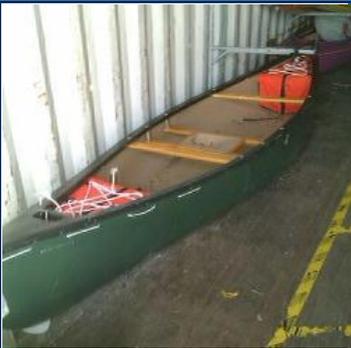
Terry Maddock
077333 86704

Chairman@ribblecanooclub.co.uk

BOAT BOOKING SYSTEM

Graham & Elizabeth Kingaby

In the next few days there will be a new link on the front page of the club website “**Book a Boat**”. Using you RCC Membership Number you will be able to log onto the boat booking system and browse the boats we have. You will be able to choose the boat you would like to borrow, and click on a link to send an email to the quartermaster with the date you would like to borrow the boat and the ID of the boat you have chosen. Below is an example of what the page will look like.

ID	Make	Model	Colour	Type	Comments	Image
C005	Old Town	Discovery solo	Green	Canoe	16 foot open canoe	
ID	Make	Model	Colour	Type	Comments	Image
K015	Perception	Method Air	Purple and White	Kayak	General purpose kayak	
ID	Make	Model	Colour	Type	Comments	Image
K017	Perception	Method Junior	Orange	Kayak	Junior general purpose kayak	
ID	Make	Model	Colour	Type	Comments	Image
K022	Dagger	RPM Legend	Blue	Kayak	general purpose kayak suitable for light weight adult	

A Few Went South In the Winter

Roy Booth

Participants: The Southern Belle, Woody, St David (he is Welsh you know), Anthony Blunt, David Attenborough, Inspector Clouseau, Pink Panther, Pink Panther 2, Bill Gates, Darth Vader Jolly Green Giant, The VAT Man, Lady Penelope

The names of the participants have been changed to protect their Identity. The views expressed in this article are that of the author and have nothing to do with Ribble Canoe Club or anyone involved (will that do for a disclaimer Norman?).

(I'm happy enough with that Roy but you might have upset some Marine Mammal Conservationists but for my Editorial Intervention - See Editorial Out Takes)

This trip all started when the Southern Belle thought it would be a good idea to go down and do the Dart Canoe and Kayak Symposium and prove to us Northern Numptys that the North West is not the epicentre of all things great and good (yeah right).

After asking around she found a few foolish enough to take it on. Due to time and logistics it became apparent that this would not happen. Undeterred she snooped around the internet till she found a large cottage near the Dart get-in which was available a couple of weeks later and asked if we were still up for it (of course we were).

As this was a first attempt the cast was kept small. And not advertised on the web and all logistics were done by email.

Now that would be simple till your inbox fills up with mail about what cheese everyone is bringing.

If you can think of a cheese we had it (I think everyone knew that the rivers down south were going to be low as no one mentioned paddling)!



You have to wash it down with something

Saturday dawned bright and dry but as we had travelled so far we decided to do the loop anyway, so we loaded up.



As much as he tried Woody could not get them all in his 'Pimp Mobile' so we load up another truck and went to find something to play on.



The green giant in his yellow 'not so dry' suit.



But we all got down ok



The Southern Belle getting air born

So not a lot happening on the paddling front but like all trips you make the best of what's there.

Like Woody doing a 15 foot high seal launch closely followed by a bombing Anthony Blunt.

We will go back and hopefully have some water to paddle on.

One last word do not play mouse trap after a few beers as it takes forever.

Roy Booth



The VAT Man on the slide

Editors Out Takes: "Like Woody doing a 15foot high seal **lunch** closely followed by a bombing Anthony Blunt". I realise that paddling makes one hungry, but surely not hungry enough to eat seal. You didn't make it clear, was it a 15 foot seal, or a 15 foot lunch? Bet they didn't eat much Dinner that evening! I now understand why the rest of you took Cheese.

Norman Green



Some of the scrapes

Book Review: Three men in a Boat, by Jerome K. Jerome, Published by Penguin Books

First published in 1889 *Three Men in a Boat* reads like a travel book, it is in fact a novel, but based on Jerome's own experiences; and it is no less a good read for it. Like all travel books it has different elements other than the journey; some preamble about how the journey comes to be, scene setting and a bit of history of the characters as well as the journey itself.

What intrigues me about travel books, and particularly books about simple travellers, like three men just deciding to embark on a journey, is that the journey tends to have distinct elements; there's the description of the places and people encountered, the routine of eating, camping and traveling, the interaction between the individuals and how each of them deals with the challenges they face. It's interesting reading what other people have experienced, not just for inspiration to go and do something and see new places but also about how traveling and being in a different place has an effect on people. Whilst people embark on journeys aiming to have a splendidly good time, and they often do, but they also find things difficult and react in different ways, sometimes pulling together and sometimes being more introspective. I find this sort of thing interesting because it's this range of things I've experienced and it's good to know

that so have other people and to learn how they deal with them.

Jerome manages to bring all these elements out, from the descriptions of various places on the Thames, to the description of having to tow the boat against the current and how some of them enjoyed it but others always aimed to get out of the task, the challenges of camping in the rain and the joy of sitting on the grass to have a picnic or finding a jolly hostelry and enjoying a good beer.

The language in the book, being written over 100 years ago, is sometimes a little foreign, but there are notes to help the modern reader. One quirk in the book is that each chapter starts off with a few two or three word extracts from the chapter which gives hints of what's to come. Even with some historic language and style of writing at only 170 pages it's a pleasure not a chore to read; and there's a real twist at the end!

Whether you stuff it in your dry bag next time you attempt to circumnavigate the Hebrides or pack it in your suitcase to read whilst sunning yourself round the pool I'd suggest giving it a go. It's quite quick paced, intended to be funny and I think a good intro into many aspects of embarking on a boat journey. There is a copy in the Club Library.

Paul Binks

Top Tips

Tie a sponge, the type you use for pan cleaning in the bottom of your throw-bag, it adds weight if you have to make a second throw as it holds water.

Add a few turns of duct tape around the middle of your paddle shaft in case you need it for emergency repairs etc. A metre can easily be wrapped around.

Always carry good quality electrical tape for wrapping up blisters etc. Don't buy cheap stuff as it is not as soft and stretchy.

Don't eat yellow snow, it tastes funny, white stuff is okay

Take care and one day we may meet up for a swim or paddle

Mark Dillon

Editors Bit

As always thanks to the contributors to this edition of the newsletter, and as always they are varied and hopefully interesting.

Thanks to Mark Dillon for coming up with some TOP TIPS, my haranguing of the readers in the last edition seems to have worked at last. Please remember anyone can supply top tips so long as they are even slightly related to our activities as a club.

What about someone supplying "Camping Related Tips" such as how to erect a Tarp, light a fire, c**p in the woods, etc. I am sure Captain Fabulous and the Trans jock Team would welcome any tips to help them on their expedition.

One of the perks of this job (and they are pitifully few) is that I get to read the articles before anyone else. When they arrive in an "un-edited state" they sometimes contain spelling mistakes, missed words, wrong use of words etc. It can be a bit of a chore, having to make the corrections. However it does have its funny side. Some mistakes are simple but if read literally put a hilarious meaning on what has been written.

I have used the second article by Roy Booth "A few went south in the winter" as an example. Instead of writing "15 foot Seal Launch" he actually wrote "15 foot Seal **Lunch**". A simple mistake anyone can make, but the omission of one letter conjured up a hilarious image in my mind, and one I felt worthy of sharing in the newsletter. I would like to apologise to Roy, whose Blooper was

not the only one in the articles received this time. So if you forget to proof read articles you submit don't worry it may give me a good laugh, albeit at your expense

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 4th July at 7:00pm at the Hand & Dagger. The next newsletter will be published on 18th July. We would appreciate all submissions by Wednesday 11th. Please send submissions by email, to newsletter@ribblecanoeclub.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.

Norman Green
newsletter@ribblecanoeclub.co.uk

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

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

The Ribble Canoe Club Great Windermere Regatta: Beginners Trip May 19th

Bring all your boats long and small

Bring all your boats open and closed

Come all ye boaters young and old

The Great RCC Windermere Regatta is upon us once more

For the last two years, which constitutes tradition in RCC circles, RCC 's May beginners trip has been to Ferry Nab at Bowness on Windermere; Starting Grid ref SD 398598, which is what we oldies used before Satnavs. (Google Earth 54.355124⁰N 2.925719⁰W)

In successive years myself and Gary Fishwick have encouraged around 50 paddlers in all shapes and classes of boats, from creekers to long boats and open canoes, and even dogs!, to come on a nice scenic tour of the middle section of England's largest lake.

Starting at Ferry Nab the first part of the journey takes us round Belle Isle and other small islands and up the Eastern shore to a picnic spot at Grid ref SD 403985, a distance of approximately 3km.

The site is accessible from the road with parking if anyone has none paddling family or friends who want to join us for lunch, and there are even toilets! Champagne, cucumber sandwiches are seldom brought, but butties, pies and cake are easily stored in kayaks and the open boaters amongst us have been known to bring Kelly Kettles and even picnic tables.

Returning to Ferry Nab the ice cream shop often beckons. Remember the sun always shines on RCC trips; sometimes from behind the cloud that's dumping rain on you at that moment in time.

The trip is badged as a beginner's trip and support and help is there for those new to paddling. However it is generally a nice day out and frequented by seasoned boaters as well as newbies.

Meet 10:30 at the car park for 11:00 on the water

Please book boats out with Graham the quartermaster. If you are unsure about the procedure please read the notice "Booking Equipment" in this Newsletter.

Please try and collect your boat the Tuesday before but if you need to pick it up on the day then contact me and we'll see if some kind soul will open up the container on the day; usually we tell Terry that's what he's agreed to do (even though he hasn't) and he usually obliges.

If you are new to paddling please speak to a coach at the HD about what to bring and wear etc.

There should be a post on the forum to register your interests.

***Happy Paddling
Paul Binks***

Pool Sessions

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

Date	Session	Contact	Supervisor	Committee
18 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 CC Library

To borrow a book or video, contact Albert & Kath Risely (albertrisely@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
Handbook of Survival at Sea
BCU Coaching Handbook
Sea Safety: 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: Cheshire Ring
Welsh Sea Kayaking
Touring 100 Paddles in England
Scottish Sea Kayak Trail
N Eng. & IOM Sea Kayaking
Yorkshire Rivers
Anglesey Info Pack

General:

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

Expeditions:

Three Men in a Boat
Jerome K Jerome
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 Dunnott
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 & Quays Features RCC
The Politics Show
Featuring Ribble Canoe Club
Open Canoeing - Reg Blomfield
EJ's Rolling and Bracing
This is the Sea - 1st 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
Moving on to Moving Water
Norman Green

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.

MAY

Fri 18 May Open Pool Session - Fulwood Leisure Centre

*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**

**Fri 25 May 20:45 – 22:15
Star courses pool session - Fulwood**

*Sat 26 May 14:00 – 23:30
Beer festival, music & camping - Mowbreck - Contact: Roy Booth*

*Sun 27 May
Youth Freestyle Event No 2 - Nene*

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

JUNE

*Fri 1 Jun 21:00 – 22:30
Open Pool Session - Fulwood Pool*

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

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

**Tue 5 Jun
1&2 star courses - Hand & Dagger
*Wed 6 Jun 19:00 – 21:00
Coaching Forum - Hand & Dagger
Contact: Allan Hacking***

**Fri 8 Jun 20:45 – 22:15
Paddle skills session - Fulwood pool**

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

**Fri 15 Jun 20:30 – 22:30
Non-contact Polo - Pool session - Fulwood Leisure Centre**

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

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

***Fri 22 Jun 21:00 – 22:30
Open Pool Session - Fulwood Leisure Centre***

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

*Sat 23 Jun
Conwy Ascent*

*Wed 27 Jun
Tour of RNLI Station*

***Fri 29 Jun 21:00 – 22:30
Open Pool Session - Fulwood***

JULY

*Tue 3 Jul 18:00 – 21:30
New members night - Hand and Dagger*

*Wed 4 Jul 19:00 – 21:00
Committee meeting - Hand & Dagger*

*Sat 14 July 09:00 – 17:00
Youth Freestyle Event No 3 – Boulsters*

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

AUGUST

*Wed 1 Aug 19:00 – 21:00
Coaching Forum - Hand & Dagger
Contact: Allan Hacking*

*Sat 4 Aug – Sat 11 Aug
Bude Surf Week - Bude, Cornwall*

**Sun 5 Aug
Development trip - If all else fails, Washburn
Contact: Allan Hacking**

*Tue 7 Aug
New members night - Hand and Dagger*

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

**Sat 18 Aug
Beginners Trip – Ullswater,
Part of summer camp but open to day visitors
Contact: William Body**

SEPTEMBER

*Wed 5 Sep 2012 19:00 – 21:00
Committee meeting - Hand & Dagger, Treales.*

*Sat 22 Sep 2012 09:00 – 17:00
Youth Freestyle Event No 4 – Nottingham*

*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.