

CANOE FOCUS

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Paddle
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round up**

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Announce the
NEW Personal
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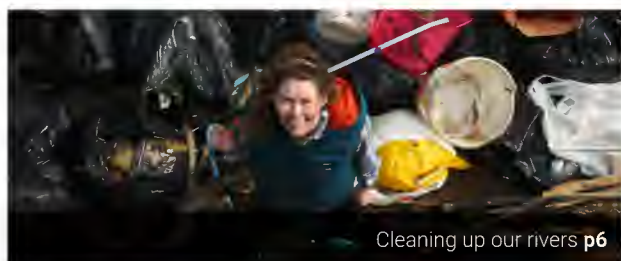
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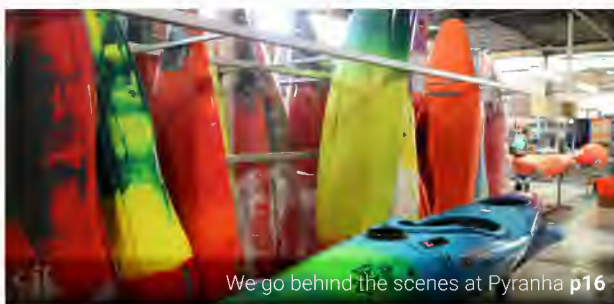
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Welcome

to the late summer edition of Canoe Focus.

Welcome to another feature packed edition of Canoe Focus. I hope you are enjoying receiving Canoe Focus as part of your British Canoeing membership. You can also register to receive a print version, delivered to your preferred address six times a year, for just £20.99.

We have made some great progress in improving the promotion of membership, the membership management system and member benefits. It is pleasing to be able to report that British Canoeing membership numbers have recently been increasing every month and currently stand at an all-time high of just over 36,000.

We are currently testing the Club Associate Membership system with eight clubs. Over the next two years we anticipate that a further 20,000 club members (who are not already members of British Canoeing) will become Associate Members. This will mark another big step forward in strengthening engagement with paddlers and improving communications throughout our sport. There's lots of information to share with paddlers and some of the latest developments are highlighted in the next few pages of Canoe Focus.

It was exciting to announce the new Personal Performance Awards in July. These will replace the Star Awards and Paddle Power from January 2019. We have listened hard and consulted widely in the development of these new awards and initial feedback has been very positive. We expect the take up and impact of the Paddle Awards and Personal Performance Awards to be considerable and now look forward to their delivery from January 2019. See the full story on pages 8 & 9.

Great progress has also been made on the Access and Environment Charter which is to be launched in Westminster on 28 November 2018. This will set out unequivocally, the position of British Canoeing on access

and will call on government to confirm the rights of all to fair, shared and open access along navigable rivers. Another key target within our strategy is to increase commercial income into British Canoeing by 2021. We recently presented our commercial opportunities at a well-attended event in Lee Valley and the early responses have been encouraging. Tickets are to go on sale shortly for the 2019 ICF Canoe Slalom World Cup to be held at Lee Valley between 14-16 June 2019. This is another shop window opportunity for the whole of the sport and we have been encouraged by the partner interest which is also being shown around this event.

It's been a very busy few months for GB teams in the various disciplines. A full round up is covered in the following pages, but a special mention is due to the British Canoeing Canoe Polo teams that recently competed in the World Championships in Canada. The U21 men's team played magnificently to retain their World Championship title, whilst the women's senior team finished in the silver medal position. Our big congratulations to all of the players, the staff and coaches.

There's lots more to look out for over the coming months. We hope to be launching a new Places to Paddle website in the Autumn. This will be another great example of delivering the key actions set out in **Stronger Together**.

I hope you enjoy many more warm and sunny days on the water this year and maybe try out a few of the 160 trails we now have published on our website. Happy paddling.

David Joy
Chief Executive





NEWS

For the latest news from British Canoeing head to our website!
If you're not a member sign up to our FREE membership category to receive regular newsletters and updates.

www.britishcanoeing.org.uk/news

www.britishcanoeing.org.uk/membership/join-us-online-here

British Canoeing staff conquer the August Paddle Challenge

This August British Canoeing challenged people to paddle 30 or 60 miles throughout the month to claim a free boat sticker. We felt we couldn't really ask other people to take on the challenge unless we put our money where our mouth is and did it ourselves!

Craig Duff and Cadi Lambert from the Go Canoeing team decided to do just that, taking the challenge to another level by completing their 30 miles in just one day.



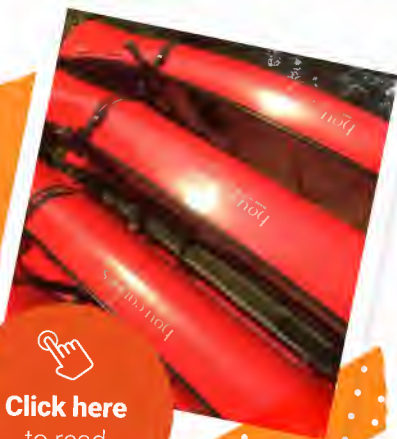
Hou says no to single use plastic!?"

Hou Canoes have recently announced that they are no longer packaging their canoes in plastic packaging as standard.

Just Snell, founder of Hou Canoes says;

"Since all of our UK dispatches are delivered by traditional canoe trailer/racking style transport there is in fact little need for the plastic packaging. If of course a customer does want his canoe to be wrapped in plastic for delivery we can still do this but from our research the majority of our customers do not wish to see the boat arrive wrapped in plastic"

Hou Canoes estimate that they will save at least 3 tons of single use plastic over the next year alone.



The Big Idea launched to take paddle sport to greater heights



Lee Valley Regional Park Authority and British Canoeing launched an exciting range of commercial opportunities developed to support the growth of paddle sport.

The **Big Idea** was presented to business leaders at Lee Valley White Water Centre, the iconic venue built to host canoe the slalom events at the London 2012 Olympic Games, which is now a thriving sports and leisure hub.



Just under 3,000 people take to the water at Countryfile Live

Just under 3,000 members of the public took to the water between 2nd – 5th August at Blenheim Palace, Oxfordshire for the annual Countryfile Live event.

Vote For Emma: Emma Wiggs Nominated for National Lottery Athlete of the Year

2017 'Grand Slam' Champion Emma Wiggs MBE has been nominated for the National Lottery Athlete of the Year Award.

The public vote will decide which athlete is crowned champion in the first ever National Lottery Awards 'Athlete of the Year' category.



CLEANING OUR WATERWAYS



In spring this year Kingston Kayak Club collected 25 bags of litter from the Driffield Navigation, whilst Colchester Canoe Club collected 50 bags, a selection of traffic cones, a road barrier, and a pushbike from the River Colne, and as part of West Midlands Regional Development Team's Paddle to the Heart event, there was a litter clean up element, covering 32km of waterways.

We know that there are great plans in place to clean up our rivers for World Rivers Day 23 September which is totally awesome. Please keep sharing your cleans with us so we can track how much litter or non-native species we are taking out of the water.

To amplify our environmental campaign further and encourage more paddlers to get involved British Canoeing is delighted to be supporting marine conservation charity Surfers Against Sewage with their Autumn Beach and River Clean Series. By working with Surfers Against Sewage, we can make a significant impact on reducing the amount of rubbish in our waterways.

Both organisations are committed to addressing the issue of plastic in our waterways and promoting opportunities for paddler clean ups.

How can I get involved?

Autumn Beach and River Clean Series 2018 will take place during the last full week of October (over 2 weekends) – 20th to 28th October.

In order to enable and increase club and centre participation, there will be a limited number of clean up kits for clubs who pledge to undertake an annual river clean up. The kits have been funded by The Canoe Foundation.

Surfers Against Sewage are increasingly working inland and this is a great opportunity to expand the reach of one of their most successful beach/river clean series in a concerted way and address the source to sea issue - rivers are like our highways and carry the litter out to sea.

Surfers Against Sewage Community Coordinator **Jack Middleton** says:

“Every day approximately 8 million pieces of plastic pollution find their way into our oceans, harming wildlife and ruining our beautiful environment.

‘Surfers Against Sewage is determined to tackle plastic pollution and make beaches and rivers clean, safe and protected for everyone.

‘We’re thrilled to be teaming up with British Canoeing to take the plastic pollution fight upstream to our rivers. It will take a huge team effort to tackle such a huge issue. That’s why we need as many people as possible to get involved to stop plastic at source, before it gets to our oceans.’



British Canoeing says:

British Canoeing will shortly be launching our **Access and Environment Charter** to champion the case for fair shared sustainable open access on and along inland waters. As part of the Charter we are pledging to continue to protect and **improve the health of our rivers**, by addressing plastic in waterways and promoting opportunities to engage with nature. Our partnership with Surfers Against Sewage provides an excellent opportunity for paddlers to get involved in a **national clean up campaign** tackling the plastic problem at source at a local level.



We hear great stories every week from clubs, centres and individuals doing their bit to help clean up our rivers. We would love to hear your stories
access@britishcanoeing.org.uk



To get involved please email
beachcleans@sas.org.uk



It is really important to prevent plastics and other litter reaching the ocean. Birds and other wildlife can become entangled often leading to death.

And as plastic journeys down the river it begins to break down into tiny pieces known as micro-plastics which have devastating impacts on the marine environment.

Small fish confuse the plastic particles with food items such as zoo plankton and fish eggs and ingest them, it then enters the food chain.

The long term solution is to keep plastic out of our rivers and oceans in the first place and we can all take action to reduce this together:

- > **Reduce:** Buy a re-usable coffee cup to avoid using single use coffee cups coated with the plastic.
- > **Reuse:** Need some new kit then why not opt for a pre-used paddle!
- > **Recycle:** When buying a new canoe consider a recycled one. Check out the work that Palm are doing with Fathom Free.
- > **Responsible:** Dispose of all litter responsibly, taking it home if necessary.



A **plastic bottle** can take over **450 years** to degrade



A **plastic bag** takes between **10-1,000 years** to degrade



A **disposable coffee cup** takes **30 years** to degrade



A **crisp packet** up to **80 years** to degrade



An **aluminium can** can take **80-200 years** to degrade



A **glass bottle** can take **millions of years** to degrade



Personal Performance Awards

British Canoeing Announce the **NEW Personal Performance Awards**

British Canoeing are pleased to announce the **NEW Personal Performance Awards** which are designed for paddlers wanting to gain recognition of their learning and development, in the craft and environment they choose.

Whether you're getting into a boat for the first time or looking to progress your decision making and fundamental skills, there's something for everyone!

Paddle Awards: Designed to develop enjoyment, safety and skills for those new to Paddlesport

The three Paddle Awards are for those getting into a boat for the first time, enabling them to feel confident in their chosen craft in a sheltered water environment. The awards help empower the paddler, enabling them to start their lifelong journey into paddlesport.



Name of Award	Description
Paddle Start	Encouragement award aimed at someone new to paddlesport
Paddle Discover	Enables the paddler to develop decision making and fundamental skills
Paddle Explore	An award that empowers and supports the individual paddler

Discipline Specific Pathway Awards

- > Each of the **12 disciplines** has **three awards**, enabling paddlers to choose the environment and craft that is right for them.
- > **Five new disciplines** have been introduced including Stand Up Paddleboard, Polo, Racing, Rafting and Slalom, which means there is something for everyone. With a range of different environments and crafts, this enables the individual to make choices on the type of craft and environment they wish to paddle.
- > **No dual discipline awards.**
- > **All of the awards are direct entry.** Paddlers can choose which award they would like to work towards, developing their skills and decision making.
- > The awards provide appropriate milestones and acknowledgement of personal skills, setting up the paddler appropriately for British Canoeing Coaching and Leadership qualifications.
- > There are **no age restrictions** for any of the awards. Providers should check paddlers' suitability, as well as having appropriate mechanisms for anyone under 18.
- > All of the awards have been created and written with the **paddler at the heart** of the content and creating self-directed learning, empowerment and ownership.

Discipline	Awards
White Water	White Water Award
	Progressive White Water Award
	Advanced White Water Award
Canoeing	Canoe Award
	Progressive Canoe Award
	Advanced Canoe Award
Surf Kayak	Surf Kayak Award
	Progressive Surf Kayak Award
	Advanced Surf Kayak Award
Sea Kayak	Sea Kayak Award
	Coastal Sea Kayak Award
	Advanced Sea Kayak Award
Touring	Touring Award
	Open Water Touring Award
	Multi Day Touring Award
Stand up Paddleboard	SUP Sheltered Water Award
	SUP White Water Award
	SUP Paddle Surf Award
Freestyle	Flat Water Freestyle Award
	Freestyle Award
	Advanced Freestyle Award
Rafting	Flat Water Raft Racing Award
	Stadium Raft Racing Award
	River Raft Racing Award
Polo	Polo Explore Award
	Polo Perform Award
	Polo Excel Award
Racing	Racing Explore Award
	Racing Perform Award
	Racing Excel Award
Slalom	Slalom Explore Award
	Slalom Perform Award
	Slalom Excel Award
Wild Water Racing	Wild Water Racing Explore Award
	Wild Water Racing Perform Award
	Wild Water Racing Excel Award

Full details of the content of the awards are available from Autumn 2018.

The NEW Personal Performance Awards will be available from 2nd January 2019.



International Performance Round up



Canoe Polo

Great Britain's men's u21 team have retained their title at the 2018 ICF Canoe Polo World Championships in Canada. The reigning European and World Champions qualified top of their group in round 1 and round 2 to set up an emphatic 9-3 victory over Poland in the semi-finals.

In the final against Germany Alex Lowthorpe broke the deadlock to give Britain the lead. Germany equalised, but two goals from Jack Playford put GB in control of the final. A consolation goal from Germany in the final seconds was not enough as Britain claimed the 3-2 victory and to retained their World Championship title.

Great Britain's senior women's team also made it onto the podium, claiming a fine silver medal. In the semi-final goals from Virginia Coyles, Bethan Littlewood and Bethan Dean gave Britain a well-earned 3-1 victory over Italy. In the final Britain were denied by Germany, with Bethan Littlewood scoring in the 3-1 defeat to secure the silver medal.



Sprint

Chelmsford paddler Emma Russell continued her impressive season by winning the bronze medal in the K1 women junior 500m at the Junior and U23 Canoe Sprint World Championships in Bulgaria. On a flat Plovdiv course the 17-year-old paced herself well in the first half of the final before upping the tempo in the second 250m to claim a fine bronze.

Great Britain claimed three medals at the ECA Canoe Sprint Junior and U23 European Championships in Italy. Rio Olympian Rebii Simon won Britain's first medal, taking the bronze medal under 23 K1 women's U23 1000m. Emma Russell claimed a fine silver medal in the K1 women's junior 500m and Afton Fitzhenry took a well-deserved bronze in the C1 Women's U23 200m.



Congratulations to Jonny Jones, who claimed his first international medal by winning bronze in the C1 men's 500m at the International University Sports Federation World University Championships in Hungary. Jonny (Fladbury/University of Birmingham) was one of eight university paddlers representing Great Britain.

Rafting

The British teams have enjoyed huge success at the European R4 Rafting Championships in Slovakia. The senior women's team picked up five medals, including three golds in the head-to-head sprint, slalom and downriver disciplines, leading them to take the gold in the overall standings. There were 13 British teams taking part and a total of 24 medals were won.



Wild Water Racing

Laura Milne, Jodie Ball and Esme Durrant have won the bronze medal in the Team Classic event at the Junior and U23 Wild Water European Championships in Macedonia. Holding on to their early lead the British team stayed ahead of the German and French teams to finish in third place, behind the winners, Czech Republic.

Slalom

British duo Kimberley Woods (silver C1 and bronze K1) and Bradley Forbes-Cryans (silver K1) were the standout performers at the Junior and U23 Canoe Slalom World Championships in Italy. There were also three medals in the team events -- silver C1 women junior and bronze for the K1 women under 23 and C1 men under 23 teams.

Great Britain have won seven medals in the first three World Cups of the season. Joe Clarke (K1), Mallory Franklin (C1) and Ryan Westley (C1) all won bronze



medals at World Cup 1 in Slovakia. Joe Clarke (K1) and David Florence (C1) then claimed gold in the second event in Poland. Mallory Franklin returned to the podium in World Cup 3 winning two silver medals (C1 and K1) in Germany.



Marathon

British paddlers have won four medals at the ECA Canoe Marathon European Championships in Croatia. Emma Russell put in a dominant display to win the K1 women Junior race ahead of Viktoria Nagy of Hungary. There were also fine bronze medals for Lizzie Broughton (K1 women) Sam Rees-Clark (K1 women U23) and William Scammell/James Bell (K2 Men Junior).

Freestyle

The British Freestyle team scooped six medals at World Cup 1 and 2 in Spain. Alex Edwards claimed two gold medals in the men's squirt boat, posting the top scores of 823.33 and 706.67. Otilie Robinson-Shaw also had a golden double in the K1 women's junior event. In the K1 men's junior Harry Price won two bronze medals to take the British haul to six.



What's On?

OCT
12

Surf Kayak Symposium

St Ives Bay, Cornwall

Fri 12th – Sun 14th
October 2018

This Surf Kayak Symposium is based in the stunning St Ives Bay, Cornwall which forms a shallow crescent, some 4 miles or 6 km across, between St Ives in the west and Godrevy Head in the east. Sign up before the 2nd October.

NOV
2

Tyne Tour

Hexham Canoe Club

Fri 2nd – Sun 4th
November 2018

A weekend paddling event to celebrate the start of the season. Includes 2 days paddling on the River Tyne, Tyne Decent race, wild water race (ranked), taster sessions, guided tours, ceilidh, camping and shuttle buses. On site camping, catering, trade stands and demo boats.

Volunteer & Recognition awards 2018



[Click here to nominate](#)

British Canoeing want to make it easy for you promote your event

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For more information about promoting your event, please contact us at event.promotion@britishcanoeing.org.uk



[Click here](#) for more information



For up to date event listings check out the **Canoe Near You Map** on our website



2019 ICF LONDON CANOE SLALOM WORLD CUP

14th - 16th June 2019



Tickets for the World Cup will go on sale in October 2018

Via two priority windows; firstly for British Canoeing members - who will receive 15% off ticket prices, and secondly for subscribers to British Canoeing's new free International Events newsletter.

All subscribers to British Canoeing's free monthly International Events newsletter benefit from a ticket purchase priority window.

Full details about ticket and priority windows will be **announced in September 2018.**

CANOE SLALOM
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Volunteer!

Don't miss the opportunity to be part of a major sporting event. Complete the form below today. Deadline for applications is Friday 14th September 2018.

Join the 'Canoe Crew' and become a volunteer at the 2019 ICF Canoe Slalom World Cup alongside other British Canoeing international and domestic events.



Details on how to sign up and a full list of the volunteer roles **are available on the website.**

LIAM HEATH

STEPPING INTO K4

After an unforgettable 2016 Olympic Games in Rio, becoming Team GB's most successful Olympic canoeist, Liam Heath continued his gold medal form going into 2017. The K1 athlete achieved the canoe sprint 'Grand Slam', holding Olympic, European and World titles in the same calendar year. But this year he takes on a new challenge.

2018 has been a different prospect for the three time Olympic medallist, stepping out of the K1 and K2 where he has enjoyed all of his international success and getting into the K4 boat.

After a rigorous crew boat process where multiple combinations were trialled during the winter months, Liam is once again competing alongside his two time Olympic K2 medal winning partner Jon Schofield. The pair have teamed up with Matt Robinson and Lewis Fletcher as they look to take on K4 on an international setting.

It is certainly something different for Liam with an extra two people in the boat and many new aspects to consider.

He said: "2018 has been very different for me personally. I have stepped out of my K1 and now I am sitting in a K4.

"We competed at the two World Cups earlier in the season and they really highlighted where we need to focus on in the training."

A larger training gap between the World Cups and the World Championships has given the four athletes a good opportunity to really hone in on some aspects of the race, with race speed and endurance on the agenda.



"I have known Matt and Lewis for a couple of years now and all four of us have gelled really well as we continue to train and compete more regularly together. That really helps us.

"They are all talented athletes and we get a lot of positive feedback as we continue to develop the boat.

"The key training areas for us heading into the World Championships are race pace and maintenance at this stage. As we head towards the last few weeks before the competition, we will make sure we sharpen up the last few tweaks ready for the competition to make sure we hit those top speeds.

"This year has really been about the development. **Stepping into K4 for the first time** it is very much a learning process.

"It is a bigger boat, it runs faster and it isn't something we have really done before in the UK at a high international standard.

"It has been a development year and one focus for the World Championships is to develop our personal goals in terms of speed and where we want to be at the end of the season, as opposed to looking at the results."



At the time of writing, the team are preparing to descend on their **first World Championships as a quartet**, as they head to Montemor O Velho in Portugal.

BRITISH CANOEING GOES BEHIND THE SCENES AT PYRANHA



With bright colours, a whole plethora of progressive designs, and boasting kayaks paddled on some of the most unforgiving waters on the planet, Pyranha, a British Canoeing Trade Partner, are all about fun and adventure, a drive to go faster and continue to push boundaries and innovation.

We went behind the scenes with Marketing Manager, Mathew Wilkinson at their factory in Runcorn, Cheshire to find out more about the boats that are paddled across the world by champions and hobbyists alike, their trade partnership with British Canoeing, and how their passion for paddlesports causes them to stand out.

“We became Trade Partners because we want to see an increase in participation, and for us, British Canoeing’s Stronger Together message highlights how collectively we are making it more obvious to the world what paddling is all about; the idea that everyone gets together, challenges themselves and explores, all in a welcoming and inclusive environment.

“It’s really nice to see that carry over not only into the industry, but the national governing body too.” Says Mat.

The brand has earned a reputation of not being afraid to try new things, which has resulted in world first designs and innovations.

“We don’t have a fear of exploring new ideas and taking them to the limits. Our tagline is “By Enthusiasts, For Enthusiasts”, and that’s the way it will always be” says Mat.

Described as ‘an enthusiast at heart’, Pyranha was founded by 1972 Olympian, K1 Sprint athlete Graham Mackereth in 1971, in his father’s garage. That marked the beginning of pushing the boundaries which lead to great success on the world stage.

- > **1982** – Pyranha’s first PE play kayak, the Freestyle, led the way with an innovative, adjustable and impact absorbing full plate footrest.
- > **1994** – Introduction of the first ever planing hull kayak, for higher wave speed and greater precision.
- > **2014** – Pyranha’s 9R took the world by storm and revolutionised creek boat design, introducing the #FastIsFun ethos.

In the 1970’s and 80’s, Pyranha kayaks were used to win numerous Slalom World Championships, and this success encouraged them to move onto plastic white water adventure kayaks and push the boundaries even more.

Now in its fifth decade of production, with a further 2 brands under its belt (Venture Canoes & Kayaks, which have allowed Pyranha to expand its innovative nature into the canoeing and touring markets, and P&H Sea Kayaks whose history goes back to 1968, and under the Pyranha brand since 2004 has continued to innovate and build on this heritage). We wanted to find out what continues to drive the innovation of the products, what sees customers return again and again, and how partnering the industry and National Governing Body can help to encourage a next generation of paddlesport enthusiasts.





After our factory tour we sat down with Mat to find out more about Pyranha's passion for paddling.

What does paddling mean to Pyranha?

"There is no other sport that will lead you to seeing so many parts of a country you never intended to see. Every sport, to my mind, you'd see the same places if you went for a walk, but with paddlesports you get a totally different perspective every time and the environments are mind blowing.

"In 1976 people were paddling Pyranha boats on Everest. When you think of Everest you think of people climbing it, not paddling down the side of it! However, you don't need to go far as there is an adventure to be had all around you. For me, the strangest place I've paddled is actually the centre of Stockport! On the River Mersey you'd never expect the wilderness to be there, but in the middle of the city there's trees, ducks, and heron everywhere you look!"

Pyranha has developed a number of world firsts over the years, what drives the constant innovation?

"Our passion for the sport. We're kayakers ourselves, and Graham is also an avid collector of historic canoes and kayaks. To this day he leads the way with every boat we make, and it's interesting to see him look at his (now quite extensive) collection and bring out ideas that may not have worked or been relevant in the past, but have become ideal solutions today in a constantly evolving sport.

"This approach is reinforced by our work with a team of pro kayakers - coaches, athletes, and enthusiasts to really help push the boundaries and develop the next big thing.

"Recently, design trends have come full circle, taking paddlers back to playful river runners and the idea of embracing different designs for different purposes and really making the most of various kayaks on different rivers.

"We have a huge list of ideas for the future, and the only pressure is choosing which of those we go ahead with – this generally ends up being the ones we are the most enthusiastic about, and that approach has led to us being humbled by the response to a good number of designs we've released recently, as well as over the rest of our 47+ year history.

"I'd like to hope we push the boundaries and are able to produce things that others may be too scared to try. We've got boats coming into fruition only now that at the time people may have said were too radical and not for them, but once they try them they enjoy them!"

So what makes a great boat?

"Every boat has its own feel. A lot of people get in different boats and expect them to paddle the same way and that's not the case at all. Every boat has its own personality and even when we have designed something with a particular intent in mind, occasionally it ends up working incredibly well in a totally different way too.

"Each Pyranha boat is also unique in other ways; **no colour pattern is ever identical to another.** The way they are moulded in the ovens means there will always be slight differences, which can be handy when telling boats apart!"

PREPARE FOR YOUR NEXT

Adventure

Here at Cotswold Outdoor, we know a thing or two about adventure. We've been helping paddlers prepare for over 40 years, so whether you're heading out for the first time or need to replace your favourite kit that has a few stories to tell, we've got everything you need for adventures on and off the water.



PROMOTION

COTSWOLD
outdoor

Explore more this season with our exclusive **15% discount*** for all **British Canoeing members**.

Shop in-store or online at cotswoldoutdoor.com.

Need help preparing for your next adventure? Pop into your local store and one of our experts will help you to discover your great outdoors with kit from the very best brands.

*Full T&Cs apply. Not to be used in conjunction with any other offer or discount. Selected lines are exempt. 10% discount only on bikes. Only valid upon production of your British Canoeing membership identification in-store or use of valid discount code online. Offer expires 31.12.18.

Our experts have climbed hills, conquered mountains, and paddled their fair share of rivers and seas too. When planning a multi-day paddling adventure or a day on the water, there are some things we simply wouldn't leave home without.

1 The right footwear is vital for any paddler. It's not just about being dry and comfortable in the boat; you need something that stands up to every bit of your adventures. We'll help you find footwear that won't have you slipping and sliding when you jump from boat to dry land and back again, with free boot fitting in-store.

2 As we head into the autumnal months, you're going to need something a little extra, especially when it cools down in the evenings. A lightweight insulated jacket is perfect to throw on if the wind gets up or when the sun goes down. It'll keep you warm without the bulk and won't take up heaps of room in your pack.

3 Paddling in the UK brings with it the wonderfully unpredictable weather. But you shouldn't let a little rain stop you from exploring the water. Be prepared with a lightweight and reliable waterproof that you can throw on at a moment's notice. We'll help you find a jacket that won't restrict your range of movement while paddling, with good ventilation and excellent protection.

4 We know that your adventures come in all shapes and sizes, and so do our packs. Wherever your paddling leads you, you're going to need a rucksack to make sure you've got everything in one place on the boat. From convenient daysacks to carry-it-all rucksacks, we'll help you pick a pack and fit it for free in-store.

5 Of course, you're going to want to keep all that kit dry when you're out on the water. The solution comes in the form of dry bags, a lightweight and super effective way to make sure your kit stays safe and dry out there. And if the weather takes a turn for the worse, your kit is still protected, rain or shine.



Andy Sutton:

First paraplegic paddler to complete the Three Lakes Challenge

Back in June 2017 an email popped into our British Canoeing inbox. Andy Sutton wanted to know if anyone who was paraplegic had completed our Three Lakes Challenge. We were instantly intrigued.

The **Three Lakes Challenge** takes in the longest lakes in England, Scotland and Wales, a grand total of 43 miles. Bala in Wales and Windermere in England are not easy paddles but Loch Awe is a whole other level of difficulty. 25 miles long and almost a mile wide in places, it is exposed, stunning and in poor weather, a brutal paddle.

Andy's email explained that he has a rare spinal cord tumour. Before it took away any more of his mobility, he wanted to take on a big challenge, giving himself and his family something to be proud of.



I am paraplegic but paddle with Rutland Canoe Club at Rutland Water. I'm a 2* paddler, with pretty good upper body strength. My condition is progressing and I'm pretty certain I won't be able to paddle in a couple of years. But... I was always a keen sportsman in the past and would love to achieve one more physical goal before I'm unable to.

Andy Sutton in his first email to British Canoeing

Meeting Andy

Meeting with Andy in July we were immediately struck by his huge enthusiasm as well as the depth of emotion behind his desire to complete the challenge. Andy uses a wheelchair most of the time and keeps fit by paddling and hand cycling. His strength of character and drive had us pretty well convinced but it was the strength of Andy's handshake that really proved his mettle.

Months of training followed, with Andy (with the help of family and friends) setting up the Broken Body of Water **Facebook** page, **Instagram** and **website**, to help start his fundraising mission for the Queen's Medical Centre Hospital in Nottingham. In the past people have taken on the Three Lakes Challenge over a variety of time periods - from 24 hours to 2 years. Andy had chosen to go with the harder end of the scale and complete it over 2 days.

Andy's Challenge Story

As the challenge date approached changeable weather was forecast. The team were not to be deterred however. Here Andy tells us the story of how his challenge unfolded:

I had been training with Pete Dunlop over the winter of 2017/18, on the River Trent, at Rutland Water and on Windermere. Unfortunately, Pete was unable to paddle the actual event, so Kevin Spiers, Andy Seager, Steve Winship and John Thomason (Loch Awe leg only) agreed to step in and join me. Unbeknownst to me at the time, they had even practised righting an overturned boat with the paddler still in the cockpit.





My message to everyone is:
'Get Out There And Do It – In A Kayak!'

Andy Sutton

Loch Awe, June 16th, 05.00hrs

Starting at Torran Bay, we launched from a gentle grassy slope into shallow water, under heavily overcast skies, which quickly descended into rain for the whole duration. With a film crew in tow we tracked up the east side of Loch Awe, avoiding the worst of the wind and giving Chris Pavey of Growmotion a chance to capture some good footage. Making good progress, with just three short stops along the way, we finished in 6hrs 30mins.

The unloading process at Kilchurn Castle was made difficult by the rain becoming torrential just as we got off the water. I hauled my wheelchair along the uneven path to the car, avoiding an irate Australian with car parking issues, before we set off on the drive to Windermere.

Lake Windermere, June 17th, 06.00hrs

The team had agreed to a slight lie in and a 6am start. Getting on the water at the Newby Bridge end of Windermere with a slightly warmer 12-14C and a light SW wind at 6mph. I have some slight stiffness around my upper shoulders and neck from the previous days efforts but nothing major.

We enjoyed another good paddle, with only one short stop for some drone footage to be shot and a snack. A paddle time of 2hrs 21mins saw us reaching Ambleside at 8.20am, just in time for breakfast before hitting the road for our final lake.

Lyn Tegid (Lake Bala), June 17th, 13.30hrs

Arriving at Bala to a stronger SW wind at 14mph, with 24mph gusts, the team used a grassy slope to get on the water at 13.30.

Bala is an out and back trip and we battled gusty conditions to the far end of the lake, in the knowledge that we would have great surfing opportunities for the push back to shore. Resting briefly to appreciate the final leg to come, we headed for home, returning in 1hr 56mins.

Mission accomplished

I have achieved my goal and become the first disabled paraplegic paddler to complete the Three Lakes Challenge!

Our final figures came out at a total paddle time of 10hrs 45mins, achieved in 34hrs 26mins with driving time. This was significantly shorter than my original predictions of just under 20hrs paddle time and 40hrs total travel time.

The challenge is certainly possible for people with disabilities provided you have the backup and support of a good team. I hope this story might inspire other disabled people to take up the sport of kayaking or canoeing. It has given me a freedom of movement and access that I thought had gone forever. I can now get closer to the plants, birds and animals I love so much than I ever could on crutches and in a wheelchair. With the support of Rutland Canoe Club I have found friends and support that have given me a new lease of life. ”



Click here
to watch
the video



Click here
to read
more

How Nancy Campbell, The 2018 Canal Laureate is using her kayak to take to the water and inspire her writing...

From

by Nancy Campbell

TIME-TRIALS *to a* SEVEN-DAY TRAIL

For years, along with other members of Oxford's Falcon Rowing and Canoe Club, I've kayaked on the Thames in all-too-brief evening training sessions. I've often wondered what it would be like to be on the water all day, exchanging time trials for a long trail – and this year I was given the perfect opportunity.

I was appointed as the UK's Canal Laureate, my job being to write poems about the 2000 miles of waterways looked after by Canal and River Trust. For this I needed to explore the waterways to discover the stories of people who live, work and play on them. And of course, I would travel by kayak.

I realised that paddling the canals would call for a new approach. What precautions I should take for personal safety, since I'd spend a lot of time alone? British Canoeing helpfully pointed me in the direction of forums like Song of the Paddle and a couple of Facebook groups for women paddlers. I soon felt more confident and looked forward to my first trip: the Desmond Family Canoe Trail, a new coast-to-coast trail linking Liverpool to Goole. I planned to paddle the 127-mile section that follows the Leeds & Liverpool canal.



The first of 126 mileposts
by Nancy Campbell



Meeting the SLYNCS team at a litterpick,
Blackburn by Canal & River Trust



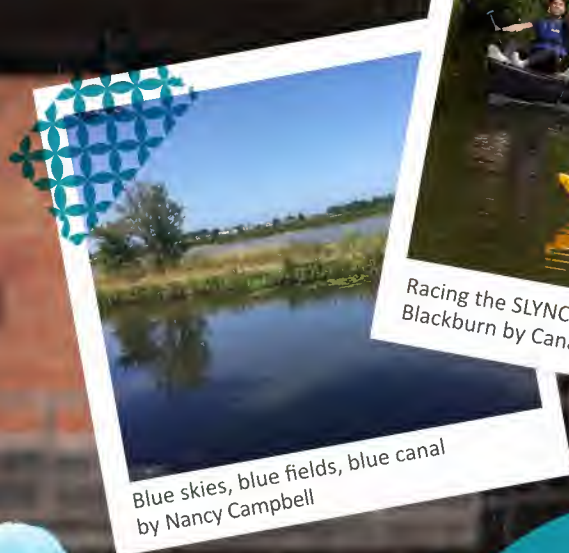
Image by: Canal & River Trust

I took warm clothes, in case it got cold. Two of everything, in case something fell in the water. A strap for my spectacles. My extra kit, based on the rough and tumble of training sessions, was unnecessary: a touring kayak is much more stable than a racing Tor. The essentials were a map, complete with information on locks and pubs, and the technology to document my journey. I mustn't forget I was at work. Kayaking is usually a means to get away from my desk, but this time I'd be taking the desk with me.

But what a great view I had from my desk... the Leeds and Liverpool canal winds through rolling farmland and inner-city areas, taking in historical warehouses in Saltaire and the graffitied underpasses of Leeds. The route offered challenges, like the portages around the Five-Rise and Three-Rise staircase locks at Bingley. The industrial engineering of the canals provided drama too: the mile-long Foulridge Tunnel, only recently opened to paddlers, through which I paddled in the company of Canal and River Trust Writer in Residence Jasper Winn; crossing the M65 on an aqueduct; and the Burnley 'Straight Mile' – a good opportunity for a sprint.

I didn't lack company. A kayak on the canals provokes interest, just because it's not a narrowboat. Some guys hard at work in a boatyard spotted me and called over: 'You need your bottom blacked?' Many boaters greeted me cheerily as I passed. The highlight of the journey was meeting groups of young people who were taking to the water in canoes for litterpicks organised by the Desmond Family Canoe Trail. These enthusiastic volunteers, some out on their local waterway for the first time, were great company as I paddled through Wigan and Blackburn. The trail is giving young people access to paddlesports and they in turn are doing the canal proud.

I approached Leeds seven days after setting out. In the city centre, the canal widens as it draws towards Lock No 1, where it becomes the Aire and Calder canal. I was sorry to see the end in sight, but look forward to more canal paddles (with less kit!) in future. Meanwhile, I'm back to my usual training routine...



Blue skies, blue fields, blue canal
by Nancy Campbell



Racing the SLYNCS team of litterpickers,
Blackburn by Canal & River Trust



The Canal Laureate is appointed by The Poetry Society and Canal and River Trust as part of Arts on the Waterways. Find out more about the project and read the poems at waterlines.org.uk

Image by: Canal & River Trust

It's been a busy summer for our British Canoeing Women's Paddling Ambassadors.

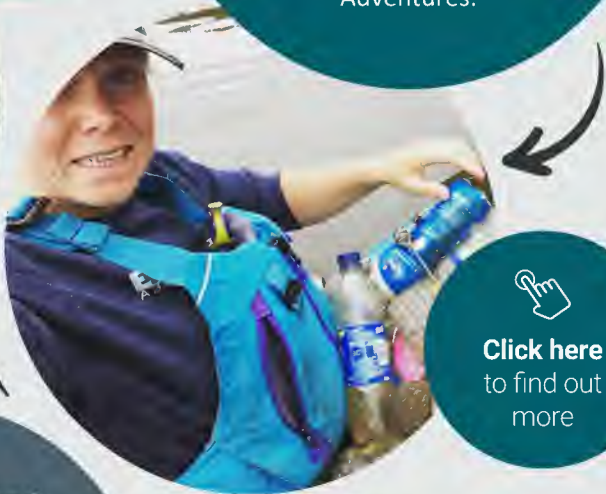
Here are just some of the things a few of them have been getting up to...

Addi Man and her daughter Athina took on a whole different challenge in August; a four week, 323 mile coracle adventure!



You can read how they got on [here](#).

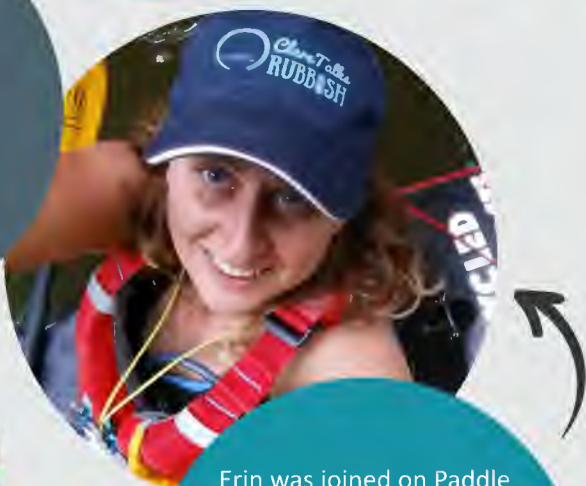
Erin Bastien led a successful Paddle Pickup 2 expedition, collecting a huge amount of plastic from our waterways. She then headed off to Norway to spend a couple of months leading expeditions on the Fjords with her company, Evoke Adventures.



[Click here](#) to find out more



Kimberley Woods had a fantastic final U23 World Championships, coming home with one silver and two bronze medals and a huge smile on her face.



Erin was joined on Paddle Pickup 2 and in Norway by **Clare Osborn**, who wrote a great piece on How to Adventure with Less Plastic Waste, for her Clare Talks Rubbish blog.

[Click here](#) to read more

Pam Phillips chose to spread the word about how great paddling is to her local U3A group; helping 28 of them get on the water at Lee Valley.

