

TALES FROM THE RIVERBANK



JANUARY/FEBRUARY 2009

A Weekend in Wales



British University Kayak Expedition Selection Weekend

“The overriding principle of a British Universities Kayaking Expedition is for a team of the UK’s best student kayakers to undertake an exploratory trip in search of some of the world’s finest white water” (www.uniyaker.co.uk).

It was nearly two months ago that I submitted my written application for the 2009 British University Kayak Expedition (BUKE) with no real idea whether I was good enough, or whether I would make it through to the next stage; a selection weekend in the middle of November. This weekend would involve, to put it simply, a lot of paddling on some of the hardest rivers on offer in North Wales.

Coupled with this, during the dark, cold evenings the final expedition team, as well as the destination for the expedition would be selected by the twenty invites to the weekend. Previously there had been two other expeditions; one was to Kurdistan and the second took the team to Russia’s Altai Mountains and Mongolia. Who knows where this, the third expedition, would head?

Anyhow, soon after the closing date for the written applications I received an email inviting me along to the selection weekend. All I had to bring was my paddling kit, a lot of beer and some research in to an area that I was interested in exploring by kayak. I set

about researching the Carpathian Mountains, which run through Poland, Slovakia, Romania and the Ukraine.

Thursday 20th November

I was lucky enough to get a lift from some of the other invites coming down from Stirling and Glasgow, which ultimately meant that I was free from a long drive south, but also split what could have been an astronomical fuel bill four ways. Typical students! However, I didn't actually leave Carlisle until 10pm on Thursday night, which meant that we arrived at the bunk house, just outside of Tremadog, in the early hours of Friday morning.

Friday 21st November

For the selection weekend to be a success one thing was required above anything else; rain. The good old Welsh weather didn't give up much precipitation though so there was some worry over navigable rivers. We managed to, with some luck, find water in the first river we looked at. It was low, but it was good enough to kick the weekend off.



Stuart Haywood boofing on Boatbreaker, Aberglaslyn Gorge.

We managed three quick runs of the Aberglaslyn Gorge, which is a continuous grade 4 river, but is only a mile long. This meant that there was no shuttle, but instead we shouldered boats and slogged back up the road for another run through the gorge. On the third run down, instead of breaking up into smaller groups (there were twenty-four paddlers), like we had done on the previous two runs, we had a mass race down the river before moving onto the second river of the day.

Initially we went to look at the Fairy Glen on the River Conwy, but that was low, which

meant the grade 5+ falls were a heinous mess of siphons, undercuts and jagged rocks that just begged for a boat to be pinned around them. We headed on to the River Llugwy to see whether it was possible to run the famous Swallow Falls.



Aidan Smallwood on the second of the three drops that make Swallow Falls.

From the picture it is quite obvious that they were going in the low water conditions that had hit Wales. Not all of us put on the river to run the falls, but most of us managed a descent down the first two drops, before we ran into trouble with the long arm of the law. It was the usual: complaints from landowners and fisherman over our presence on the river. The police were quite honest with us saying: "they didn't have a problem with us on the river, running the falls, but they had to follow the complaint up."

Saturday 22nd November

The previous night was a long one as we were graced with the living legend that is Dave Manby (star of Paddling down Everest and author of Many Rivers to Run), who offered his insight into our suggested destinations. By the end of the night a short list of possible destinations was created ranging from Alaska across to Vietnam and from the Sayan Mountains in Russia down to Lesotho, a small country in South Africa. Even with the late night, we managed an early start and were once again heading to the Fairy Glen, after the Conwy phone gauge had confirmed that it could have risen to a good level.



Luke Farrington hitting the line on Fairy Falls in the Fairy Glen, River Conwy.

On inspecting the section we had scouted the previous day it looked much nicer to paddle so we headed to the top, got changed and quickly headed off down the river. I was in the leading group through what is known by the locals quite simply as the Glen. None of us in the probe group had paddled the river previously so it was all inspected from the boat, reading and running every drop as it came. I had a bit of a mishap on the lead into a drop known as Henry Moore, which put quite simply resulted in a bit of an out-of-boat experience when I missed my roll and took a bit of a bashing from some of the rocks. Luckily I got fed, pretty much straight away, into an eddy with my boat and paddle. In this eddy was a lovely clump of rocks, which allowed me to empty my boat and get back in with relative ease. We carried on downstream in a similar vein until we came to Fairy Falls, the four other paddlers in my group stepped up and ran the grade 5+ fall, I opted for the line down the left hand bank, meeting them at the bottom of the rapid to carry on through the Glen to Beaver Pool at the bottom of the run.

Once everyone was out of the Glen plans were put in place for a second paddle that day. There was a bit of contention here as many people wanted another descent of the Glen, whilst some others wanted to go and hit the Lledr, however the majority wanted a run down the Cwm Llan. With majority rules this is where we headed next. The Cwm Llan is an exceptionally steep creek, which runs off Snowdon. To get to the river you basically shoulder your boat and walk for an hour

besides the creek, up the foothills of Snowdon. It was a gruelling walk, but was definitely worth it for the 500m of continuous, steep rock infested fun.



Looking down the Cwm Llan while the selection invitees get on the water.

That night the final expedition team was selected before heading out for a rather interesting night out in Bangor. The less said about that the better.



The British University Kayak Expedition Team '09: (Back Row L to R) Tim Hamlet, Stuart Watson, Ben McKeown, Andy Jaunzems, Eoghain Johnson, Stuart Haywood, Nathan Fletcher, (Front Row L to R) Tom Haywood and Luke Farrington.

Sunday 23rd November

With the early starts we had on both Friday and Saturday there was a considerable lack of motivation to get up and go paddling today. There had been talk previously of a race down the Tryweryn followed by a big-air freestyle competition in creek boats in the World's Hole on the Tryweryn. However, there had been more rain over night so some people were looking to go and paddle the Ogwen, however many people opted to clean the bunk

house and head for home so that they were fresh for lectures the following morning. This had been one of the best weekends of boating I have had in a long time. I am slightly disappointed that I didn't make the final expedition team, but then again I did make the selection weekend, which some people did not, and had an awesome three days of paddling, socialising and getting to know like minded individuals. At the end of

the day I feel that everyone on the team fully deserved their place and, by a long way, were much better paddlers than myself. However, I am sure that over the summer I'll be able to get abroad for some foreign paddling action with some of the guys I met on this weekend.

Iain Robinson

AGM 2008

Agenda

Notice is hereby given that the Ribble Canoe Club AGM for the year ending 31st December 2008 will be held on **Thursday 26th February 2009** at **The Hand & Dagger, Salwick** at 7:30 for 8:00pm start for the following purposes:

1. To receive the Hon. Secretary's report for the year ended 31st Dec 2008.
2. To receive the Hon. Treasurer's report and Statement of Accounts for the year ended 31st Dec 2008.
3. To receive the Competition Secretary's report for the year ended 31st Dec 2008
4. To receive the Hon. Chairman's report for the year ended 31st Dec 2008.
5. To elect Officers and Members to the General Committee.
6. To appoint auditors.
7. To discuss any other business.
8. To present the Club Trophies.

By order of the Committee.

Paul Binks, Secretary

Proposals

Under Item 5 the current General Committee members are:

Chairman	Terry Maddock
Secretary	Paul Binks (General) ⁺ Brian Woodhouse (Membership) [*]
Treasurer	Kath Risely [*]
Competition Secretary	Vacant
Quartermaster	Albert Risely ⁺
Child Welfare Officer	Alison Nelson
General Committee	Rachel Desmond-Drew ⁺ John Kington [*] Ed Lefley ⁺ Peter Nelson (Junior Representative) ⁺ Steve Swarbrick [*]

Those marked * are due to retire by rotation (every 2 years) and being eligible offer themselves for re-election. Those marked + have been co-opted onto the committee during the year and now stand for election by the general meeting.

The following Committee Members are standing down at this AGM:

Tom Byrne
Peter Jones
Iain Robinson
Martin Stockdale

The following Committee Members resigned during the year:

Mark Dillon
Grant Dillon
Adam Fielder
Allan Hacking
Mark Loftus
Nicky Marsh

AGM - Additional Information

Membership fees can be paid on the night, but please note that payment on the night can **only** be accepted by cheque – no cash please!

Please arrive early (7.30) so that the AGM can start at 8.00pm prompt. Supper will be provided consisting of Hot-Pot (or vegetarian option) + sweet at a subsidised cost of £2.00 per head.

Raffle prizes

As usual there will be a raffle at the AGM, so if you have anything you can donate as a raffle prize please bring it along on the night. It can be something canoeing related, or a bottle of something alcoholic, or some chocolates – anything will go down well!

For Sale

Pyranha Storm

2.4m long
River running playboat
Fits paddler upto 6ft tall
£70

Topolino 'Spud'

The original short creek boat
No hull damage
£100

Liquid Logic Jeffe

Creek/river runner
Feb '08, used twice
£540

Tony Morgan

Ardeche 2009

18th July to the 2nd August



As some people are aware who have been watching the Forum (which seems to be where much of the plotting around trips takes place) I've sort of volunteered myself to lead a trip. Most people will volunteer to run a river trip locally... no, I've decided to go the whole hog and not only run a river, but to go overseas to the Ardeche region in the Massif Central in France. As some of you guys know I've spent a bit of time out there over the last couple of years (In 2008 it was the least time I've spent out there in the last 3!) and as such know the main river well, and some other bits that are nearby that are worth paddling.

We'd (OK, Me, Allan Hacking and the esteemed Chairman - I think that he is planning to bring his tractor... I need to drag in the conspirators with me at some point, so it's not just me!) decided that this could be an

ideal club trip for everyone (yep, everyone) not just the moving water paddlers, but people who want to be out in sunny weather with nice food and good company (how smelly paddlers can ever be good company...) The plot started to thicken, and on the 14th January we organised a meeting with around 20 people who'd expressed an interest, with those on the trip ranging from Zac the dog to Holly the baby to Jo the student to proper people (although quite who they are I'm not sure!)

We're going to be staying around Vallon Pont D'Arc, which is at the head of the Ardeche gorge, and has all the bits that we need. If you pick the campsite carefully you can get it so that the river is about 20metres away, and a fantastic restaurant about 10mins walk away (and a good pizza van, and a good bakery!)

Right that's the pre-amble sorted, now into the bit that is really interesting to people: The River!

The River

The Ardeche is a fantastic river that covers everything from Grade 4 up in the mountains – not where we're heading – to meandering Grade 1 as it comes out of the Gorge, with incredible scenery that closes in around you and then opens up as you leave the Gorge (25km or so later!) You can run from Vallon to St Martin/Sauze in one day, but I'd be inclined to do it over 2 days.

Running through the river it lends itself to being broken into 3 sections; first up is Vallon to the Pont D'Arc, then to Black Tooth and Gaud Bivi site, finally the last section from Gaud to the end at Sauze.



First up as you leave Vallon is Peach (the names that I use might be different to those found in Peter Knowles guidebook, Fluffy's Guide, as I will use the names that PGL/NST/Acorn use) which is really just a wibble with a couple of rocks to dodge round.

The bigger problem here are the swimmers in the water as there are 3 campsites that are around that area. Peach is split into 2 rapids, Peach A and Peach B, Peach B is a river wide play feature, that allows some surfing on a wave and some small hole work (mainly side surfing). After this you come to Post Office Rock, where you go right up alongside the Gorge Road (about 20ft above you) and then onto another river wide play feature (in high level I've seen 10 kayaks or so playing on it at one time!) Again this is split into 2 sections; the first is Post Office A, where the wave is, and then goes into Post Office B which is river left, away from a big shingle beach. Post Office B is a big bouncy wave that finishes in a massive pool, before heading round to the left and Air France. Air France is a rapid that contains many brilliant little waves, rocks and eddies to play in, but will catch the unsuspecting out. Once through there you reach Charlamagne (Pont D'Arc) which is the main play wave on the river, and has a very busy beach full of spectators. Things to be aware of here are watching out for divers as they'll go hunting for sunglasses and other valuables lost there! I know of someone who found a digital camera there, so there can be rich pickings!



Part 2: Pont D'Arc to Gaud

After passing through the Arch, you come across a number of small rapids, which are pretty much wibbles more than anything else. Once you're through these you reach Pas de Mousse, which is on a bit of a left and a right hand bend. Continuing from here you head through a couple of other rapids, mainly long (about 25metres or so) that contain eddies on one side, and rocks in the middle, with beaches on the other side (suppose it's fairly obvious). Some of these rapids sound fairly innocuous, but there are bits that will catch you out! Once through there you meander along for a way and then come to Black Tooth, this is one of the bases that the Pompiers will be stationed at when we're out there, and is a rapid that needs to be taken seriously. After this it's Gaud Bivi site, where we may stay overnight.



Part 3: Gaud to Sauze

Actually, I've written quite a bit... I might leave it for you to find out more about it when you're there! On the other hand, I'll run through a couple of other rapids; about 200m after getting on there is a rapid to be run, a nice right hand bend, with a cheeky rock in the middle! Following on from these are a number of other rapids, leading to La Mas (one of the longest rapids on the river) where you will often find piles of red boats on the river right (it's one of PGL's bases), and after that Gournier where the river passes through a small canal formed in the limestone (the difference to the Lancaster Canal is that the water is really clear!). After this there are some incredible rock formations, including

the headless horseman, spectacular scenery and some tricky rapids that may just catch you out, but also present an opportunity for play for those that are that way inclined!

What is there to do for the non-paddlers (or non-paddling days)?

Nimes: Roman Amphitheatre, 1st Century AD and some 133m long, 101m wide and 21m high!!! (Plus shops) – 90 mins or so away.

Lyon: Hawaii sur Rhone (if it's running), Shops, bits and pieces - 2hrs away.

Montpellier: Right Down on the Med.

Avignon: Lots of nice bits again! Pont Du Gard etc (Nearest airport if people want to think about flying in) - 90mins or so.

Ales: Home of Vincent Van Gogh - 90mins or so, maybe a bit more didn't go there as often.

Show Caves: these are worth a visit, makes things like Ingleborough look tame!

Climbing: French Sport climb mainly, so many of the routes are bolted, and occasionally have quickdraws on already.

Via Ferrata: There are some Via Ferrate routes nearby, Mejanne Le Clap has an extensive network (for those that don't know what it is, it's a system of ladders and cables that run over and through mountains to originally assist Italian troops in WW1 and WW2 to move across the Alps without the skills that would normally be needed; think Go Ape! but on mountains instead of trees!)

Mountain Biking: Loads! The French love cyclists! There is a possibility of seeing Le Tour as well, it's going through Aubenas a couple of days after we arrive!

So plenty to do!

Ed Lefley



Div 4 Topo Duo event. The sun is shining and Allan throws some moves!

NEW TO CANOEING & WANT TO IMPROVE YOUR CONTROL

AN OLD HAND BUT FANCY A NEW CHALLENGE

TRY SLALOM!!!!

Friday 27th February is a slalom taster night in the pool and a great opportunity to have a go at this Olympic discipline in a warm environment, run by Ribble slalom paddlers!

The session is open to all..... yes ALL, walks of canoeing life from the “which blade do I put in now” to the professional demi-gods that the club boasts.

In theory slalom is simple, you go down a course as defined by gates as quickly as possible. The fastest person wins. The practice..... come and find out for yourself.....

Ribble slalom paddlers range from div 4 (the lowest division) to prem (the highest) and GB team members. They paddle all classes; K1 (sitting double blade), C1 (kneeling single blade), C2 (double the number of people) to the fun topo duo class in which Ribble has had some very special moments!



K1 Div 1 (Graveyard Tryweryn)

Safety First part 5: Moving on the River

Breaking In

An easy way to enter the current is from an area of water that is moving slower than the main flow. This could be an eddy, formed on the downstream side of an obstruction to the flow, or the slower water present on the inside bend of the river.

On initially entering the flow the boat may feel unstable, this is usually due to the fact that the boat is travelling slower than the flow, and results from the faster water 'colliding' with the almost stationary boat.

Correct initial edging and boat angle will help reduce this problem by allowing some of the force/energy of the water to be diverted below and around the hull, rather than against it. This instability will reduce as the boat starts to travel at a similar speed to the flow.

What should the Boat be Doing?

- (1) Bow upstream.
- (2) Angle the bow toward the intended direction of travel, i.e. bow left for left or bow right for right. The angle of the bow will depend on the power of the flow. The more powerful the flow, the less the angle and less powerful the flow the more angle. (Always set a conservative i.e. small angle if unsure of the outcome, once in the flow it is easier to increase the angle rather than decrease it.)

What should the Body be Doing?

- (3) Leaning back slightly when the bow enters the flow will help 'lift' the boat over the eddy line and present less resistance on the bow when entering the flow.

- (4) Edge the boat when crossing the eddy line by raising the upstream knee. (Raise the knee higher, i.e. more edge, for more powerful flow). Reduce the edging as the boat starts to travel in the same direction and speed as the flow.

What should the Paddle Be Doing?

- (5) Forward paddle until the rear of the cockpit crosses the eddy line.
- (6) Continue with a forward sweep on the upstream side to initiate a downstream turn. Low brace on downstream side until the bow is facing downstream (this combination is the low brace turn). Using the blade on the opposite side to the low brace start to forward paddle.

Putting it all together

Starting with boat parallel to the main flow (1), set a suitable angle and forward paddle, upstream, towards the flow (2). As the bow crosses the eddy line, transfer the body-weight back to raise the bow (3) and edge the boat by lifting the upstream knee (4). Continue to use forward strokes until the rear of the cockpit crosses the eddy line (5). Sweep stroke on the upstream, whilst rotating body and head towards downstream. Maintain the edge, transfer body weight to forward paddling position and introduce a low brace on the downstream side (6). When the boat is travelling in the same direction as the flow, lower knee, remove the edge and forward paddle.

And Finally...

As the flow increases eddy lines become harder to cross and the angle needed to overcome it may be greater than the angle suitable to safely enter the flow. Incorrect

angle can result in difficulty leaving the eddy or a loss of control on meeting the flow.

To try and solve this problem the boat needs to approach the eddy line at about 45degrees, as the bow begins to cross the eddy line the last forward stroke in the eddy should be on the downstream side to reset the boat angle (i.e. move the bow upstream) to suit the flow. The low brace turn should be carried out as usual.

Breaking Out

An easy way to leave the current is to enter an area of water that is moving slower than the main flow. This could be an eddy, formed on the downstream side of an obstruction to the flow, or the slower water present on the inside bend of the river.

On initially leaving the flow the boat may feel unstable, this is usually due to the fact that the boat is travelling faster than the water in the area being entered. In turn this can result in the boat feeling unstable as it quickly loses speed and changes direction.

Correct edging and boat angle will help reduce this problem by allowing some of the force/energy of the water to be diverted below and around the hull, rather than against it. This instability will be further reduced when the boat leans toward the inside of the turn.

What should the Boat be Doing?

- (1) Bow downstream.
- (2) Angle the bow toward the intended direction of travel, i.e. bow left for left or bow right for right. The angle of the bow will depend on the power of the flow. The more powerful the flow, the greater the angle and less powerful the flow the less the angle. (Set an angle of about 45 degrees to the eddy line if unsure of the outcome, in the flow it is easier to decrease the angle rather than increase it.)

What should the Body be Doing?

- (3) Lean forward when the bow enters the eddy this will help 'anchor' the bow in the eddy and allows the stern of the boat to move downstream more easily.
- (4) Edge the boat when crossing the flow and approaching the eddy line by raising the upstream knee. Reduce the edging as the boat starts to enter the eddy and replace with a lean into the inside of the turn.
- (5) As the boat slows down in the eddy return it to a level position. (No edge or lean.)

What should the Paddle Be Doing?

- (6) Forward paddle towards the eddy line.
- (7) Forward Sweep on the downstream side to initiate an upstream turn.
- (8) Low brace on upstream side until the boat is settled in the eddy, facing upstream.

Putting it all together

Heading downstream in the flow (1) set a suitable edge (4) and angle (2) whilst forward paddling towards the eddy line (6). When the bow crosses the eddy line, forward sweep on the downstream side (7). Transfer the body-weight forward to anchor the bow in the eddy (3), lean the boat upstream/into the turn (4) and use a low brace on the side closest to the flow (8). The boat should quickly turn to face upstream and slow down. Position body weight upright and level the boat (5) as it slows down. Adjust position in the eddy with relevant paddle strokes.

And Finally...

Always aim to arrive slightly upstream of your entry point into the eddy. This allows you to compensate for any misjudgements in the speed of the flow by either maintaining your current position and arriving in the right place or making a downstream adjustment if you are too high.

When approaching the eddy line continue paddling, the speed you take into the eddy will be converted into a more effective turn. As the flow increases, simply crossing the eddy line with correct angle will be enough to turn, with no need for a downstream forward sweep, but positive low brace and lean should be used each time.

Ferry Glide

Once the boat has entered the flow from an eddy or slower water the easiest and most efficient way to travel across or against (up) the flow is using the forward ferry glide.

By pointing the bow upstream, edging and angling the boat in the desired direction the boat can travel against and across the flow often with limited or no downstream movement.

The angle of the bow in the flow is adjusted to maintain or reduce speed of travel left or right and the amount of travel downstream. The force of the forward paddling combined with the ferry angle can increase the movement upstream.

To enter an eddy from a ferry glide, increase the boat angle until the bow moves downstream and is at an angle of around 45 degrees to the eddy line. Break out as before.

What should the Boat be Doing?

- (1) Bow upstream.
- (2) Angle the bow toward the intended direction of travel, i.e. bow left for left or bow right for right. The angle of the bow will depend on the power of the flow. The more powerful the flow, the less the ferry angle and less powerful the flow the more ferry angle. (Always set a conservative i.e. small ferry angle if unsure of the outcome, once in the flow it is easier to increase the angle rather than decrease it.)

What should the Body be Doing?

- (3) Leaning back slightly will raise the bow creating less resistance to the flow.

- (4) Edge the boat when moving across the flow by raising the upstream knee. (Raise the knee higher, i.e. more edge, for more powerful flow and/or greater ferry angle.)

What should the Paddle Be Doing?

- (5) Use Forward strokes to correct or maintain the ferry angle.
- (6) Increase the power of forward paddle to travel further upstream.
- (7) For a more advanced ferry glide try using a stern rudder on the downstream side to control angle.

Putting it all together

With the boat, bow upstream (1), (3) in the flow, set or adjust the edge, (4), ferry angle (2) and forward paddle upstream (5), (6). If the flow is constant across it's width (unusual) maintain a constant ferry angle needed to arrive at chosen destination. If the flow is variable (usual) adjust paddle strokes and ferry angles to suit the varying conditions as they are encountered. Use of the stern rudder (7) creates less downstream force on the boat and is ideal for crossing the flow with minimum effort but will not allow the boat to go upstream, however it can be combined with forward strokes (6) to achieve this.

And Finally...

If the ferry angle is too low then the boat may start to surf limiting movement left or right, but not travelling downstream. Increase the angle with a forward stroke and increased edge on the side opposite the intended direction of travel. Alternatively try leaning in the direction of travel to continue the ferry glide from a surfing position.

Try to use only forward strokes to alter the ferry angle, or a stern rudder on the downstream side (7). To make the ferry glide more efficient try to place the boat in the trough of wave.

Tony Morgan

Chairman's Chat

Goodbye & Good Luck

You will probably be as surprised and disappointed as I was to learn that Gary and Pam, our genial hosts at The Hand and Dagger are moving out (have moved out by the time this edition is issued). We just had time to rush out a "Sorry you're leaving" card and get it signed by all who were at the H&D last Tuesday and Wednesday. We presented it after the Ardeche Meeting on Wednesday with a vote of thanks for all their good attentions over the past eighteen months or so. I think we had all hoped that they would stay much longer to continue providing drink and food of a much higher standard than any of our many previous hosts – and so friendly with it (we certainly weren't used to that!) They are moving to a sandwich bar in Kirkham for the moment, un-named as yet, but opposite the entrance to Morrisons. So, if you're in Kirkham and short of good tucker on the hoof, you know where to get it.

Hello & Welcome

To Alan and Lucy, our new hosts. We met them on Wednesday by kind arrangement of Gary and Pam and they seem to be a lovely couple and have loads of experience of running hotels and pubs. Alan assured us that we would be an integral part of their customer base and that our container was safe and even our plans with British Waterways for new access to the towpath could proceed. Our plan to hold our AGM at the H&D also seems to be secure, thank goodness.

So as well as giving our new hosts our best wishes for their success and our support, let's remember the few unwritten rules we have to safeguard our happy relationship. The one that springs to mind first is that about not parking on the pub car park if we're not going

to go into the pub. This is more important in the summer, especially when we're running courses and families may want to get their children home to bed rather than enjoying a drink/meal in the pub – I'm in tears at just the thought of it! Another point to remember is not to wave our private bits about or give them too much fresh air when getting changed - I'm in tears at just the thought of that too! That's enough of that heavyyyy stuff.

Except to say I was disgusted, disheartened and aghast at the presentation made to me by Mags and that Adam fellow at the "unofficial" Christmas Dinner at the H&D on 15 December. My name does NOT have an "s" on the end. Apart from that, I'm proud to have earned this accolade. I think consistency is so important in running a Club, don't you? And I don't think that's our not-quite-ex-editor's signature on the bottom. Has anyone else got a signature on the bottom? Could start a fashion!



See you all at the Hand & Dagger on Thursday 26th February at the AGM. Don't forget to bring cheque books along to pay up for another year's glorious membership.

Terry Maddock

Halton Safety

Apologies to those who have already read this article on the Forum. Hopefully this article will reach those paddlers who don't use the Forum.

As the BCU Local River Advisor for Halton I have to negotiate with Luneside Fisheries and it is my responsibility to try to ensure that paddlers are aware of the terms of the agreement and abide by them.

Access outside the fishing season has been negotiated for access between Forge Weir and Denny Beck Weir and we have been asked not to shoot either of the weirs because they are fish passes and it is illegal to obstruct the passage of migratory fish.

Apart from any fishing related reasons there are potential dangers.

This reminder has come about because when I was paddling at Halton over the Christmas period I saw two canoeists in slalom kayaks shoot Denny Beck Weir. They did not appear to have too much difficulty. Other paddlers who are not so proficient and in different types of boat may not have such an easy exit from the strong tow back which can form at certain levels.

I was also speaking to an instructor from an outdoor centre who had been paddling at Halton earlier in the week. His group had put a line on a kayak and sent it over Denny Beck Weir to see what would happen to it. He said it took them 20 minutes to get the boat free as the tow back was so strong.

We all want to go out and enjoy our paddling but we should try to behave in a responsible manner. For example, if other paddlers see a canoeist shooting the weir without any difficulty they may consider trying it themselves, which could result in an accident.

Some of the longer standing members of the club will know over the years there have been incidents of paddlers being stuck in the weir and on at least one occasion a canoeist has been dragged out and given mouth to mouth by the paramedics.

Please bear in mind that by paddling over the weir you could be jeopardizing the access agreement, jeopardizing your own safety and in doing so encourage others to jeopardize their safety.

Pat Green

River level information

If you ring the number below a recorded message will give you river levels as below taken from early that morning, its handy especially if you know what the levels relate to ie get the level and then visit the river and see for yourself so you can understand better:-

EA Rivercall North West
Derwent, Eden, Kent, Lune, Ribble, Irwell, Goyt, Weaver, Dane
0906 6197733

[Calls to 0906 numbers cost 60p per minute at all times (BT Premium Rate). Please note Payphones and non-BT network providers may vary. - Ed]

Mark Dillon

Ribble CC Library

To borrow a book or video, contact Janet Robinson or see her 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 Rapids

Canoe & Kayak Games

The Playboater's Handbook

Complete Book of Sea Kayaking

Sea Kayak Navigation

Path of the Paddle

Canoeing

Open Canoe Technique

Rowing it Alone

The Handbook of Survival at Sea

BCU Coaching Handbook

Sea Safety: The Complete Guide

White Water Kayaking

Olli Gru

The Art Of Freestyle

Guidebooks:

English White Water

Scottish White Water

White Water Lake District

An Atlas of the English Lakes

Canal Companion: Cheshire Ring

Anglesey Sea Paddling

Welsh Sea Kayaking

Canoe Touring 100 Paddles in England

General:

The Rough Guide to Weather

The Liquid Locomotive

Many Rivers to Run

Norwegian rivers

Canoe Focus

Working out of Doors with Young People

Expeditions:

Travels with a Kayak
Whit Descher

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

Videos:

Liffey Descent

Deliverance (18)

Extreme Sports Canoeing

A Taste of White Water

Wicked Water 2

Drill Time

Destination Nowhere

Path of the Paddle: Doubles Whitewater

DVDs:

Tony Morgan in the Grand Canyon

LVM Lunch Video Magazine

Ribble Newsletters (CD)

Without a Paddle (13)

Whitewater Kayaking

The Cockleshell Heroes (U)

Mags Brayfield in Nepal

Tatshenshini/Alsek 2007

Mountain River Movie
By Michael Allender

Jackson Kayak Promo

It's Different Every Time
Norman Green

Fort William 2005/06 Trip

My Tartan Adventure (VCD)
Ribble Canoe Club, Scotland 2007

Locks and Quays
Featuring Ribble Canoe Club

The Politics Show
Featuring Ribble Canoe Club

Open Canoeing
Reg Blomfield

EJ's Rolling and Bracing

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
30 Jan	Rolling	Bob Smith	Adam Fielder	John Kington
6 Feb	Rolling	Bob Smith	Mark Buttle	Peter Jones
13 Feb	Skills surgery	Allan Hacking	Grahame Coles	Paul Binks
20 Feb	Open	N/A	Mark Dillon	Terry Maddock
27 Feb	Taster Slalom	Mick Huddleston	David Nelson	Alison Nelson
6 Mar	Open	N/A	Albert Risely	Kath Risely
13 Mar	Skills surgery	Allan Hacking	Mark Buttle	Peter Jones
20 Mar	Open	N/A	Mark Loftus	Brian Woodhouse
27 Mar	Sea/Touring Safety	Allan Hacking	Adam Fielder	John Kington
3 April	Open	N/A	Mark Dillon	Terry Maddock

Please note new prices for pool sessions:

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

Please book in advance for the Skills surgery sessions and Rolling Course by phoning the named contact.

Editor's bit

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.

Goodbyeeee!

Well, this is it for me, I am now handing the newsletter over into the very capable hands of Pat & Norman Green. Thanks to everybody for their contributions over the years, I couldn't have done it without you!

My involvement in the club will be a lot less in the future than it has been (I am also leaving the committee), but I hope I will see you all around from time to time.

Martin Stockdale

Editors in Waiting

We are taking over the production of the newsletter. Our first edition is due for circulation by 25th March. We would appreciate all submissions by Saturday 21st and earlier if possible.

Please send you submissions by email to newsletter@ribblecanoecub.co.uk. When we receive your submission we will send you an email acknowledgment. If you don't receive an email you will know it hasn't been received. You should also be able to do this via the link on the website.

Martin has been doing the job for eight years and will be a hard act to follow.

Pat & Norman Green
newsletter@ribblecanoecub.co.uk

NOTE: Last minute trips are often arranged on the forum on the website (www.ribblecanoeclub.co.uk), at the Hand & Dagger on Wednesdays or at Fulwood on Fridays. 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.

River information:

Burrs 0161 764 9649

www.burrs.org.uk

Canolfan Tryweryn 01678 520826

www.welsh-canoeing.org.uk

Tees Barrage 01642 678000

www.4seasons.co.uk

Washburn/Wharfe 0845 833 8654

<http://www.yorcie.org.uk/>

Trips / Events

January

25 White Water
R Leven
Newby Bridge to Backbarrow

February

1 White Water
R Leven
Newby Bridge to Backbarrow

1 **Beginners' Trip**
R Wenning
High Bentham, W Yorks
Terry Maddock

1 Mini Slalom (part 2 of 3)
Stone, Staffs.

8 White Water
R Leven
Newby Bridge to Backbarrow

15 **Flat Water**
Lancaster Canal
Garstang to H&D
Kath & Albert

22 **White Water**
R Leven
Newby Bridge to Backbarrow
John Kington

22 Mini Slalom (part 3 of 3)
Stone, Staffs.

26 **AGM**
Hand & Dagger

March

1 White Water
R Leven
Newby Bridge to Backbarrow

1 **Beginners' Trip**
Rothay/Brathay/W'mere
Waterhead, Ambleside
Terry Maddock

8 **White Water**
R Kent and/or another
Grade 3/4 in Cumbria
Iain Robinson

14 May be Last Day of Access
R Lune, Halton, Lancaster

14/15 White Water Symposium
Llangollen (wild, wet & woolly)

15 Slalom
Div 3 & 4
Stone, Staffs.

21 **Flat Water**
Ullswater
Pat & Norman

22 White Water
R Leven
Newby Bridge to Backbarrow

29 **White Water**
R Crake
Brown Howe to Greenodd
John Kington

April

4-11 **Scottish Easter Week**
Onich, Scotland
Pat Green

12 Easter Sunday

18/19 Slalom
Div 3 & 4
Oughtibridge

25/26 Slalom
Div 3 & 4
Marple, S. Manchester