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October 2008
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WERNER SHOGUN



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Front cover photo:

Olympic medal winners

Photos: Tim Brabants by Brian
Chapman and David Florence by
Barney Wainwright

Comment by Paul Owen, Chief Executive

Welcome to October's issue of Canoe Focus

I start by congratulating Tim Brabants and David Florence for their medal winning performances at the Beijing Olympics.

In flat water racing, Tim's Men's K1 1000m race had us all on the edge of our seats shouting with encouragement, he dominated the race from the start, with his sights firmly set on winning the race.

Tim's Olympic Gold medal was the first Olympic Gold medal in the history of British canoeing. It was also the first time that a British kayaker has won two medals (he also won Bronze in the Men's K1 500m) in one Olympic Games.

In canoe slalom, David Florence also put in an inspirational final run and he was close on the heels of canoe slalom's legend, Slovakia's Michal Martikan. David was the first British male athlete to win a Silver medal and it set the tone for the rest of the games.

Achieving three medals in Beijing, one being Gold certainly exceeded expectations; the target was for two medals including one Gold. This is fantastic result for the many years of hard work and dedication by the athletes, their coaches, support team and the clubs who work so hard at a grassroots level.

The success in Beijing and the talented pool athletes we now have in British canoeing certainly bodes well for London 2012.

Competition round up

Beijing Olympics August 2008

Gold: Tim Brabants in the flat water racing Men's K1 (kayak single) 1000m

Bronze: Tim Brabants in the flat water racing Men's K1 500m

Silver: David Florence in Men's C1 (canoe single) slalom

Congratulations to flat water racing kayakers Lucy Wainwright (who achieved seventh position in the WK1 500m finals), Jessica Walker and Anna Hemmings (WK2 500m) and slalom kayakers Campbell Walsh and Fiona Pennie who also competed in Beijing.

Flat Water Racing Under 23 and Junior European Championships

Of the ten junior events entered, GB made seven A finals and Jessica Walker won two medals – Gold (WK1 1000m) and Silver (WK1 500m). This is the best set of results from a junior squad in recent history.

Canoe Polo World Championships

Huge congratulations to the Under 21 Men's team and the Senior Women's team who now have the title of World Champions.

Marathon National Championships

The Marathon Nationals took place at Worcester over the same weekend as the Beijing Olympic flat water racing finals on 23-24th August. Congratulations to Edward Rutherford who won the Junior K1 category. Not only did Edward win the individual event but he went on to win the Junior K2 event the next day with partner Thomas Hide – well done to both.

Slalom Junior European Championships

Well done to the Men's and Women's K1 teams who both won Bronze medals.

Congratulations to Tom Brady who won a Silver medal in the individual Men's K1 event.

Volunteer Award Nominations

Inside this issue you will find a form to nominate someone you know for a Volunteer Award.

Also in this issue there are tips on how to train in the autumn/winter and also for those of you who may be thinking about it, tips on preparing for Devizes to Westminster over Easter!

Happy paddling!



Wild water racing

Apologies for the misinformation in the previous issue of Canoe Focus.

Sandra Hyslop won the two Gold medals in Classic and Sprint in the Junior European Championships making her the first British paddler to defend major titles in back to back years and now holds World and European titles.

Jessica Oughton had her own success in the World Cup events winning two Gold medals in sprint events and Bronze in one of the classic races. This gave Jessica a World Cup ranking of second overall.

The British Senior Women's team of Radka Felingerova, Sandra Hyslop and Jessica Oughton, won a Silver medal in the team sprint event at the Senior Worlds held in Italy. It was the first GBR Senior Woman's medal in 15 years.

YOUR CONTRIBUTIONS MAKE CANOE FOCUS HAPPEN

The quality and variety of news, articles, reports and photographs depend on the submission of material from you. Very few contributors are professional writers and photographers, so don't be put off writing because you have no experience! Canoe Focus is all about canoeists to consist dialogues a paddler's magazine written by paddlers. **Technical Information:** Contributions preferably as a Microsoft Word file, which can be emailed to peter@canoefocus.co.uk or mailed to 2b Graphic Design, 49 Greenfields, St Ives, Cambs PE27 5HB. All material is accepted on the understanding that the BCU and its agents cannot be held liable or responsible for loss or damage, although every care and effort is taken to safeguard material. Next Copy date is the 1st NOV 2008.

Material arriving after this date cannot be included in the DECEMBER 2008 issue. Canoe Focus encourages contributions of any nature but reserves the right to edit and condense to fill the space available and unless otherwise stated the publishers assume no responsibility for the return of unsolicited manuscripts, artwork or photographs. Opinions expressed in this magazine are not necessarily those of the BCU, its committees or members. The printing of an advertisement in Canoe Focus does not necessarily mean that the BCU endorse the company, item or service advertised. All material in Canoe Focus is strictly copyright and all rights are reserved. Reproduction without prior permission from the editor is forbidden.

Competition calendar

	Start	Finish	Discipline	Event		Start	Finish	Discipline	Event
October	4-Oct		Canoe Polo	Div 4 North - York	November	8-Nov	9-Nov	Wild Water Racing	Washburn - BUSA Championships
	4-Oct		Canoe Polo	Div 3 North - Stockport		9-Nov		Club Forums	West Midlands - Upton Warren
	4-Oct		Canoe Polo	Div 4 Central - Derby		9-Nov		Marathon Racing	Fowey River
	4-Oct		Canoe Polo	Div 3 Central - Stratford Upon Avon		9-Nov		Marathon Racing	Avon Descent
	4-Oct		Canoe Polo	Div 2 South - Coventry		9-Nov		Marathon Racing	ShIPLEY
	4-Oct		Canoe Polo	Div 3 South - Luton		15-Nov		Wild Water Racing	Mersey - Div B
	4-Oct		Canoe Polo	Div 4 South East - Dagenham		16-Nov		Club Forums	East Midlands - Leicester
	4-Oct		Canoe Polo	Div 4 South West - Bristol		16-Nov		Marathon Racing	Scottish K2 - 10km Championships
	4-Oct		Club Forums	South West - Exeter Canoe Club		16-Nov		Wild Water Racing	Irwell - Div B
	4-Oct		Marathon Racing	Reading K4 B		22-Nov		Canoe Polo	Div 2 Ladies - Stratford Upon Avon
	4-Oct		Slalom	Grandtully - Scottish Slalom Championships		22-Nov		Wild Water Racing	North Tyne - Div A and B
	4-Oct	5-Oct	Slalom	European Club Championships - Sondrio, ITA		22-Nov		Wild Water Racing	Tees Barrage - Div A and B
	4-Oct	5-Oct	Slalom	Tees Barrag - Premier and Div 1		22-Nov	23-Nov	Wild Water Racing	Tour de North
	4-Oct		Wild Water Racing	Nene - Div B and Wavehopper		22-Nov	23-Nov	Wild Water Racing	Dee - Div B - Army Championships
	5-Oct		Coach Update	Buckinghamshire - Southern		23-Nov		Marathon Racing	Essex Winter Series - Race 2 - Cheshunt Herts Young Mariners
	5-Oct		Marathon Racing	River Isla		23-Nov		Marathon Racing	Hare & Hounds Series - Wey Kayak Club
	5-Oct		Marathon Racing	Elmbridge		23-Nov		Slalom	Orton Mere - Winter Series - 1
	11-Oct	12-Oct	Canoe Sailing	Oxford		23-Nov		Wild Water Racing	Tees Classic - Div A and B
	11-Oct		Club Forums	North East - Adventure Sunderland		23-Nov		Wild Water Racing	Tees Sprint - Div A and B
	11-Oct		Coach Update	Lincolnshire - East Midlands		29-Nov		Canoe Polo	Div 4 South West - Bristol
	11-Oct	12-Oct	Slalom	Llandysul - Div 1 and 2		30-Nov		Marathon Racing	Ross Warland Canal Challenge
	12-Oct		Club Forums	Yorkshire - Pugneys		30-Nov		Marathon Racing	Stour Descent
	12-Oct		Marathon Racing	Chelmer		30-Nov		Wild Water Racing	Clyde - Div B
	12-Oct		Marathon Racing	Windsor		6-Dec		Canoe Polo	Div 2 North - Leeds
	12-Oct		Marathon Racing	Mersey Descent		6-Dec		Canoe Polo	Div 4 North - York
	12-Oct		Marathon Racing	Lincoln		6-Dec		Canoe Polo	Div 3 North - Stockport
12-Oct		Marathon Racing	Griffon	6-Dec		Canoe Polo	Div 4 Central - Derby		
12-Oct		Slalom	Stone - Div 3 and 4	6-Dec		Canoe Polo	Div 3 Central - Stratford Upon Avon		
12-Oct		Wild Water Racing	Stone - Classic - Div B	6-Dec		Canoe Polo	Div 2 South - Coventry		
12-Oct		Canoe Polo	Div 1 Youth - Banbury	6-Dec		Canoe Polo	Div 4 South East - Dagenham		
18-Oct	19-Oct	Slalom	Llangollen Town Falls - Premier and Div 1	6-Dec	7-Dec	Wild Water Racing	Nith - Div B and RAF Championships		
18-Oct	19-Oct	Slalom	Sowerby Bridge - Div 2 and 3	7-Dec		Marathon Racing	Essex Winter Series - Race 3 - Sudbury		
18-Oct		Wild Water Racing	Wear - Div B	7-Dec		Slalom	Orton Mere - Winter Series - 2		
19-Oct		Marathon Racing	Wolfreton	13-Dec		Canoe Polo	Div 4 South West - Bristol		
19-Oct		Wild Water Racing	Sleningford Mill - Div B and Wavehopper	14-Dec		Marathon Racing	Hare & Hounds Series - Wey Kayak Club		
19-Oct		Wild Water Racing	Lower Dart - Div B						
25-Oct		Canoe Polo	Div 3 North - Leeds						
25-Oct		Canoe Polo	Div 2 Ladies - Stockport						
25-Oct		Coach Update	South East - Shoreham						
25-Oct	26-Oct	Slalom	Llangollen Town Falls - British Open - Inter Regional Championships						
25-Oct		Wild Water Racing	Usk - Div A and B - Youth						
26-Oct		Marathon Racing	Richmond						
26-Oct		Marathon Racing	Trent K2						
26-Oct		Marathon Racing	Banbury						
26-Oct		Wild Water Racing	Taff - Div A and B						
1-Nov		Canoe Polo	Div 2 North - Leeds						
1-Nov		Canoe Polo	Div 4 North - Stockport						
1-Nov		Canoe Polo	Div 4 Central - Derby						
1-Nov		Canoe Polo	Div 3 Central - Stratford Upon Avon						
1-Nov		Canoe Polo	Div 2 South - Coventry						
1-Nov		Canoe Polo	Div 3 South - Luton						
1-Nov		Canoe Polo	Div 4 South East - Dagenham						
1-Nov		Canoe Polo	Div 4 South West - Bristol						
1-Nov		Wild Water Racing	Dee - Sprint - Div A and B - Youth						
2-Nov		Coach Update	Upton Warren OC - West Midlands						
2-Nov		Marathon Racing	DNV Dee Marathon						
2-Nov		Marathon Racing	Essex Winter Series - Race 1 - Bishop's Stortford						
2-Nov		Marathon Racing	Cokethorpe						
2-Nov		Marathon Racing	Hare & Hounds Series - Wey Kayak Club						
2-Nov		Wild Water Racing	Hexham - Wavehopper						
2-Nov		Wild Water Racing	Royal Dee						
2-Nov		Wild Water Racing	Dee - Classic - Div A and B						
8-Nov		Coach Update	Essex - East						
8-Nov	9-Nov	Local Event	Tyne Tour						
November					December				



Canoe polo : www.canoe polo.org.uk
 Canoe sailing: www.intcanoe.org.uk
 Flat water racing:
 Visit BCU, then 'Disciplines' and 'Flat water racing'
 Freestyle: www.ukfreestyle.com
 Marathon racing: www.marathon-canoeing.co.uk
 Slalom: www.canoeslalom.co.uk
 Surf: www.bcusurf.org.uk
 Wild water racing: www.wildwater.org.uk

I am new to competition events – what's it all about?

There are many paddlers who may not have thought about the competition side much, but the competition disciplines DO welcome newcomers to their sport. Information and contact details for each of the Competition Disciplines are available within the BCU Directory, or alternatively visit the BCU web site (www.bcu.org.uk) and look under 'disciplines' to visit a competition website.

Have we missed any?

We have compiled the list from those events which people have notified us of and we do our best to ensure that the information is correct at the time of writing. However, circumstances change, so if this is the case or if you know of any competition events that you think should be added, contact: Andy Goodsell: andy.goodsell@bcu.org.uk

Club events

We are aware that there are hundreds of club based events that take place throughout the year. Unfortunately we will be unable to list them all here, however we are very keen to publicise them on the BCU web site. Email Andy Goodsell: andy.goodsell@bcu.org.uk



From the company that brought you
the Burn and the legendary InaZone comes ...



Karnali



Photo: Dave Fairweather

The Karnali's balanced volume distribution, softer / rounder edge profile and generous rocker make it an ideal kayak to take all paddlers from that first local grade 3 river through to their first Alpine trip or that big volume mission they've always aspired to.

Key Features

High volume hull with softer rounded edge profile make for a forgiving and predictable ride • Large rocker and v shaped deck give increased lift and controlled resurfacing in big volume water • Industry leading grab loops and rescue points are the safest and strongest on the market
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Softer edges, lower back cockpit and smoother hull cross section increases ease of rolling

Paddler: Richard Taylor Photo: Doug Cooper



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Term and Conditions apply visit www.go-kayaking.com for further information. Offer ends 31/03/2009

www.pyranha.com

Free skills course from Pyranha

Canoe England members can receive 10% discount at selected canoe and kayak retailers!

Here at Canoe England we continue to seek great deals and discounts that members can benefit from. We look to secure only deals that we think are relevant to members.

We are now pleased to announce that we have negotiated a 10% discount at selected canoe and kayak retailers around the country. For the retailer's contact details visit the Canoe England member's area: www.canoe-england.org.uk

To take advantage of the 10% discount, just show your membership card at the time of purchase.

WEST MIDLANDS

Bear Creek Adventure, Worcestershire
Joel Watersports, Worcester
Canoe Kayak Trader, Warwick
Paddle Sport & Wave Form, Warwick
West Midland Canoe Centre, Walsall

YORKSHIRE

Fear Gear, Doncaster
Robin Hood Watersports, Heckmondwike
Wipeout, Sheffield,
Yorkshire Canoe and Kayak, Doncaster

LONDON AND SOUTH EAST

Brighton Canoes Ltd, E. Sussex
Kent Canoes, Kent - Kent Canoes offer 10% discount on boats and 5% discount off kit.
The Family Boat Shop, Surrey
UK Kayaking, West Sussex
Whitewater The Canoe Centre, Middlesex

EAST MIDLANDS

Desperate Measures, Nottingham
Tradewinds Outdoor, Northamptonshire

EASTERN

Nucleus Watersports, Clacton
Reeds Of Cambridge, Cambridge

SOUTHERN

Berkshire Canoes, Reading
Marsport Ltd, Reading
Riverside Central, Oxford
Woodmill, Southampton

NORTH WEST

Brookbank Canoes, Cheshire

CUMBRIA

Carlisle Canoes, Carlisle
UK Canoes, Lancaster
Windermere Canoe Kayak,
Bowness-on-Windermere

SOUTH WEST

Cheltenham Canoes, Cheltenham
Cornwall Canoes, Newquay
Family Adventure Store, Wiltshire
Kayak and Paddles, Plymouth
Outdoor Active Ltd, Gloucestershire
Performance Kayaks, Weston-Super-Mare
Totnes Kayaks, Devon

SCOTLAND

Stirling Canoes, Stirling, Central Scotland
Nevis Canoes, Fort William, Highlands

If you have any suggestions for improving the member benefits you receive, please get in touch - we could like to hear your comments.
Email: chloe.nelson-lawrie@bcu.org.uk or call 0845 370 9500

Member's offers



Canoe England has teamed up with a number quality partners to offer you a range of offers and discounts. For details of how to claim the discounts log in to the 'Members Only' section of the Canoe England web site.

15% discount at **COTSWOLD** or 20% off on selected dates: 7-10th August; 6-9th November
20% discount off **LUCOZADE SPORT** products.

Save over 20% when subscribing to 12 issues of **CANOE KAYAK** magazine.

Exclusive 10% off **SUNSAIL** holidays to Turkey, Greece and Antigua.

7.5% discount on **CONCEPT 2** rowers.

5% discount on **SALAMANDER TOURS** open canoe tours.

CRAFT THERMAL TOPS – This top has become a favourite for paddlers and we are pleased to be able to offer this at a special rate of only £16.49 + p&p. These short sleeved black tops are available in men's and women's sizes. To purchase visit www.bcushop.org.uk.



Did you know you can also receive discount at the Nene and Tryweryn?

Nene – For BCU members its costs £10 instead on £15 per session. If you apply for a user card then the price will decrease further – £10 to £8 for adults; £8 to £6 for juniors.

Tryweryn – BCU members get half price discount from £14 to £7.



Competition corner

Brand new for the autumn season, Teva have introduced the Aniso eVent.

Whether you're into rafting, kayaking, swimming, adventure racing, trail running, hiking or just plain walking, the Anisos are ideal. The Aniso is technical, lightweight and engineered for the performance needs of the new outdoor athlete.

allows millions of tiny pores to breathe letting sweat out for maximum comfort and performance. The Aniso eVent is just one of a fantastic selection of Teva outdoor performance footwear. www.teva.com

Teva are giving away two pairs of Teva Anisos. For your chance to win, answer the question below:



For your chance to win...

Priced at £80, the Aniso features a softshell upper with TPU welding, creating a seamless trainer made from just one single piece of material. This makes it extremely lightweight and offers maximum protection from water. The unique composition of the eVent waterproof fabric

What two activities are the Aniso's are ideal for?

Email your answers to:

chloe.nelson-lawrie@bcu.org.uk

The Dudh Kosi (Everest) river trip

At the beginning of July 1976 a team of ten including six kayakers and a ton of gear squeezed into a Transit mini-bus and drove the 7,500 miles to Kathmandu and then hiked the 180 miles to Everest base camp where the melt waters of the Khumbu Glacier forms the head waters of the Dudh Kosi. Here they launched their kayaks and started to canoe down Everest. This DVD shows the expedition. We are giving away one free DVD to a lucky member. Just answer this question;

On which famous mountain does the Dudh Kosi river run?

Email the answer to: chloe.nelson-lawrie@bcu.org.uk

DVD is out and available at www.davemanby.com

Scouts conquer Canada by canoe

Six young people were welcomed safely home to Solihull after successfully completing a wilderness expedition in Canada. The team from Knowle Sea Scouts spent a month in the country, the purpose being a nine day expedition by canoe and foot in the remote Woodland Caribou Provincial Park.

Following their arrival at Winnipeg, the 16 and 17 year-olds were welcomed to Canada by the Lieutenant Governor of Manitoba before heading far north to Red Lake; the expedition base camp. The team then paddled 150 miles across a vast network of lakes and rivers connected by treks through dense woodland totalling over 25 miles. During the treks, the team carried over 500kg of equipment including tents, cookers, food, survival gear and canoes. They also undertook an environmental improvement project and studied an ancient pictograph site.

Following completion of the venture and interviews, the team headed to Toronto where they were received by the Lieutenant Governor of Ontario, and visited attractions such as Niagara Falls, the CN Tower and Canada's Wonderland.

On returning, James Lees said *"The scenery and wildlife was fantastic, and the expedition really did turn out to be the hardest thing we've ever done. There was blood, sweat and maybe some tears but looking back, it really was worth it. Luckily, we managed to avoid any encounters with bears, but the mosquitoes and leaches wouldn't leave us alone!"* Sam Timms added *"The whole trip was amazing, from having a BBQ with a group of Canadian Scouts, to spending a day on the water with the Toronto Police Marine Unit to taking the controls of a Norseman floatplane while flying over the park".* Adam Baggott said *"We're really grateful to all the local organisations that have sponsored and supported us to complete this challenge, and the experience had really motivated us to continue as Leaders".*

The team of six young leaders from Knowle Sea Scout Group are completing their Duke of Edinburgh's Gold Award, and hope to become Queen's Scouts. More information about the group can be found at www.knowleseaouts.org.uk



Dean and Dyball to build Cardiff canoe slalom

Cardiff Council, in partnership with the Welsh Assembly Government (WAG), has awarded a £12.3M contract to Dean and Dyball to design and build an olympic-standard canoe slalom and white water rafting centre at Cardiff International Sports Village.

The 250m long facility will be constructed from concrete with plastic barriers that can be moved around to create a variety of courses suiting a range of standards and competencies.

Works will comprise construction of a cofferdam to impound a controlled area of water for use in the canoe slalom course and associated activities such as water polo, a canoe conveyor, reinforced concrete channel works and associated pumping chambers and an administration building.

The design is by French company, HydroStadium, who were responsible for similar courses built for the Sydney, Athens and Beijing Olympic and Paralympic Games.

Opening in early 2010, the centre of excellence will be ready well in advance of the 2012 Olympic and Paralympic Games, which it is hoped will lead to it playing a key role in the run up to and during the 2012 games.

Unless you know different

In four weeks time myself and seven others will be attempting to paddle from Pool Quay at the top of the River Severn to All Hallows on the Kent coast, in nine days.

Details of our route and the charity that will benefit from our efforts can be found on our web site www.8menkayakchallenge.co.uk

We obviously want to raise as much money as we can for such an inclusive young persons charity and to that end wondered if our route has ever been completed before, we've checked on the internet and cannot find any record.

Obviously if we are the first it would take our fund raising profile to a whole new level. So do any readers have any record? Any help you could provide would be very very gratefully received.

GEORGE CAMPBELL
BCU LEVEL 2 KAYAK INSTRUCTOR

Tall Stories Andy Jackson a Biography

By Ron Cameron £14.99

This book is a celebration of Andy's life. Ron Cameron uses articles, stories and peoples' fond memories to create an exciting, funny and moving tribute. Moving from his childhood through his radical student years and the famous 'World Tour' we learn why Andy was such an inspiration and one of Scotland's most influential white water kayakers. With the help of stunning photographs we follow him on his adventures in Norway, Nepal, Canada, USA, Chile, New Zealand and of course his native Scotland.

"Andy certainly got a lot of fun out of his boating and from the friendship that went with it. Of all the things he was good at he was probably best at friendship."

If you ever met the tall man, the book will bring back great memories. If you never had that privilege, it will make you wish you had. Royalties to the Andrew Jackson Fund for Access and the ICFEM (providing education in Kenya).

Will be available from all good bookstores or from www.pesdapress.com



Canoexpo make donation to Canoe Foundation



A big thank you to the organisers of Canoexpo,

Brookbank Canoes and Kayaks, who have recently made a significant donation to the BCU's charity, the Canoe Foundation.

Canoexpo is a bi annual showcase event which celebrates canoeing and kayaking to the enthusiast, newcomer and occasional paddler. The events aim to capture the enthusiasm that exists for canoeing and kayaking in the UK and to inspire newcomers. The next Canoexpo will be held in 2010.

The 'Canoe Foundation,' the BCU's charity arm, works to change people's lives through canoeing. Currently going through a major modernisation programme, the Foundation is working to have a positive impact in five key broad areas: young people, equality, facilities, international work and heritage. A new web site will be launched in the coming months, where lots of information and updates will be found. In the meantime, if you would like an application form to apply for funding for any of the above areas, or simply just want some information, please contact Mandy Delaney at mandy.delaney@bcu.org.uk or telephone 0845 370 9521.

For more information about Brookbank visit: www.brookbankcanoes.co.uk For more information on Canoexpo: www.canoexpo.com

Research into surfers ear

Volunteers are needed to help an upcoming research project into surfer's ear.

Surfer's Ear (what doctors call Auditory Exostoses) are bony growths in the ear canal caused by constant immersion in cold water. They are common in canoeists and surfers. In bad cases the growths stop wax and debris escaping from the ear canal, and this can trigger frequent ear infections.

In many cases the problem can be managed by ear cleaning and antibiotics, but if this does not work then the surgical cure involves drilling out the exostoses. This is not a minor undertaking.

Currently virtually all the research literature on auditory exostoses is written by surgeons for surgeons. There is nothing in the literature which describes things from the canoeist's point of view: what is it like to live with exostoses, or what do they see as the costs and benefits of such surgery. This research project is designed to change this by asking canoeist's what they think of the operation.

The research is being carried out by Simon Dawson, who has worked in canoeing both as a coach and in equipment manufacturing. Simon now works as a specialist ENT nurse in London.

Simon is looking for canoeists or surfers who have actually had corrective surgery for exostoses, and who are willing to be interviewed for about an hour. If you can help please get in touch. You can contact Simon by email at mail@simondawson.com, or on 07825 408804.

Canoeing on the Norfolk Broads

A vision of paddling your own canoe into the Norfolk Broads sunset and camping overnight has finally become reality.

Two members of the Broads Canoe Hire Network Association have launched camping canoe trails this season and seven other centres are set to go live next year.

Tony Urwin, chairman of the network, said there had been a huge demand for canoe camping. Canoeists can head for existing camp sites such as at Oby and Clippeby Hall, or camp rough at beautiful Salhouse Broad or on river banks where the permission of the landowners has already been sought. For a one way expedition the hirer will collect the canoe for a small extra fee.

Canoeing on the Broads has proved 'a massive success' with 250,000 people paddling the quiet waters of the Broads since the network began six

years ago in canoes part funded by the Broads Authority's Sustainable Development Fund, LEADER + and Community Chest.

"Canoeing is such a wonderful way to enjoy the tranquility and wildness of the Broads and get close to the wildlife," said Tony. "In a canoe you will hear an otter before you even see it. Then you can sit quietly and wait to see it. In a big boat you wouldn't hear it and you'd miss it. People come back much happier in a canoe than in a day boat because they are all active and they can get closer to the wildlife. They just love it."

The two to three hour expeditions are accompanied by a qualified instructor who will point out the wildlife. Canoeists may see otters, kingfishers, marsh harriers, owls and may hear, and even see, a bittern.

Canadian canoes will hold three people and cost £30 for a day, £20 for half a day or £35 for a 24 hour day. Buoyancy aids and waterproof sacks are provided.



Upper Severn canoe rally

The second weekend of May 2008 saw the 22nd annual Upper Severn Canoe Rally take place, organised by Drummond Outdoor and supported by crews of over 60 open canoes, from as far a field as Southampton and Scotland.

Starting at Pool Quay, the head of the Severn Navigation, paddlers embarked upon the 35 mile journey to the market town of Shrewsbury, in good spirits and good weather. Slightly higher water levels and debris from floods earlier in the year also provided an exciting start to the



day. A number of obstacles were negotiated, including Abbey Weir and Stoney Rapid further down stream.

Lunch was generally taken either afloat down stream of Stoney Rapid, or on one of the numerous shingle beaches that accompanied the meandering river providing ideal picnic locations.

The afternoon's trip took the form of a gentle paddle through Llandrinio towards the Royal at Edgerley. The meandering course of the river provided extensive and varied views of the Brydon Hills and Rodney's Pillar.

Once off the water, food and drink were at the fore front of most people's minds and a barbecue on the river bank or a meal at the pub, followed by one or two cleansing ales soon refuelled paddlers for the next day of paddling.

Sunday was another hot dry day with paddlers starting the second

half of the journey in their own time and in a leisurely manner. Montford Bridge was a popular destination for a lunch time stop, but few crews managed to reach the target without an encounter of some sort with the infamous swan at Shrawardine.

The last leg of the journey took paddlers around 'the Isle', a five mile meandering loop passing through rural Shropshire, extensive woodlands and the grandeur of Berwick House and its grounds.

With perfect weather and ideal paddling conditions those crews paddling the entire route reached Frankwell in Shrewsbury in good time, and continued in good spirits.

Drummond Outdoor would like to thank all participants for their support and very much look forward to seeing everyone at the same time (8-10th of May) in 2009.

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Ever thought of doing the Yukon River Quest?

Well, why not go one better and do the Yukon 1000. This race takes place in July 2009 and is the Quest on Steroids.

Twice as long as the Yukon River Quest, this adventure means you get more paddling time in the wilderness and get to see more mountains and wildlife (bears, caribou, eagles). Hallucinations and sleep deprivation will be a normal part of this race.

I plan to take part in Yukon 1000 but I need a partner who is capable of paddling their half of a two person sea kayak for 18 hours straight for seven or eight days in a row.

Having completed the YRQ twice as a solo paddler, I am now looking for a partner for this longer, more strenuous quest.

The 1000 starts from Whitehorse, up in the Yukon Territory of Canada. It will pass through Dawson City, the site of the goldrush, before moving into Alaska and finishing just short of the Arctic Circle.

Once past Dawson City there is no civilisation – we will be completely on our own for anywhere between five and ten days (depending on how long it takes us to paddle to the pick-up point). We will not have any support crew to help us either. All our food, water purification, camping and emergency supplies for the whole journey have to be carried in the kayak. The only communication with the rest of the world will be through Spot-Messenger (a satellite tracking system that links to Google Earth).

If you are interested in taking part then take a look at www.yukon1000.com and read the rules and disclaimer. If after reading this you are still interested, call me at Hayling Trailers on 02392 464176 and we can plan our campaign.

You can expect to be away from home for about three weeks in total.

This is a trip only for those prepared to experience a true wilderness adventure and who don't mind spending long hours in a small kayak. A good standard of fitness and endurance is essential.

I can guarantee that if you love outdoor pursuits and have never been to the Yukon or Alaska, then this is one adventure not to be missed.

ROB COLLIVER

Avon descent

November 9th

The event starts at Stratford on Avon and finishes ten miles downstream at Bidford on Avon with six weir shoots or portages. There are classes for K1, K2, WWR, C2 Touring and Racing and Touring. Handicaps are applied to even out the kayak classes. The start is at 12.15 p.m. with late entries up to 11.30 a.m. Last year well over 100 paddlers took part.

Contact Nigel Wooltorton on 07833 705806 or email merciacanoeclub@yahoo.com.

Paddle 08

Bells Sports Centre, Perth
25-26th October



As well as all the usual manufacturer and retail stands, new on-the-water sessions, Saturday evening ceilidh and the

SCA AGM, presentation and workshops are a major attraction at the annual paddle event. The presentations take place in a dedicated separate hall and the workshops will enjoy a larger space with seating.

This year speakers and workshop leaders include:



Brian Wilson – highland-based writer and environmentalist, best known for his adventure travel writing and in particular *Blazing Paddles and Dances with Waves*. Brian will be available for book signing throughout the weekend.

Dave Manby – In 1976 Dave Manby was one of the six paddlers who drove from the UK to Kathmandu in a Ford Transit and then hiked the 180 miles to Everest Base Camp to paddle the Dudh Kosi. Dave will talk about this trip as well as more recent exploits including his expedition to Iran.

Justine Curgenven – award winning adventure filmmaker, expedition sea kayaker and creator of the films/DVD's 'This is the Sea 1, 2, 3 and 4'. Her adventure documentaries have been shown on the BBC and National Geographic Channel.



Nathan Eades – virtually born in a kayak and since then Nathan has devoted his life to surf kayak expeditions. Nathan will talk about and graphically illustrate his most recent expedition and adventure - Surf Kayaking in Morocco

Douglas Wilcox – back by huge demand to share his paddling exploits and the amazing photographs he captures along the way. An extended session is planned with a separate Q&A for you to put your specific technical questions to Douglas

Liz Bell – has kayaked for over ten years and is a Pyranha sponsored paddler – competing for GB in freestyle and then found a love of creeking. After suffering a shoulder dislocation and other injuries Liz trained as a physiotherapist in order to know how to fix them. So whether you are wanting to optimise your performance on the water or simply hoping not to aggravate recurring injuries don't miss this.

Andy Kirkpatrick – it is said, "makes Ray Mears look like Paris Hilton". As one of the UK's top mountaineers, he only started kayaking last year and will share some funny insights of a novice sea kayaker in 'Upside down – a beginner's view of sea kayaking'.

Sean Gallagher – an Alaskan native with a deep interest in the history, culture, manufacture and function of traditional King Island kayaks. Sean is going to be in Scotland in October and has agreed to run a workshop with Bill Samson on these traditional kayaks and their place in his culture.

Bill Samson – whose passion is making accurate replicas of Greenlandic, Alaskan and Aleutian skin-on-frame kayaks.

Jed Yarnold – Jed is a keen and experienced outdoorsman and has an avid enthusiasm for traditional 'low tech' skills and his workshop on Tarpology – the secret art of using a Tarp is sure to demonstrate both his philosophy and skills.

Fred Belcher – a recent convert to open boating having taken up paddling to fill the time available between ice and rock climbing. At the age of 75, Fred's committed to everyone having a go. His talk 'Never too old to learn something new' underlines this philosophy.

Paul Chapman – an expert in fitting out open canoes, Paul will be looking at how to go about fitting out your own craft. With plenty of innovative ideas and all Paul's experience this is sure to be very popular.

Richard Turner (aka Biscuit) – we've set Biscuit the challenge of roaming the trade stands to identify his pick of what is on offer. Be sure to attend his workshop to make sure you don't miss the pick of the stands.

Barney Wainwright – ever wondered why GB punch above their weight when it comes to winning Olympic medals in canoe slalom and sprint racing? Barney is the Sport Science Manager at GB World Class Canoeing and will run a workshop on Forward Paddling.

As we go to press, two further workshops are being finalised. Full details included more extensive biographies of all the speakers and workshop leaders will be updated on www.canoescotland.com

British White Water Rafting Championships

Date: 15-16th November

This exciting event is open to all who have experience on Grade 3 rivers, so kayakers, canoeists and rafters that's you! Safety cover on the river is provided for all elements of the racing.

Llandysul paddlers

Contact: Matt Blue – mattblue1975@gmail.com

North West Paddle Festival

Burrs Country Park Bury
17th-19th October



Northwest Paddle Festival

This annual event includes coaching, competitions and entertainment for all

levels of kayakers and canoeists. The main aim is to encourage more people into the sport, from universities and clubs to families and young people.

Last year there were introductions to white water courses, flat water tuition and 'have a go' sessions for complete beginners plus competitions for teams and individuals with some great prizes! This year will incorporate all this plus some new races, slalom skills sessions and competitions plus food in the warm pub and a band for your entertainment. There will be free demo boats available all weekend from lots of the manufacturers. Brookbank Canoes will be there if you need any kit and camping will be available on Friday and Saturday nights.

More information and ticket: www.nwppf.btik.com or email lizforshaw@hotmail.com

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Competition – flat water

European Under 23 and Junior Championships

17-20 July, Szeged, Hungary

A team of 21 athletes travelled to compete in the championships.

On arrival, the team was shocked to hear of the untimely death of Gergy Kolonics, the legendary Hungarian C2 (canoe double) paddler, Olympic and World Champion, who had collapsed and died after a training session. This

took the shine off the regatta and expectations were tinged with the sadness of such a tragic event.

The Hungarian organisers coped very sensitively with the occasion, by making special mention of Kolonics in the opening ceremony, whilst still running a very effective regatta.

Great Britain had high expectations going into the regatta, all of which were mostly fulfilled, against a backdrop of stronger start lines than last year. This was due to the fact that there were no World Championships (junior or senior).

Junior team

Dean Terry, Tom Hide, Ed Rutherford, Ben Parfitt, James Styan, Jess Walker, Amoret King, Abigail Edmonds

Under 23 team

Paul Wycherley, Jon Boyton, Ed Cox, Tom Daniels, Andy Daniels, Kristian Reeves, Ben Brown, Jon Schofield, James Train, Shuna Braithwaite, Rachel Cawthorn, Louisa Sawyers, Hayleigh Mason

Juniors

Of the ten junior events entered, GB made seven A finals and won two medals – Gold and Silver. This is the best set of results from a junior squad in recent history.

Special mention must go to Jessica Walker (Royal CC) who won both medals.

She took the Gold in the K1 (kayak single) 1000m event, executing a perfect race plan to overtake German racer, Lisa Marie Braun, in the last 100m to grab the top prize. Things didn't quite go as planned in the 500m race, where she allowed the fast Hungarian racer, Hagymasi, to take out a two second lead. Walker could never reduce this deficit fully and crossed in Silver medal position.

The Boys K2 (kayak double) 500m race, with 27 countries competing, brought an excellent performance from Tom Hide (Addlestone CC) and Edward Rutherford (Elmbridge CC). This was nail biting from the start. Less than one second covered the first seven crews at the halfway point. The British pair were in the medal hunt right up to the last 60 metres when they just could not find the additional speed to grab a medal and they finished in fourth, the most cruel of positions. A bittersweet performance by two racers who have a bright future.

Rutherford, who also competed in the K1 1000m event, raced well to finish in sixth place. This was an excellent regatta from him.

Right: Jessica Walker (Royal CC) who took Gold in the 1000m event and Silver in the 500m event.



Ed Rutherford and Tom Hide,



Paul Wycherley

Under 23s

The Under 23 team was sprinkled with opportunity. They too, made seven finals out of the ten events entered, though were unfortunate not to win a medal.

Firstly, the WK4 (women's kayak quadruple) 500m crew of Shuna Braithwaite, Rachel Cawthorn, Louisa Sawyers and Hayleigh Mason, were seeking to banish the injustice of last year's fourth place and they delivered the highest adrenaline rush of the regatta for GB supporters.

It was an action packed race, with the girls in contention for the Bronze medal, all of the way to the line. The Germans drew out a good lead to cross the line in first place with the Russians close behind in second. The Polish crew painstakingly inched ever closer to the GB bow finally eclipsing the British girls in the last stroke to take the Bronze medal by just four hundredth of a second. A hard result for both the coach and athletes to bear.

Paul Wycherley and Rachel Cawthorn racing in the MK1 1000m and WK1 500m respectively had creditable performances. While Rachel finished fifth, for Wycherley, it was an opportunity to build on his promising Poznan World Cup result of tenth in the same class. He had an excellent race, also crossing the line in fifth place, losing out to winner Diego Cosgaya of Spain, Frenchman Etienne Hubert and Emanuel Silva of Portugal.

Ben Brown and Jon Schofield – the GB K2 500m pair who came very close to qualifying for the Beijing Olympic Games – were tipped to upgrade the Bronze medal which they won at this event in 2007. Sadly it was not to be – perhaps the strain of an already hard and pressured season had taken its toll.

In wrapping up the regatta, the Senior Men's K4 of Kristian Reeves (making his first U23 debut), Ed Cox, Tom Daniels and Andy Daniels also put down a solid performance in the 500m event to take the fifth place and leave something to build on for next season, when we start our new London 2012 Olympic cycle.



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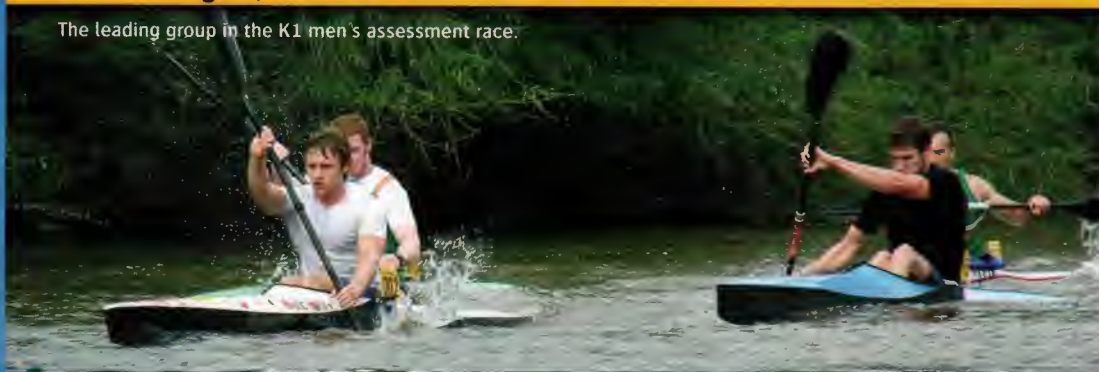
Competition – marathon

National Championships

Where were you the weekend the sun shone?

23-24th August, River Severn

The leading group in the K1 men's assessment race.



After much worrying and river watching Saturday morning 23rd August dawned warm and bright and the River Severn although far from placid was at least going to allow portaging to take place.

The lead up to the National's weekend was interesting. Members of Worcester Canoe Club had replaced the worn wooden landing stage used as the getting out area for the portage ready for the event. At least they had replaced three quarters of it before the river level rose and remained too high to complete it. On Thursday 21st we all groaned as the rain fell again, the river covered the portage area and huge trees came storming down the river. Friday 22nd was a better day. It started with Tim Brabants cheering us all up with his fantastic Gold medal, the river level was falling and the weather forecast wasn't quite as bad as it might have been.

So back to Saturday morning and a further risk assessment. Slight adjustments to the course, extra safety boats on hand and into the clubhouse to watch Tim Brabants and Lucy Wainright in their 500m finals. After much excitement at Tim's second medal and enthusiastic support for Lucy's race the first batch of paddlers headed for the river.

In spite of all our concerns the 41 Under 14 boys and 27 Under 14 girls took the difficult conditions on the river in their stride and the extra rescue cover on the start was not needed. The divisional and masters classes followed and support from the bank was strong. The weekend's racing was well underway and an enjoyable time was had by all. During the afternoon when the portage was used for the first time the steeps were

really crowded with supporters and there they sat in the sunshine to cheer the finishers over the line too.

The water conditions were challenging but that is what marathon racing is all about... cunning paddling. The competitors made best use of the water conditions and used the bends in the river to their best advantage. There was some really excellent paddling and it was a pleasure to watch.

Sunday

Sunday morning saw the river level drop to its lowest for weeks, some frantic wood working saw the landing stage finished by 8:30am and the planned portage exit came back into use along with the planned railway bridge turn. The racing was just as exciting as on the Saturday even if it was not quite as sunny all day.

New rules required all juniors to paddle in National Championship age classes and there were no points towards the team prize for those in the divisional races.

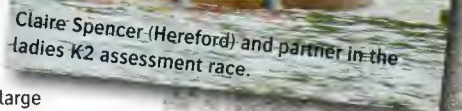
The result seemed to be a large increase in numbers of veteran paddlers racing in their age groups which just shows the strength of support for our clubs that comes from our more mature paddlers. Changes in numbers in other categories were less clear and would bear some detailed review but it was good to see more Canadian classes than usual.

On Sunday as the Beijing Olympics handover ceremony took place the Worcester City Olympic flag was

presented to Worcester's U12 paddlers to be hoisted at the club. Plenty of local press and proud parents took photos before moving on to the last batch of races of the day. The U16 K2's led the final batch of races off to round off a weekend of fine racing under (mostly) blue skies.

If you've seen the sun since please can you tell us in Worcester where to find it! ●

WIKI DANIELS



Results

Overall Team: Elmbridge
Lightning Trophy:
Leighton Buzzard

Senior Men

Singles: Ben Farrell
Doubles: Ivan Lawler and Ben Farrell

Senior Women

Singles: Louisa Sawyers
Doubles: Louisa Sawyers/Hayleigh Mason

Under 18 Junior Men

Singles: Edward Rutherford
Doubles: Dean Terry, Mark Childerstone

Under 18 Junior Women

Singles: Victoria Croucher
Doubles: Laura Ferguson, Sarah Beer



Did you see the filming going on? Well have a look at www.outdoorstv.tv which has footage of each day's racing.





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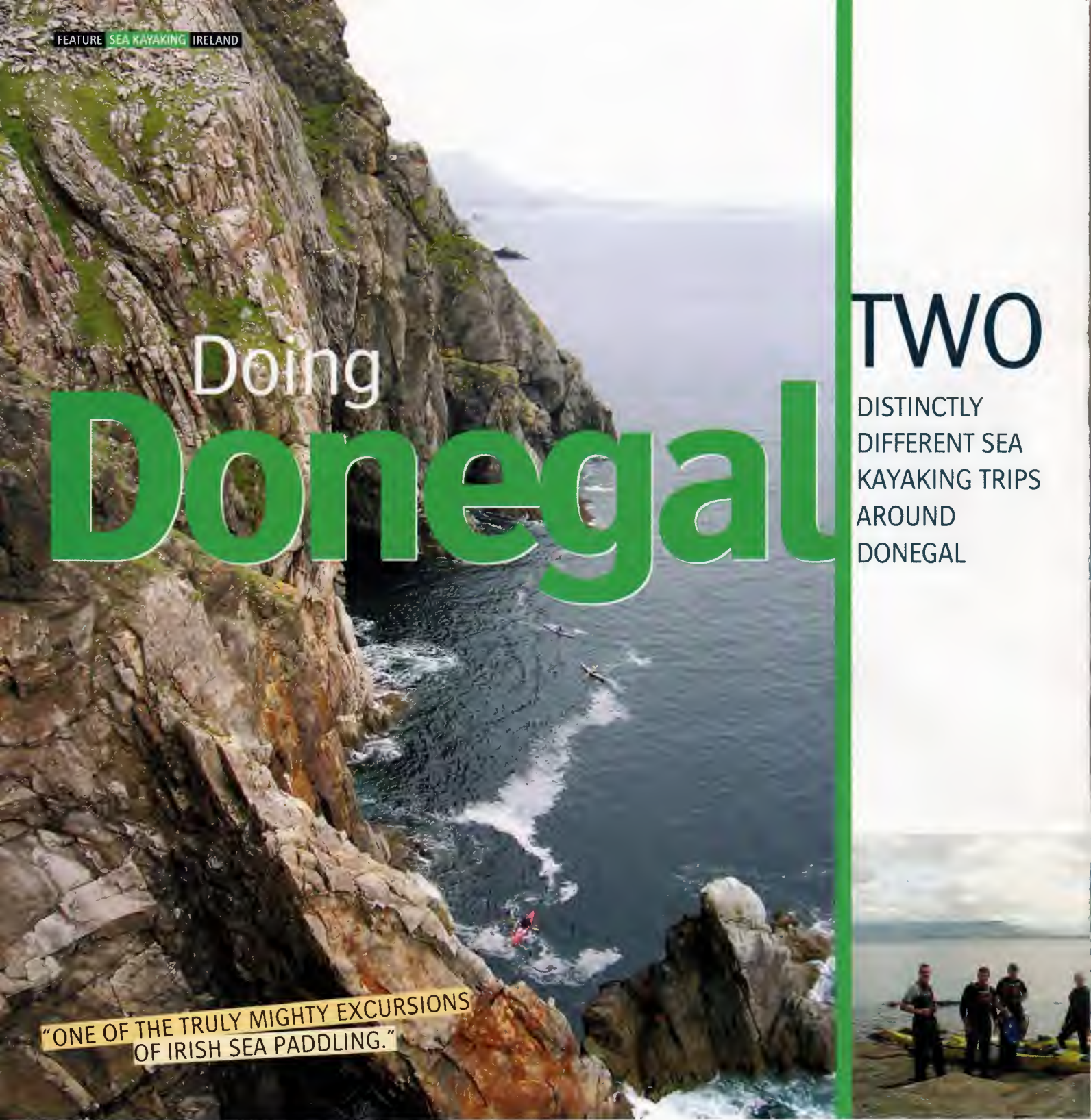


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2. Inishmurray Island

By Gerard Duddy

Adrian Harkin, the co-ordinator of the weekend trip to Inishmurray Island, asked me: 'Do you like history?' This question was to be an understatement of what this little island in Donegal Bay represents and reveals - surrounded, as it is by counties Donegal, Leitrim, Sligo, Mayo and the Atlantic Ocean.

On a glorious Saturday morning members of Foyle Paddlers Canoe Club met at the clubs' headquarters based at Derry, Northern Ireland. Our journey involved travelling from Derry in the direction of Sligo town. At the village of Grange we turned right at the bridge and travelled for three miles to 'Trawgar Strand.' This was to be the point of departure for Inishmurray Island. (The map used for this trip was the Ordnance Survey Ireland.

OSI. Discovery Series. Sheet Number 16 at 1:50 000 scale. The map covers parts of County Donegal, Fermanagh, Leitrim and Sligo.)

Our party consisted of eleven people made up of an age spectrum from eight to 50 years old and of mixed sea kayaking ability. Once out in the open waters we headed directly to the island. The weather was perfect, blue sky with the occasional cloud, little wind and the water relatively calm. After an hour and a quarter of paddling, we approached the eastern side of the island. Anticipating swells, we manoeuvred our kayaks, with care onto what can only be described as slippery 'rock ledges.' It was not difficult to imagine how precarious and dangerous landings could be during inhospitable weather, if not impossible.

The landing spot we chose was also close to the last existing schoolhouse on the island (1899-1948). We hauled all our gear, including kayaks up to the schoolhouse and set up our camp base in the grassy wall enclosing the school grounds. A perfect setting for shelter and for a panoramic view, sweeping from County Donegal to the Mayo coast... which included the 'mighty Benbulbin' and Ox mountains. At a distance - on Knocknarea the silhouette of the 5,000 year-old cairn of Queen Maedbh of Connacht could be seen. What a view!

Shortly after we established our camp we took a walk from the school on the main 'roadway' that runs along the front of the island that faces the mainland. Along the roadway are houses that once were thatched or had

1. Mussel men By Jimmy Christie



When the wind blows Force 3 or 4 from the west in certain parts of Donegal it's best that the weaker members in the kayaking group err on the side of caution and seek some shelter. So after a windy Friday night in tents on the east side of St John's Point we took advantage of the protection of this long peninsula and explored into Donegal Bay.

The forecast was mixed for the next day but we moved west and set up camp in a wonderful position on Muckro's Head. This is a fine headland with huge horizontal slabs at the bottom with continuous, mighty surf bombarding it. That night in my tent when I took my feet off the sleeping mat you could feel the vibrations of the waves hitting the cliffs.

Earlier that evening Martin and I had very little time to watch the scenery as we were given the task of debearding the mussels picked that afternoon in a 'secret location'. Also we had a saucepan of winkles and an experimental pot of limpets. So how do you like your mussels? With garlic? Maybe with some red wine (no white available)? Or just plain? And are limpets better lightly fried or boiled? Well the answer was unequivocally and respectively plain and fried!

The real reason we had made the trip to South Donegal was to try to do the sea cliffs of Slieve League, some say the highest in Europe. David Walsh in 'Oileain: A Guide to the Irish Islands' says it is "one of the truly mighty excursions of Irish Sea paddling."

It's not long at 13km but once in the boat it's a committing paddle as there are no escape points and only one or two landing places, surf permitting.

The little harbour at Malinbeg was sunny and warm. The tide was low and the clear water inviting. The slipway was very steep but with care we launched safely by noon and paddled out past stacks and caves in calm water. Round the corner is the Silver Strand, my favourite beach, and a kilometre of beautiful sand surrounded by cliffs. A fly past of about 40 crouched welcomed us, the biggest party of these beautiful corvids I have seen.

About two-thirds through the journey there was a steep pebbly beach that looked inviting for lunch. You had to time your run judiciously and make a swift exit from the boat if you weren't to be dragged back into the surf by the next wave. We all made it but a big dumper hit John and much to our amusement got wet. Still, lunch was convivial and there is something about sitting around on a white stone beach eating Francis' shortbread under the backdrop of a 2,000 foot mountain with a stunning range of ochre, rust and orange colours.

Getting off the beach was to prove more difficult. The surf was getting up and it was time to go. My fibreglass boat was readied and when there was a perceived gap I was pushed off by all hands and exhorted by Martin to paddle hard! The wave pushed me back with wonderful force but I stayed up. Unfortunately, my front hatch cover was torn off and the front bulkhead filled with water. I got out on my second attempt and waited for the others. I waited and they watched. I was conscious of the wind changing and certainly the surf was bigger and more regular. John had noticed a section at the end of the beach where the waves seemed smaller and they carried the three remaining laden boats up this 200 metre sloping stony beach. It was slow work and they seemed very tired. Still they didn't launch and I was becoming a little cold and lonely not to mention wobbly. After about 30 minutes Francis seal launched successfully followed by John and Martin in tandem.

With a bigger following sea and increased clapotis, the biggest I have seen, we made for Carrigan Head topped with a Napoleonic signal tower. Here we hoped for some shelter. Just round the corner there were people climbing on 'Sail Rock', a magnificent curved slab of rock and one of the best climbs on the cliffs. It looked impressive. Round this section there were more huge caves and we entered with some trepidation. Far under the mountain the waves hit and the deep boom explosion was magnificent and I'm sure you could feel the air pressure change as it was forced out of the cave.

The last couple of kilometres were quiet, calm and blissfully uneventful and we paddled into Teelin in the middle of a skiff regatta with hundreds of spectators. There was some ironic, good-humoured clapping for us and we took our metaphorical bows.

Later, the shuttle completed and all packed up, we had four huge fish and chips in Killibegs. I saw a man with 'Queens University Belfast Mountaineering' on his back and asked, "Where were you climbing?"

"On Slieve League," he replied.

"Were you the four kayakers? You looked awesome. We took pictures of you."

John's camera battery had run down early in the trip so we were really pleased to hear this and asked if they could send them to us. Within two days they were with us. It was great to have some pictures from a higher perspective, hinting at the sheer scale of this wonderful area. ●

PICTURE: JOHN VANCE. PADDLERS: FRANCIS ROSS AND MARTIN KERR



GERARD'S TOP TIPS:

- Respect the island for what it is and leave it as you found it.
- Bluebell flower is in abundance in the month of May/June.
- For those who enjoy a good ramble – I would recommend you bring a pair of boots!
- Finally, you will be in awe by this little Atlantic haven. The visitor will not be disappointed by its beauty or mystery. Enjoy!

slate roofs. A hive of activity once but now ruins of the past. Although these buildings in themselves are fascinating to the contemporary eye – several hundreds yards from this area exists an early Christian monastic site that is in an excellent state of preservation that stretches back to the 6th century. The area contains building, walls, graveyards, cursing stones, holy wells, chambers, water fonts, alters, cross slabs and much more. A remarkable imprint of an early Christian era.

While on such trips 'Foyle Paddlers' are renowned for their culinary skills and love of food! This trip was no exception. The food for the evening dinner included marinated steaks, Italian gourmet and exotic deserts, washed down with the best of vino in wine glasses! The food and drink delighted the eye and the palate throughout the evening and into the small hours while we gathered around an open fire and told stories.

The following morning we engaged in a combination of activities from snorkelling in crystal clear water to rambling over the hills and doing a bit of fishing. Once it was time to go, we 'downed' tents, stuffed our gear back into our sea kayaks and like all good visitors left the island exactly the way we found it. Less than an hour and a half later we were back on the mainland, satisfied with our adventure.

Overall the trip was a great experience for all and a memorable one. Well organised, professional – with good teamwork and leadership. It was a unique and fascinating glimpse into a lost early Christian era in a truly remarkable setting. It was also a good opportunity for members in our junior club to get a taste of sea kayaking and a good achievement on their part for paddling such the eight-kilometre distance. Well done all. ●

Competition – canoe polo

GB women's journey to Gold

2008 World Championships – Edmonton, Canada from 24-27th July



Hat-trick scorer, Pru Blyth sets up for another shot in the Women's final.

With 57 teams from 23 nations competing this was the biggest World Championships to date. Athletes competed in their respective category of Senior Men, Senior Women and Under 21 Men's classes.

After an eight and a half hour flight and a 300km drive to Edmonton, we arrived at the University of Alberta where most of the competing nations were staying.

Day two and we had a scenic journey to the training venue at Rundle Park. Most of the teams who had arrived early were training here, so with a bit of juggling, we managed to get on one of the pitches for a few hours to get wet and remember how to paddle again!

Edmonton is home to the largest shopping mall in the world, so the afternoon on day three was filled by a team bonding session at the West Edmonton Mall Water Park! Quite a few other nations had the same idea, so the competition started early, with a few battles on the rings in the wave machine against the French.

Day four was the first real day at the official venue of Hawrelak Park. With a few DIY repairs on boats everyone eventually passed scrutinising. Although the four-pitch set-up was on a small lake in the park, there were



Great Britain Women's team 2008

1. Kirsty Sutcliffe (Meridian)
2. Pru Blyth (FOA)
3. Ginny Coyles (c) (FOA)
4. Pip Grayson (St Albans)
5. Ellie Bridgstock (FOA)
6. Kathryn Grieves (FOA)
7. Ceri Winter (St Albans)
8. Zöe Anthony (Aberfan)

Coaches: Paul Brain/Elan Winter /Alan Venables

issues with water quality, which meant that each pitch was actually lined with plastic sheeting and the water within the pitch area chlorinated. This set-up seemed to make the pitches seem a little sluggish, so was good to get on the water to get used to it. With training out of the way for another day, our energy reserves needed refilling, so we headed for Death By Chocolate, the ultimate desert destination... and obviously the food of champions!

In the evening, the Championship organisers held a 'meet n greet' for all the competitors at the venue. It was a nice way to get teams together 'sociably' before the competitive instinct too over!

By Day five we were all getting a little restless and wanting to get the games underway, so the tempo of training was increased somewhat with a full on 4v4 games session. In the evening we attended the Opening Ceremony and after a motivating team chat, we were



all ready for the next four days of what we hoped would be world-class polo!

Competition day one

The women's competition was made up of two group rounds followed by semis and final. Round one started with four seeded groups of four/five teams with the top two progressing to round two. Having two games a day we faced Chinese Taipei first. Having played an attacking, 'goal-hungry' style of polo all season, we weren't going to change our approach now. Despite scoring 12 goals in the game, Chinese Taipei replied with six goals of their own. It

was a very frustrating and niggly game, with the new rule interpretations certainly being enforced to the letter of the law! The second game against the French was the first test of the Championships with them being strong contenders to take the title. Despite some great work from GB it was another tight match with a number of missed opportunities, which resulted in 1-1 draw.

Competition day two

Continuing the first group stage, our first game of the day was against Sweden. We needed to beat the French on goal difference, which meant we needed 11 goals against Sweden. After a great work rate from everyone and much of the game played at five-out,

we managed to clock up a final score of 12-0, with some excellent goals racked up by Zoe Anthony.

This put us in first place in our group, meaning we would go into a second round group with Italy, Australia and number one seeds Germany! The first game was against Australia with another very hard fought match. We again played a chasing game and left a few gaps in the zone which the Australians took advantage of. Nevertheless, we managed to seal another win by 5-3.

Competition day three

Our first game was against Italy, who always seem to play their best against us, was a little closer than what we would of liked with a 5-3 win. The final group game against Germany was again another real test for us. With neither teams performing at their best the game ended in a 3-3 draw. With a higher goal difference than Germany going into this game, we knew that to win the group we only needed a draw to come out on top. Being top of the group meant we managed to avoid the French team, however, we were up against a very strong New Zealand contingent and number two seeds.

Competition day four – semi finals and finals day!

Having only played New Zealand once this season we went out hard. We stuck with the chasing two and two tactics that we had used for most of the tournament, but a small misunderstanding in our defence gave New Zealand first blood. This gave us the kick to push harder and with some great defending and goals we pushed out to a 3-2 lead at half time. The second half was equally hard fought, and although not the most clinical of play, the fantastic effort from everyone meant we managed to hold onto our lead to win 3-2. With only some of the team smiling, we still had one more team to beat before we would see a smile cracked from everyone! In the other semi Germany battled it out with the French, with the Germans once again coming out on top by winning 4-2. Another GB vs Germany world final! With Germany being the reigning World and European champions, we thought it was time for us to take back the title!

The game started with a close sprint but Germany gained first possession. After a few strong shots from both sides and some excellent saves by Ellie Bridgstock, we gained possession giving us chance to really work the

Golden boys



Luke Morris sets himself up to score the winner in 'Golden Goal' extra time.

German zone. After a few minutes of setting up our attack Pru Blyth scored from inside the zone – we were off the mark! We continued our more attacking style of defence and managed to keep the Germans out of range, but then we leaked a sloppy goal putting the score at 1-1, which remained until the end of the first half.

The second half started off positively with a good win on the sprint by Ginny. After 40 seconds, Pru Blyth scored her second goal from inside the zone again. Holding a two and two defence we held off the German attack and broke on a fast break from a foul on Zoe Anthony. With one pass up the pitch, a long shot from Pru Blyth brought the score to 3-1. After some slack defending the Germans came straight back at us bringing the score back to 3-2. With three minutes to go in the second half the Germans pushed to five out. They played hard and made it difficult for us to get free or break towards the goal, but we managed to keep possession. Obstruction was called giving Ginny a free throw up under the goal to Pip Grayson whose shot rebounded off the bar. Luckily the ball fell to the right side of Pru Blyth who managed to steal her fourth goal of the game, a great performance from a first time world's finalist! With the score at 4-2, the Germans continued with their five out and with 80 seconds to go they scored from half way. Playing with true grit, desire and passion, GB held the ball for the last remaining minute and the game was won 4-3. An excellent and well deserved team effort resulting in the ultimate goal of 2008 World Champions!

A big thank you to everyone who supported the squads and for all our supporters who came out to cheer us on in Canada! ●

CURLY BARKER

PHOTOS: GLENN SUMMERBELL



Great Britain Men's Under 21 team 2008

1. Daniel Robson (Meridian CC)
2. George Murfin (Viking CC)
3. Gregory Hockey (Meridian CC)
4. Jack Robson (Meridian CC)
5. Edward Feltham (St Albans CC)
6. William Borrett (Meridian CC)
7. James Longley (Pennine CC)
8. Luke Morris (Aberfan CC)

Coach: Ollie Bishop

The Under 21 team went into the World Championships with high expectations following a string of top three finishes in the international competitions leading up to the championships. But could this form be converted into a Gold medal at the World Championships?

Having been dealt a difficult first round group, containing European Silver medallists Germany and hosts Canada, GB knew that it would require some good performances to secure a top two finish and progress through to the second stage of the competition.

First round

The first scheduled game against Iran was cancelled due to the Iranians having visa problems. The first official game, therefore, saw GB face Germany, which saw GB emerge eventual 5-4 winners from a closely fought game. Next up was Canada, which proved to be an easier task. Some good breaking and shooting proved too much for the Canadians as GB won the match 7-2. These vital wins took GB into the second group stages along with Spain, Australia and the current World and European champions France; the top two teams from this group would progress into the semi finals.

Second round and semi final

The first game against Spain showcased GB's potential as a force to be reckoned with as slick finishing and tight defending gave GB a 4-0 win. The next game against Australia, who were an unknown quantity to the Under 21s, proved to be a tense but overall comfortable game with GB running out 3-2 winners. The next game against France would prove to be

the hardest yet. An evenly matched game with both teams finishing their chances saw GB draw 3-3 to France and gave GB the belief that they could beat France. The final group rankings saw France pip GB to first place on goal difference, setting up semi finals of GB v Germany and France v Italy.

Final

Confidence was high in the GB camp and a final spot was well overdue with GB having lost three semi finals in the last three years. GB's tactic of defending and breaking worked perfectly and, before they knew it, GB were 3-0 up. A

late consolation goal followed for Germany but it was GB who came out 3-1 winners, booking a place in a World championship final for the first time ever. On the other side of the draw the French took Italy apart as they eased to a 5-1 win to set up a mouth-watering final against GB.

This was the moment that all eight players had been working toward for years and they knew that a mature and intelligent performance would give them a great chance of success.

As the final got underway GB looked confident and relaxed, easing into the game. The

first half saw a couple of half-chances from both sides, with GB enjoying more possession than the French but not putting their shots away. The game opened up somewhat in the second half, GB nearly scoring from the halfway line into an open net and the French squandering a golden breaking opportunity. However, nothing could separate the two teams and by full time the score remained 0-0. This meant one thing; golden goal extra time. This was the ultimate pressurised situation, a real contest of nerves and skill and the final hurdle for both teams to climb. As the first half of extra time got underway GB won the sprint for the ball giving them all important possession. Two minutes passed with GB pressing hard on the French goal, looking for a lapse of concentration by the French. This lapse came in the third minute of extra time as the French defence got driven back, allowing GB to get a shot away which sailed past a defender and the keeper into the bottom right corner of the net. Game over. GB were Under 21 World Champions for the first time in their history! A feeling of ecstasy, relief and achievement possessed the eight players and all that was left to do was celebrate a fantastic tournament and memorable victory! This was a huge victory for the Under 21s and confirms the strength and stature of British polo for many years to come. ●



James (Junior) Longley, the GB Under 21's captain protects the ball.



Will Borrett gets his French counterpart on the back foot.



It's never easy to find a gap in the GB Under 21's defence.



Ed Feltham fights for his position in the final.



Zoe Anthony closes down another German half chance.



Ginny Coyles (Women's captain) gets to the ball first in this battle.

Winter training

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Slalom

For many athletes, winter is a time to recover and rebuild. As a year of racing and training draws to a close, athletes often look forward to a period of rest in order to recharge their mental and physical batteries. During such rest periods, the best athletes evaluate what has happened during the previous year and make plans for a new racing session. The winter period gives the athlete a great opportunity to build on his or her strength and most importantly development needs.

By Neil Buckley



Make sure all the key components of canoe slalom are addressed:

- Technical.
- Tactical.
- Physical.
- Psychological.

Focus

The main focus for junior athletes should be getting a good paddling fitness level (canoeing four to five sessions a week will help you get a reasonable fitness level and to get a good level of paddling fitness this would need to increase to seven or eight sessions a week). A good stretching programme should be undertaken alongside your training programme as this will help to reduce potential injury and increase movement efficiency.

Slalom has a large technical aspect, and all water based sessions should have a technical element. The winter training period gives each athlete the time to go back to basic technique forward paddling and standard upstreams, before moving forward to new advanced techniques (you must learn to walk before you can run). For basic and advanced technique for canoe slalom go to www.slalomtechnique.co.uk.

Monitoring training

Athletes should monitor their training on a daily basis and keep a record of each training session. This allows the athlete to look back at what training they have done and which session worked for them.

Mid October

Rest period limited canoeing. Reflect on last session highs and lows. Plan and design training programme.

When you start planning your training programme firstly identify your requirements and base your programme around these areas. Look at three key areas per month and focus your training around these areas.

For example:

- 1) Forward paddling – getting a long stroke.
- 2) Fitness level needs to be improved.
- 3) White water skill.

November to December

There is a heavy focus on fitness and strengthening the 'core' of the body, notably the abdominal, shoulders area and low back. An outstandingly strong core makes athletes more stable and efficient during movement and can lead to more power in all strokes (see plan).

January to March

There is still a heavy focus on fitness and strength work. Mid-way through January, athletes should start to focus more on the forthcoming racing season. In general you increase the quality of session and include more race specific sessions i.e. clean full runs, high speed gate work (see plan). ●

Example training plan

November to December

Notes	A stretching programme should be under taken, (Yoga class) three times a week on top of your training programme.
Monday	Gym work (circuit training with or with out weights).
Tuesday	High quality session (race simulation or other high speed work).
Wednesday	Aerobic session 40 minutes work. Steady state (running or paddling) if canoeing focus on good forward paddling.
Thursday	Tech session white water gate work.
Friday	Gym work (circuit training with or with out weights) or rest day.
Saturday	Session 1: Full runs four to six runs easy course. Session 2: Technique work on upstream gates.
Sunday	Session 1: Aerobic w/w loops 40-50 minutes long, or white water river trip, surf waves and play in stoppers.

Example training plan

January to March

Notes	A stretching programme should be undertaken, (Yoga class) three times a week on top of your training programme.
Monday	Gym work (circuit training with or without weights).
Tuesday	High quality session (gate work focusing on high speed gate work).
Wednesday	Running hard 25 minutes max.
Thursday	Tech session white water gate work.
Friday	Rest day.
Saturday	Session 1: full runs two to four. Session 2: technique work at speed.
Sunday	Session 1: full runs two to four. Session 2: technique work.



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Winter training

Flat water racing

“Work on your weaknesses whilst playing on your strengths”

The secret to enjoying winter training and persevering through those cold dark mornings and evenings is to view the winter as an opportunity to reassess your goals and initiate a training plan which will see you come through the winter fitter and faster than ever, ready for a fantastic season.

By Ian Wynne. CE Coach and Olympic Bronze medallist

Goal setting

To stay motivated during the winter months and make as much progress as possible it is essential to know the purpose behind each session, why are you training? Do you want to improve or are you happy with how you are performing each year?

I believe the most important thing is to enjoy your sport, if you are committed to becoming fitter or faster and want to get the most from your winter training to enhance your performance next year I suggest that you work through the following with a pen and paper. Keep your notes handy and when it is particularly cold or dark you can remind yourself of what you have committed to do.

Step 1

Decide on one large dream goal, something you would like to achieve next season. When deciding on your goal try to make sure it is smarter (see below).

Step 2

Assess your current performance/ ability in those areas which will aid you in achieving your goal i.e. assess your strengths and weaknesses. For this you need to be very honest. There are five broad areas that will affect how you perform in just about every sport: **technical, tactical, mental, physical and lifestyle**. Each of these can be further broken down into many more specific factors. The table below includes a few examples of the components that make a successful kayaker.

These examples are not definitive but give you somewhere to start from. You should include as much detail as possible specific to achieving your dream goal. The list will be different from an endurance paddler to a sprinter or white water athlete, especially in the physical and technical areas. Once you have your list, rate yourself out of ten for each component. With one indicating little or no ability or commitment and ten indicating that you are as good as you feel the 'ideal' athlete needs to be to achieve your chosen goal. For instance, if you kayak in Division 8 and would like to move up to Division 5 look at the best examples of athletes in this category and compare yourself to them. How do you score if they are a ten in each of these areas? Be honest and realistic, you may rate yourself highly in several areas, which is great, but we are also interested in the ones that you find yourself lacking.

Step 3

Knowing your dream goal and having a true assessment of where you are in relation to achieving that goal, highlights the areas of improvement needed. This knowledge allows you to form your process goals. These are the specific actions you must implement to move you towards achieving your dream goal. Process goals should as much as possible be smarter.

Sometimes it can seem like you need to improve in an overwhelming number of areas, it is important to pick those areas that will have most impact on your performance. Typically it is advisable to pick three or four process goals to focus your commitment on at any one time.

When motivation is low, remember that the cumulative attainment of your process goals will make the likelihood of you achieving your dream goal far greater by equipping you with the necessary skill, fitness and mental attitude to succeed

Step 4

So now you have a dream goal, motivation is high and you have a very good idea of which areas you need to improve on. It's time to make a plan, one that keeps you focused and heading towards your goals throughout the winter. For the majority of canoeists their process goals will focus around fitness and endurance, speed, strength, power, flexibility and technique. Remember that training is a very personal thing, dependent on the ability of the athlete and the event they are training for, it is therefore impossible to give specific guidance on how to plan winter training. However the following considerations may be useful.

Winter training

Every session you do should build on the last one, this is why it is vitally important to plan ahead and have several weeks of training written down in advance so you can see where you are heading with each session, when you decide on the night what the session will be, it is easy to lose focus. When developing your training plan you have to be realistic about the amount of time you are going to commit to it. Your time commitment together with the identified process goals will allow you to prioritise the sessions most beneficial to you (see table next page).

Step 1

When deciding on your goal try to make sure it is SMARTER

- S Specific.** Detailed as possible i.e. do a certain time for 1000m.
- M Measurable.** A quantifiable distance or time.
- A Achievable.** A realistic level of improvement.
- R Relevant.** An obvious connection to your goals.
- T Timed.** A specific date by which the goal will be reached.
- E Exciting.** Something, which inspires or motivates you.
- R Recorded.** Written down.

Step 2

Assess your current performance/ability in those areas which will aid you in achieving your goal

Technical	Tactical	Mental	Physical	Lifestyle
Leg drive	Race plan	Positive approach	Endurance	Dietary factors
Positive catch	Start procedure	Mental toughness	Strength	Sleep patterns
Hip rotation	Wash hanging	Perseverance	Power	Hydration
Recovery hand position	Re-hydration strategy	Visualisation	Flexibility	Stress@home or work
Trunk rotation	Portage procedure	Loving adversity	Core conditioning	Family/work/sport balance
Posture and head position	Race day plan (meals, warm up, start times, travel etc)	Recognising limiting beliefs (and removing them)	Range of motion	Social life
Blade exit	Race experience and knowledge	Self confidence	Power endurance	Excessive drinking!

Process goal:

To improve endurance

Training session focus:

Increase aerobic capacity

Session should include a minimum of 40 minutes effort; this time can be divided into bursts of effort typically between three to eight minutes and with a short rest, typically around one minute.

EG Ten sets of four minutes on and one minute rest.

EG Five sets of eight minutes on and one minute rest.

Tip: all efforts must be done at a consistent pace, rather than for example race one rest one, which reduces your 'effective' training time by half.

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Winter training

Process goal:

To improve boat speed

Training session focus:

Speed session

It is important to include some speed sessions regularly throughout the winter. The general guidelines for such sessions are short efforts up to about one minute with longer rests, typically three times the time of the effort.

EG Ten sets of one minute on, three minutes off, rest, then repeat.

EG Ten sets of 30 seconds on, 90 seconds off, rest, then repeat.

Tip: Be as powerful as possible whilst maintaining very good technique.

Process goal:

Improve technique

Training session focus:

Technique drills

The drills you do will be dependent upon those areas of your technique that have been identified as needing improvement. For some people their process goal this year may be to seek advice on their technique from more experienced paddlers or coaches, who can help identify specific drills relevant to weakness in your technique. Whilst your technique should always be thought about during every session, specific technique sessions are often run near the bank so your coach can comment and keep an eye on you. For those of you with no coach you can ask fellow paddlers to comment on the areas you are trying to improve upon. For example when sitting on a paddling machine look for symmetry of arm movement, is your head still or rolling around? Are your shoulders level? Do you have good leg drive and trunk rotation?

Process goal:

Improve flexibility and core strength

Training session

focus:

Land exercises

To minimise the risk of injury and maximise the power

you can deliver per stroke it is important to include some land based training. You don't need a large amount of space or any fancy gym equipment to perform many beneficial exercises. This is a great time to change what you have always done and add some variety to your land training. You can try the following:

EG Swiss ball press ups. Keeping your feet on the floor, place your hands on the ball so that your chest is positioned over the apex. Lower your chest to just touching the ball and return to arms extended. Try ten reps in one to three sets. This will help build strong shoulders and core strength that can be transferred back into the boat.

Tip: Do not bounce off the top of the ball; you must maintain a rigid body position with no sagging. Keep the area clear of obstacles around you in case you fall off!

EG Chin ups. Rather than the usual easy chin ups on a fixed bar which allow you to cheat somewhat with excessive body movement! Try them from individual handles or a swinging bar (or rope). This will help you maintain good form and be super effective at conditioning your shoulder stabilisers.

EG Hamstring stretches. A very important component to your posture in the boat and also, looking after your lower back when training. effective hamstring length will allow a good leg drive and hip rotation whilst reducing excessive rounding of the low back allowing for better trunk rotation.

Training is a way of pushing your body to new levels of physical stress or demand so that during the rest periods you will adapt and then be more capable of achieving those levels next

time, thus showing an improvement. This works in both ways so if there is no stress from training any new levels, then

your body will adapt back to the current level of stress (or lack of) you are imposing upon it, and therefore show no improvement. This is why it is so important to get the right balance and variety for each individual person to keep progressing, both in the amount of stress you give yourself in training and the amount of time resting and recovering.

When writing out your plans remember to reassess your progress and plan on a regular basis so you can keep adapting to any change in circumstances, this will help keep your enthusiasm and motivation high. The diagram below details the basic principle behind any improvement cycle.



When river conditions and the weather seem intent on making your life miserable you will do well to remember that there are lessons and growth in

“You can achieve anything you want in life if you have the courage to dream it, the intelligence to make a realistic plan and the willpower to see that plan through to the end”

everything we do, when you always hide from the bad weather instead of getting used to it I can almost guarantee that on race day the weather will test you again (remember the DW this year and all the sprint regattas!). One phrase I learned when training for the Olympics was “learn to love adversity”. With this attitude you will be ready to face and enjoy the delights of training through a British winter.

If I was asked what the most useful piece of advice I could give regarding winter training it would be plan, plan and plan. Then do, do and do. ●

Ian and Paul Darby-Dowman in the back, during a warm weather training camp in Zamora Northern Spain in 2004 before the Olympics.



“If you always do what you have always done, you will get what you have always gotten”

Outcome goal

Olympic qualification at European Championships May 2004

IAN WYNNE 2004 GOALS

Win GB's first Olympic medal in K1 500m

Performance goal

In ideal conditions 1.36.00 secs

Process goal (WHAT)

Fitness

Improve high lactate tolerance.

Tactical

Improve starts to keep in the race early.

technical

Speed of catch.
Improve top recovery hand.

Mental

Mental imagery and removal of limiting beliefs.

Lifestyle

Improve diet.

HOW

1. Discuss with coach training plan
2. Increase lactate tolerance sessions
3. Regularly test and monitor sessions to make sure I'm in the zone

1. Pace control sessions
2. Practice starts every session
3. Improve race plan

1. Feedback from coach
2. Exercises on water 10 mins each day
3. Improve concentration

1. Visualisation
2. Use relaxation techniques
3. Expand realm of

1. Eat as much organic as possible
2. Increase protein intake to 80%
3. Reduce refined carbs

4. Spot markers on course before event

4. Hydrate, hydrate

WHEN

Jan-April

Jan-April

Jan-April

Jan-April

Now



Winter training Devizes to Westminster

Autumn is here and your mind turns to the next canoeing season along with your plans for 2009. Remember that brave comment you made over a cup of tea or in the pub that you would like to have a go at the Devizes to Westminster marathon canoe race?

By John Handyside

Well now its time to take up your paddle and get out there and prepare yourself (and your land crew) for Easter. The race is 10-13th April 2009, so you have plenty of time to set up and follow a training programme and have a proper build up to a challenging but truly enjoyable event. There are a variety of classes you can get involved in... take your choice.

Senior doubles

Senior doubles crews race 125 miles from Devizes to Westminster without stopping. Starting on Easter Saturday, they paddle straight through the night and finish on Easter Sunday.

Junior crews

Junior crews and senior singles do the same course but spread over four days. They stop overnight at Newbury, Marlow (Longridge), Teddington and finally Westminster! As part of the race, junior crews camp each night and prepare their own food.

Endeavour class

There is also an Endeavour class, which is open to all over 18 years of age. It is not a race but the participants complete the same course and stages as the junior crews and senior singles do. The Endeavour is an ideal class if you are not out to win the event and are doing it for the challenge or raise money for charity.

How do you train for such an event?

To do the race successfully at senior level non-stop in K2 is a team effort. This team is not just the crew in the boat but the support crews, the coaches and all those involved in the months of winter training prior to the race; and yes, it is months required for training especially if the paddlers taking part do not have much of a background in marathon racing and paddling K2s (kayak doubles).

To do well and this does not mean necessarily winning or finishing in the top three, it means taking on the challenge and completing it, setting a time target and achieving it, even just doing the race to finish, still means having a target time to achieve and sticking to a schedule. There is a tide to catch at Teddington, missing this means the end of the race, as after 100 miles the chance of pushing through an incoming tide is quite slim.

I first got involved in DW, way back in 1971 when Richmond Canoe Club decided to take advantage of a relaxation in the support crew rules and go for winning the event. Up to then it had been very much to the advantage of the armed services with the support they could muster for their paddlers. To cut a long story short, we were something like first, third, fifth and seventh in the race and won the team event by quite a margin, the first 'civvy' crew to do so for a while.

What I learned then under the guidance of Roland Lawler and during the years in terms of training, paddling technique and following the race, I had a chance to put into practice when approached by two female paddles from Loughborough University CC two years ago. They wanted to take part and they wanted to win the University Trophy for being the fastest student crew.

As far as being marathon paddlers was concerned, they were nothing special, one was a GB wild water racing paddler and the other had completed the race as a junior and in the Endeavour event. Both could paddle a K2 together but only one was happy in a K1 at the start of the training.

Training started in October. There was a discussion about expectations, the level of success that was being sought and the commitment that was needed to achieve what they wanted.

To start with they both had to learn to paddle with good, sound technique and be able to maintain that technique to keep the boat running efficiently throughout the duration of the race. A lot of work was done in the early training sessions on sitting in the boat correctly with good posture

and good connectivity and developing a good efficient paddling technique. The work on technique never stopped all the way through in every session, when the technique started to break down, the effort was reduced until it came back again. In the first period of training up to Christmas, the Paddling Ergo was a much used tool in training for establishing good technique, maintaining it and then working on developing it further. During this time training sessions were held on and off the water. A lot was done on the regatta course at Holme Pierrepont where times could be taken on consistent water in order to monitor progress and start to look at what sort of time could be achieved.

As soon as the crew was ready in terms of technique, boat confidence and ability, then training commenced on the

River Trent. Steadily increasing the distance and the pace, whilst not forgetting the all important points of posture and connectivity in the boat as well as technique. From a race specific point of view, there are locks that can be portaged on the Trent – practice on these was a very important element at this stage. Any problems in the portaging were resolved back at Holme Pierrepont where there are a lot of options for different types of portage (high, low, wet or dry). Again times were logged to see how the crew were faring and what times they could expect to achieve. It was beginning to become evident towards the end of the year that a good time was seemingly possible and that there may be more to aim for than just the student prize.

As the year came to an end, circuit training with Nottingham Kayak Club commenced, this involved two sessions a week with running, aerobic body weight exercises and basketball included. This was a vital part of building up the endurance over the winter, especially when it wasn't always possible to paddle.

The mileage increase involved steadily increasing the distance paddled, or at least the time out on the water to up to five hours at a time. Sessions were done in the evening and in the dark, as the night paddling during the race was going to play a significant part.

When time and weather suited, as much training was done over weekends on the actual racecourse itself, this involved using the Waterside and Thames series of races for important rehearsal time. Where this didn't cover every part of the race course, then specific sessions were done on the those parts of the canal or the Thames. In the end every part of the course was paddled, except for the final section from Putney to Westminster. The parts of the course that were to be done in the dark were either paddled in the dark or every portage inspected in the dark. A fundamental part of the preparation for the race was to rehearse the maximum amount possible and become familiar with every part of the race in the conditions it was going to be raced in. At the same time as the course was being practiced, all these training sessions were valuable testing times for equipment, clothing, and especially food and drink. This was both in terms of systems used for drinking, the type of food and drink that was consumed and the frequency of consumption.

In the end the race preparation was successful with the girls achieved their

Events to help you with the build up to DW2009

Waterside A

15 Feb. Great Bedwyn to Newbury
13.5 miles – 21 portages

Thameside 1

22 Feb. Aldermaston to Caversham
12 miles – 13 portages

Waterside B

1 Mar. Newbury to Aldermaston and back
17.5 miles – 19 portages

Thameside 2

8 Mar. Caversham to Marlow
19 miles – 8 portages

Waterside C

15 Mar. Pewsey to Newbury
23 miles – 35 portages

Royal K1/K2 (& C1/C2)

22nd Mar. Runnymede to Teddington
19 miles – 8 portages

Waterside D

29 Mar. Devizes to Newbury
34 miles – 35 portages

DW 10-13 Apr



original goal, even overtaking the male opposition going for the universities prize. They also won the women's event in the second fastest time ever, finishing in less than 20 hours. A fantastic achievement especially as the weather overnight was one on the worst on record.

Another very important factor in the race is the training and preparation of the support crews; this is a separate topic on its own and will be covered another time. ●

Stewart Island

circumnavigation

The island is the third island of New Zealand, with a population of only 450 living in Oban on the East Coast. We intended paddling the 200km coastline and would have to be self-sufficient. We decided that this trip was a golden opportunity to raise funds for charity. Parkinson's Disease and Breast Cancer Research being close to our hearts meant the choice was easily made.

Now, here we were in the local hotel discussing our plans over a beer with Liz Cave, who runs a local kayak touring company.

Liz was a great source of information, knowing these waters as she did and having completed the circumnavigation herself. She even kindly donated her own VHF radio to us as we had been told that coverage was extremely limited but this wasn't the case apart from the far South Cape area and pointed out some good camp spots.

Day one: Halfmoon Bay/Xmas Village Hut (21km)

Off we paddled up the East Coast, passing wonderful sandy beaches and clear blue waters. If only the sun was shining and it wasn't raining! Where were we again, North Wales?

That night we stayed in Xmas Village Hut. One of a number of well used Department of Conservation Huts throughout the island.

Day two: Xmas Village/East Ruggedy Beach (23km)

We woke to a lovely morning, the sun was shining and the wind had dropped. Just as we were passing Saddle Point I noticed this sole Sealion lying flat out on the rocks. It wasn't in the least bothered about our appearance and only sat up momentarily before continuing with its snooze.

The further along the north shore we paddled the more impressive the cliffs become. Soon we were fighting temptation not to start exploring the numerous caves along the coastline. We were only carrying six days worth of food and we couldn't start playing with our progress until later in the trip.

We finally arrived in the Ruggedy area and headed in to the beach to be met by a tramping Scotsman. He was staying in the local DOC hut,

which unfortunately was a 20-minute trek away and not really feasible with all our stuff. So the beach it was.

At first glance camping on a gorgeous beach would be first choice every time, however the local population of sand flies, evil little creatures about ten times bigger than midges and with a worse bite had started to make their mark.

Giles had been successful in adding to our dinner with our first catch of fish. Everywhere we had gone previously they had mentioned how good Blue Cod was to eat, well we were about to see for ourselves.

Day three: East Ruggedy/The Gutter Mason Bay (34km)

Leaving East Ruggedy we passed some very impressive caves and cliff faces as we started our journey south, an important change in direction. We were now commencing what we expected to be the hardest part of our trip.

On we plodded aiming for the headlands in the distance, West Ruggedy, Waituna Bay, Big Hellfire Beach and finally Shark Island, one by one we completed each section.

Now we had entered Mason Bay, an enormous beach some 13kms long and prone to large surf. Needing a break we decided we'd try our luck in Little Hellfire Beach. We soon saw why it had its name!

Coming in first I noticed the rocks scattered around hiding under the seaweed, plus this beach wasn't a sandy one but one made of pebbles





which rose from the sea at a severe angle with tree trunks lying at the back.

With the next surf wave soon approaching I paddled as quickly as I could and avoided the obstacles in the way and landed on the beach. Boats quickly dragged up the beach and soon our little stove was smoking away with noodles and brews to order.

Lunch finished we headed out into the surf and were soon pondering what it would be like to land on the main beach. We soon realised that it wouldn't be a great proposition as the swell rolling in was around three metres in height and we weren't that close to the beach yet, deciding that it would be better to continue to the far end of the bay rather than risk the surf.

As we'd suspected the surf was nonexistent on the far end of the beach. We were also able to finally communicate with Maureen, a local lady who ran a VHF radio listening post and provided weather reports, to inform her of our whereabouts.

Day four: rest day (0km)

We'd decided the previous night to make the most of the forecasted strong winds and take a rest day. As we'd woken to find ourselves being blasted and having to dig the tent in winter climbing style to keep it from blowing away we agreed that we'd made the right decision.

Day five: Mason Bay/Tuperi Bay (35km)

We woke the next day to find a completely different scene. The wind had died away during the night to be replaced with a thick sea fog. We packed and headed off into the mist. We didn't want to follow the coastline as this would take us back into surf territory crossing Doughboy Bay so we paddled away on a compass bearing. An hour later we had



done it, we had crossed Doughboy Bay and linked up with the coast again.

We could see in the distance, South Red Head Point where we'd been told were some over falls. This added a little interest to what had become a slog through the mist. This was obviously a good fishing spot as we paddled through an extremely large flock of Mutton birds. Boy can they fly.

The weather had cleared up nicely as we approached a number of small islands and our intended camp spot for the night, Easy Harbour. It didn't make sense to stop though as we hadn't even had lunch yet. So we decided to make this our lunch spot.

Looking at the map only two areas looked probable for camp: an unnamed bay or Tuperi Bay. The first one blanked out so we continued south. Tuperi Bay was like a maze of small inlets leading to small beaches, which unfortunately would be under water at high tide. Giles had decided to make the most of one of these beaches for a quick pit stop so I continued searching. Passing a ledge with a cave above I spotted something looking back at me. I quickly reversed and saw it was a penguin. Without getting out my boat I couldn't get to see it any closer but I didn't want to scare it.

Virtually on the beach this giant looking boulder raised its head and roared at our approach. A few more roars and the Bull Sealion decided he'd done enough to announce that it was his beach and returned to his slumber. Not wishing to cause an upset we headed further along the beach.

Heading off with anticipation of new supplies we were more than surprised to find the hunters hut full of hunters. They greeted us warmly and presented us with our supplies, tea and biscuits. Only when they enquired where we intended camping next that we found that there was no room at the inn, so to speak, so we had to continue further into the Pegasus area.



out in front of me. I couldn't believe my luck, this continued for ages before he eventually headed off towards Giles.

Following a quick pit stop at Kuri Point (30km) we continued towards the Lords River area. We had thought of staying around here but as the tide was still with us and the weather was great we just continued onwards.

Eventually we passed the Mutton bird (Titi) Islands, which meant that from this point onwards we were heading north. Oh this felt good, we were virtually on the home leg. One more night's camp and we'd be back to civilisation, well Halfmoon Bay.

Liz had told us about this lovely little bay but never mentioned the fact that there was a hut of kinds there. We couldn't believe our luck, another beautiful beach, somewhere to camp and a hut.

It had two tables a chair and best of all a fireplace. We decided we'd still camp as the floor was sand and earth but this became our base. We cooked in here in the warmth of a glowing fire (the hunters had even provided a stock of firewood).

We hadn't been here too long when a small inflatable roared up the beach. Out jumped a group of hunters



“They suggested to us not to wander too far from camp as we might be shot being mistaken for deer!”



I continued back to where we'd entered the bay to some ledges I'd spotted coming in. These would be fine for bivvying on, plenty of space to get the boats out of the water and no sand flies, or so we thought!

Before we'd even set up camp a new interest had been found. Just below us hidden in the rocks on the seaweed was a new Sealion. We spent a good while watching and filming. David Attenborough eat your heart out.

Day six: Tuperi Bay/The South Cape/Bens Bay (35km)

Today, we headed for the cape. The weather was good, the tide and wind were running the right way and everything was set.

We soon left behind Tuperi Bay and entered the final stretch of land before the cape. As we grew nearer our excitement rose and finally we were running along the southern shore. We'd done it, we were going east and the feeling was great. The wind was so strong it allowed us to use our paddles as sails, moving at over five knots.

The distant scenery slowly began to change, showing the mountainous spine of the island similar to South Island. We continued paddling without stop until we reached Ernest Island. When researching Stewart Island I'd spotted what looked like a great beach via Google Earth. That beach had to be our stop.

We were now in the Pegasus area and closing in on our food dump which had hopefully been dropped off by a friendly fishing/hunting guide. First though we headed towards the Ernest Island beach and it looked as good as it did on the web.



It wasn't long until we found one of their recommended camping spots and although we weren't indoors our travelling companions didn't seem too aggressive (the sand flies). It didn't take too long before we dined on our new rations. Onions, carrots, potatoes, fruit and even red wine, we were definitely dining in style this evening.

Day seven: Ben's Bay/Port Adventure (48km)

By now camp life just seemed normal. Wake up, brew on and something quick to eat then back into the old paddling clothes. They didn't even seem to smell or were we just used to it?

Each bay we passed we seemed to encounter more and more Sealions. I was just starting to think how different they were to seals back home, in that they never approached or seemed curious about us when this young Sealion slipped off his rock and headed straight towards me. He surfaced only a few feet from me then started swimming along side, diving from side to side under my boat. He then began running ahead of me continually diving then jumping

who asked did we realise that we were right in the middle of a hunting area. They suggested to us not to wander too far from camp as we might be shot being mistaken for deer!

Day eight: Port Adventure/Halfmoon Bay (28km)

Waking on our final day we were excited that we were nearing the completion of the trip. The weather couldn't have been better, hardly any wind, blue skies and the sea was flat.

Having made the East Cape by lunch we decided that we'd have a quick stop. Refreshed we paddled on but in totally different conditions Heading off into a north-westerly Force 5 that had been gradually picking up during the morning.

From here we had to cross five bays each a kilometre or so long then finally cross the Paterson Inlet. With the direction of the wind this became a struggle of paddlers against wind.

One by one the crossings becoming harder, we now faced our last challenge. The fight was on, what we had expected to be an easy last day was turning into a real nasty sting in the tail. Leaving Bullers Point it seemed at first as if we were going backwards never mind forwards. Our struggle continued for roughly an hour and a half before we finally made Ackers Point.

The pain soon disappeared when we saw Halfmoon Bay harbour. We'd made it and the first circumnavigators for 2007, we might even be the first British paddlers to have completed the trip unless you know better.

Now where's that bar! ●

GORDON NEIL

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Bride and Groom say "I canoe!"

'Water' an unusual way to get to your own wedding. Bride and groom David Cayford and Jacqueline Fitzpatrick had the wedding of their dreams when they shunned tradition and exchanged vows in a canoe on the River Stort. The pair, from Harlow, paddled separate canoes to the register office at Bishop's Stortford where they tied the knot.

Two days later their marriage was blessed as part of an elaborate reception for more than 200 guests while they stood in canoes moored on the river in front of Bishop's Stortford Canoe Club.

Congratulations to them.

Actually there are many churches and possible places for tying the knot along our inland waterways so yet another reason for greater access.

Swimhiking

People are enjoying the great outdoors more and more. With sports like swimhiking being developed there are many, many more that will need certainty and clarity concerning access. A growing number of people have started to take up this new sport which a combination of hiking through the countryside and crossing rivers or lakes by swimming with a waterproof backpack.

Tours by water

Danny Gillard used to look longingly at the Thames from his desk at a London insurance company. Sometimes he'd get up at dawn and tow his kayak to Tower Bridge where he'd go for a morning paddle before changing into his suit and tie. This gave him the inspiration to set up a company offering tours by canoe of the river Thames. What a wonderful way to see London. Peaceful and green!

Other towns and cities and countryside areas have the potential to do the same if access to our water was available!

Greater interest and participation in water sports since Olympics

In a recent Times supplement Best of Boating there was a piece titled 'Buoyant sports enjoy Olympic boost'. The article says that since the success at the Olympics the sports of canoeing, rowing and sailing have inspired others to take part. All three sports have seen a huge increase in the numbers asking for more information about how they can participate and many, many clubs are experiencing a dramatic increase in the numbers attending open day and booking on courses etc.

For example hits on www.timbrabants.com soared to more than 500,000 during the games. He got hundreds of e-mails from people who watched the race and were asking how they could go kayaking too! Tim also states how the sport of canoeing is good for people's health.

Now all we need is access to go canoeing inland, so all those who want to take part can do so near to where they live.

Canoeists put the waterway to the test



No this is not the main River Thames, it is actually part of the hidden Maidenhead Waterway where it runs southwards just to the side of Braywick Park. If only people knew it was there and what a wasted asset this is!

On Saturday 26th July group of 24 canoeists in 20 canoes set out to prove beyond doubt and demonstrate publicly, the right of navigation along the Maidenhead Waterway. Accompanied by the local press and a film crew the event was captured for posterity and was a great success.

The event was organised by Richard Davenport, Chairman of the Trustees of the Maidenhead Waterways Restoration Group, which is dedicated to restoring the disused and neglected waterways that still run through Maidenhead town centre. For more information see www.maidenheadwaterways.org. Richard and fellow volunteers from the group have for a long time wanted to paddle the southern section of the waterway, to explore what is a substantial and beautiful stretch of water and to exercise the right of public navigation along what remains officially 'main river'.

The group set off from Green Lane and as well as paddling the river they surveyed the channel water depths, bridge clearances and obstructions, dealing with or bypassing minor obstructions as they went. Trees and branches proved the major obstacles but with the help of a little trimming, paddling was able to continue right down to the Thames at Bray Marina.

On the survey side they had some very encouraging results from the day and captured a huge amount of data. They unquestionably proved, the channel from Green Lane to the Thames' is in practice already navigable for small boats.

There are a few places where silt or sand banks limit water depths or narrow the channel, but in general the (unrestored) water depths are 50-80cms along this section of the waterway and in places well over one metre. Most importantly, where there are shallows there are also deep silt layers, suggesting that the actual bed level, with some limited dredging and tree clearance work, should support a water depth of one metre for the entire waterway beneath the lock planned for Green Lane. Regarding the bridge heights surveyed, they found nothing that posed a headroom problem.

The canoeists there on the day, were aged from six upwards and included Shaun Baker and Ollie Harding from Longridge and Fran Faulkner of the Windsor Canoe Club.

The group unquestionably proved the channel from Green Lane to The Thames at Bray Marina is in practice

lifted out of the water. It is also a quite beautiful stretch of water in places, with lots of wildlife, yet the waterway here is almost completely hidden and rarely seen by anyone due to the lack of public footpaths along most of the route.

There are many waterways around the country with a similar status. The Maidenhead waterway is an excellent example of a hidden waterway which when used would bring to the town an economic boost as well as providing greater opportunities for canoeing and activities for other smaller craft. Plans to restore the waterway up to and around the town centre are expected to form a key element of a new master plan being drawn up by the Royal Borough of Windsor and Maidenhead (RBWM) with the help of consultants DTZ and BDP. Both RBWM and the Environment Agency have publicly backed the waterways plan, which many say is just what the town needs to put the 'jewel' back into 'the jewel of the Thames'.

A video report of the day can be seen on the Maidenhead Advertiser's web site at www.maidenhead-advertiser.co.uk/news/article-7419-watch-canoeists-put-the-waterway-to-the-test/

Making the town sections of the waterway usable remain challenging, but under the group's plans a lock and weir at Green Lane will raise and stabilise water levels in the town centre, as well as permanently filling the flood relief channel that currently runs dry across Town Moor. The first stage of the restoration will be aimed at small boats including canoes, with later enhancements planned to allow larger boats in, as and when bridge height restriction can be overcome.



already navigable for small boats. With a bit of branch cutting back of fallen trees, all the boats that set out for Bray got through without needing to be

The Big 5 Kayak Challenge launched at Southampton Boat Show

A team of experienced kayakers have launched their Big 5 Kayak Challenge at the 2008 Southampton Boat Show. The challenge will see the team tackle five different expeditions that will take them to remote locations in the UK, Canada and the USA during the next year.

The first leg of the challenge saw the team circumnavigate the Isle of Wight. Leaving the Southampton Boat Show on Friday 19th September, they returned to the boat show during the afternoon of Sunday 21st September. The team were self-sufficient, carrying all the equipment they needed for the 70 mile trip in their sea kayaks, including camping equipment used on Friday and Saturday nights. A support boat, piloted by team member Rob Jenner, of Projected Vision www.projectedvision.com accompanied the team from the boat show to the Isle of Wight and on the return leg.

The final destination for the team will be paddling the Inside Passage which runs for 1,000 miles along the west coast of Canada to Alaska. The team will also paddle across the English Channel (about 40 miles) from Lands End to the Isles of Scilly (30 miles) and the length of the Thames from source to sea (200 miles), stopping in at the London boat show in January 2009.

The team have chosen two charities whose work is nothing

short of amazing and aim to raise, through sponsorship, significant sums of money for these good causes. All the costs associated with the expedition are being met by the paddlers themselves and all the money raised will go directly to these two charities.

The Willow Foundation was set up by Bob Wilson, former England and Arsenal goalkeeper to provide respite and activities for terminally ill children.

www.willowfoundation.org.uk/ Muscle Dreams was established by Michael McGrath, to offer activities, experiences and support to Michael walked into the history books by being the only disabled person to walk to both the north and south poles. www.musclehelp.com

The Big 5 Kayak Challenge is being recorded on HDD video format to make a film of the highs and lows of this adventurous expedition. News and updates from the team and details of all their sponsors and supporters will be available from their website www.big5kayakchallenge.com.

River Access Campaign

The team aim to raise the profile of two important campaigns: the River Access Campaign and the Solution is Simple.org. The River Access campaign led by Canoe England, aims to provide the right to paddle more English rivers (currently only 2% allow open access). The Solution is Simple.org is a powerful lobby to



governments to take climate change and global warming more seriously. Led by their ambassador, Alain Robert, the French free-climber, they champion three simple messages

1. Stop cutting down trees. Plant more trees.
2. Make everything energy efficient.
3. Only make clean energy.

World class support

The core team of experienced paddlers includes a former international pole-vaulter, David Gordon and founder and managing director of Majorsporty.com, Richard Harpham. They will be joined along the way by world class paddlers Helen Reeves (Olympic slalom medalist), Tamsin Green (world number two surf kayaker), Dan Green (GB surf kayak team) and Caoimhe Ní Chuinn (captain of Ireland's canoe polo team).

Preliminary Schedules

1. Round the Isle of Wight from Southampton Boat Show was completed on the weekend of 19-21st September



2. Paddling The Thames via the London Boat Show
9th January 2009 – Press Day
Raise PR at the London Boat Show
16th January 2009 – Challenge begins
17th January 2009 – Challenge on
18th January 2009 – Challenge ends at London Boat Show
3. Paddling from Lands End to the Scilly Isles
www.scillyonline.co.uk/
www.ukseakayakguidebook.co.uk/short_trip_reports_scillyguide.htm
4. The English Channel – circa 30 miles
Dependent on route
http://becher.com/channel_crossing.htm
5. Paddling the Inside Passage (Vancouver to Alaska)
June 2009 est.
Exact details to be confirmed.
Background Information
www.guardian.co.uk/travel/2008/jul/01/canoeingandkayaking.europe

Keep up to date with the news and views at www.riversaccess.org



Competition – Beijing Olympics 2008

A medal bonanza



"That was exactly the race plan we wanted, that is what we have been working on all year in how to race an Olympic final.

"In the first two strokes there was no doubt I was going to win the race. No-one was going to come past me, I felt fantastic."

Tim Brabants:

K1 (kayak single) 1000m
Gold medal
K1 (kayak single) 500m
Bronze medal



It was one of those moments that people will ask in years to come, like "Where were you when JFK was shot?" Or when Mrs Thatcher resigned? but now it's "Where were you when Tim Brabants won canoeing's first Gold medal at the Olympics?" At 08.30hours (BST) on Friday 22nd August, there were many of us both canoeists and non-canoeists alike, who were shouting encouragement at their TVs. Tim must have heard us all. What a race and what a result!

Taking the dog out for a walk once I'd had a cup of tea to clam down, many of the dog walkers I met commented on how wonderful the race had been and what a fantastic achievement. Since that day many non-canoeists have commented on 'the' race and 'that' medal and how exciting both the slalom and flat water events were at the Olympics. It had millions of us on the edge of our seats.

Since David Florence's fantastic Silver medal and his stunning run down the course along with the medals won by Tim, many of our canoe clubs have experienced a dramatic increase in enquires, with people coming along for taster sessions and courses. Maybe some of these may be the stars of the future. The achievements at the

Olympics by Tim and David has also led to an increase in people of a variety of ages wanting to get fit and participate in recreation canoeing too. The Team GB canoeing athletes stayed in the Beijing Eastern Gardens Conference Centre, which was minutes away from the regatta and slalom course. This helped tremendously with the training and dramatically cut down on the travel time to and from the venue, which was quite long for other teams based in the athlete's village.

Did you see the Daily Mail Newspaper on September 1st? If not then here is the link: www.dailymail.co.uk/news/article-1051116/Team-GB-celebrated-games-success-forming-storey-human-pyramid-Olympic-village.html

It shows Campbell Walsh and David Florence having a great time in the village as they form part of the Olympic Golden Pyramid. The canoeists shared their accommodation with the rowers and long distance swimmers and a really great rapport was established between them. They also went out to cheer each other on during the competition.

The hotel as already mentioned had two embassy chefs so the food was enjoyable and plentiful. What was missing in the initial stages was

coffee! The hotel had decided that coffee was unhealthy and was not on the menu. However, a little negotiation took place and coffee was soon available.

No one really expected the weather to be so extreme from hot sultry hazy days to torrential down pours and storms. Sometimes it was raining so heavily that your head felt it was going to split under the pressure of the rain. The canoeing competition, along with the rowing and sailing, was even postponed because of the weather.

The team were able to keep in touch with what was going on because they had BBC TV piped in to their lounge so they were not too isolated from the outside world.

Upon their return many of the athletes have been in great demand including Dr Tim Brabants and David Florence. You may well have seen them both on the steps of the plane at Heathrow as they were welcomed back. David Florence was on the open top bus that drove through Edinburgh along with the other Scottish Olympians including Chris Hoy. What an experience!

Tim being cheered on at the National Marathon Championships. Photo: Matt T. Brown



Tim has also had a busy period with TV interviews both regionally and nationally. These include taking part in A Question of Sport, The Jonathon Ross Show, radio interviews and other media interest. Not only is this excellent for Tim and David but it also promotes the sport of canoeing. Not all of us want to, or are able to be Olympic medal winning athletes, but the raising of the profile has already led to a greater media interest with other aspects of canoeing.

The Slovaks who are regarded as the masters of the single blade in slalom were so impressed with David Florence's run that they intend to send their British based ambassador to congratulate him in person.



David Florence

Slalom C1 (canoe single) Silver medal



How well did Team GB do?

Country	Gold	Silver	Bronze	Total
1 China	51	21	28	100
2 USA	36	38	36	110
3 Russia	23	21	28	72
4 Great Britain	19	13	15	47
5 Germany	16	10	15	41
6 Australia	14	15	17	46
7 South Korea	13	10	8	31
8 Japan	9	6	10	25
9 Italy	8	10	10	28
10 France	7	16	17	40

The fantastic fourth place for Team GB has led to a revision of the target for 2012 to third! As far as canoe/kayak goes, it made a sizable contribution to this magnificent position.

Which sports won the medals for Team GB?

Sport	G	S	B
1 Cycling	8	4	2
2 Sailing	4	1	1
3 Swimming (all)	2	2	2
4 Rowing	2	2	2
5 Athletics	1	2	1
6 Canoe Kayak	1	1	1
7 Boxing	1	0	2
8 Modern Pentathlon	0	1	0
9 Equestrian	0	0	2
10 Gymnastics	0	0	1
11 Taekwondo	0	0	1
	19	13	15

In Athens 2004 canoe/kayak was also sixth in the table. The change in Beijing 2008 in terms of other contributors is the inclusion of swimming above canoeing and the slide down the table of equestrian. The number of medals and the team sizes for in swimming and athletics are far greater than the size of the team that canoeing are allowed to take, or indeed the number of medals that can be competed for. For canoeing it is an excellent result.

Distribution of canoeing medals between countries

Country	Gold	Silver	Bronze
1 Germany*	3	2	3
2 Slovakia*	3	1	0
3 Hungary	2	1	1
4 Belarus	2	0	1
5 Spain	1	2	0
6 Australia*	1	0	3
7 Russia*	1	1	1
7 Great Britain*	1	1	1
9 Ukraine	1	0	1
10 China	1	0	0
11 Canada	0	1	1
11 Italy	0	1	1
11 France*	0	1	1
14 Denmark	0	1	0
14 Czech Republic	0	1	0
14 Norway	0	1	0
14 Poland	0	1	0
18 Austria	0	0	1
18 Togo	0	0	1

* Indicates countries who won medals in both canoeing disciplines

There is a much broader spread of medals among different countries. This exciting development and widening of the sport has been achieved through the universality policy of the International Olympic Committee and the International Canoe Federation.

"I've got an Olympic medal, I'm absolutely delighted, this really is a dream come true. It's been a long, long time coming and means everything to me."



David Florence collecting his Silver medal

Lucy Wainwright

7th in K1 (kayak single)



Want to be Olympic medallists like Tim and David?

Well did you know that Tim has not always been a flat water racer (although he was junior flat water World Champion). He was also a world class marathon paddler. In 1998 at the sixth World Championships in Cape Town, South Africa, Tim came second

in a K2 with Conor Holmes. Tim made a very successful transition from one canoeing discipline to the other. So, just because you are not a slalom or flat water racer now, it does not mean to say you can't be in the future. ●

TAMSIN PHIPPS
PHOTOS: BRIAN CHAPMAN AND BARNEY WAINWRIGHT

Waterways for tomorrow' – A review

The Department of Environment and Rural Affairs (DEFRA) has announced a thorough review of 'Waterways for Tomorrow' to produce an updated document. The work will be looking at a vision for the next ten years.

Dating from 2000, the government produced 'Waterways for Tomorrow' to explain the plan for promoting inland waterways in England and Wales. The government sought a modern, integrated and sustainable approach whilst maximising on the opportunities they present for recreation, education, urban and rural regeneration and freight transport. Inland waterways were recognised as a vital national resource and heritage to protect and conserve.

DEFRA will be in a partnership with other government departments to produce the review. On the basis inland waterways have a key role to contribute to a wide range of government policies, the minister for inland waterways arranged for an Inter departmental Working Group (IDG) to be formed earlier this year.

A project team is in place and will be liaising with the Inland Waterways Advisory Council, and Association of Inland Navigation Authorities. A stakeholder event, in the form of an interactive facilitated workshop, will be held in October for input from those with a keen interest in inland waterways policy on the scope and content of the project. Canoe England will be attending on behalf of the BCU.

There is a background to this project. The funding and future of inland waterways has become a matter of increasing concern, scrutiny and lobbying by user interests. The Inland Waterways Advisory Council (IWAC) that advises government added to this debate in their report 'The Inland Waterways of England in 2007 – What has been achieved since the publication of Waterways for Tomorrow in June 2000 and what needs to be done'. IWAC reported there has been progress but are concerned funding arrangements are not settled.

East of England – Draft Strategic Planning for Water Related Recreation Pilot Scheme

Following the south west of England draft strategic plan reported on in the August issue of Canoe Focus, the Environment Agency released the draft plan for the East of England on August 5th. This is the second of two pilot schemes conducted by the University of Brighton for the EA with the objective to produce a more strategic approach to planning recreational facilities and access to inland and coastal waters.

The associated consultation closes on 28th October and the Canoe England full response will be posted nearer that time on the access pages at www.canoe-england.org.uk.

Canoe England has already expressed doubts that the draft plan for the south west of England will deliver the opportunities sought for increasing participation in water recreation. The absence of public access to most inland waters is a key limiting factor. At the time of writing, the initial feedback from Canoe England members for the east of England draft plan in respect of access reflects the same view and extends to some coastal areas.

The south west and east of England draft strategic plans are available at www.canoe-england.org.uk/access along with the Canoe England response to the south west of England draft plan consultation.

Recent Reports

Broads Authority Annual Report 2007 to July 2008

The Authority reports on its work and how it has been focused to improve managing its operations for the benefit of all users. The report is summarised and can be viewed at: www.broadsauthority.gov.uk/authority/publications/general/publications/annual-report-2007-08.html

Inland Waterways Advisory Council (IWAC)

IWAC issued their latest report in July – Britain's Inland Waterways: Balancing the needs of Navigation and Aquatic Life. The work expresses the view that the vast majority of inland waterways can be effectively managed to deliver aquatic wildlife benefits as well as sustainable navigation. The report also sets out what IWAC regards as best practice for the restoration and operation of inland waterways; and offers key recommendations for government and regulatory bodies, navigation authorities, development agencies, local authorities, waterway related businesses and voluntary sector organisations. The report is available at www.iwac.org.uk/reports

KEVIN EAST

CANOE ENGLAND ACCESS DEVELOPMENT OFFICER

Coastal access

Provisions for coastal access are made in Part 9 of the draft Marine Bill that has undergone a pre-legislative scrutiny by the House of Commons Environment Food & Rural Affairs Committee (EFRA). In advance of this scrutiny, stakeholders including Canoe England were invited to comment on the provisions. Canoe England supported the provisions for a continuous coastal route as beneficial to canoeing and outdoor recreation as a whole.

The EFRA Committee report was issued on 22nd July and accepted the case for encouraging greater coastal access. However, this position has been qualified by stating that the draft legislation requires amendment and modification before they can be satisfied it is sensible and fair.

Particular issues of concern and recommendations include:

- Placing so much emphasis on simply trusting Natural England to 'get it right' in terms of determining the alignment of the route.
- Landowners should be compensated for if a government plan to create a 2,500 mile coastal path around England leaves them out of pocket, a parliamentary inquiry says today.
- The Bill contains no mechanism for appeal against decisions by the Secretary of State to designate land as coastal margin.
- That people who run businesses that offer exclusive access or views of the coast could lose income once the Marine Bill is passed, allowing walkers access to beaches, cliffs and inlets.
- To rule out the inclusion of private coastal parks and gardens on the coastal route.
- The allocation of £50 million over 10 years will be insufficient to fund the proposed scheme.

In some respects the provisions have mirrored the format of The Land Reform (Scotland) Act 2003 which provides open public access to lands. It is evident that the EFRA Committee of Westminster MPs have moved away from this approach and are recommending voluntary access agreements in some instances.

The government will be responding to the report that can be viewed in full at: www.publications.parliament.uk/pa/cm200708/cmselect/cmenvfru/656/656.pdf

The draft Marine Bill has also been scrutinised by a Parliamentary Joint Committee from both Houses for which comment was invited on coastal access and in particular the content for the marine environment. A key point from Canoe England was to explain that canoeing is an environmental benign pursuit and along with other sustainable activities should be allowed to take place in designated marine conservation and exclusion zones.

The Joint Committee's report that acknowledges and reflects the EFRA Committee recommendations for coastal access and can be viewed at: www.publications.parliament.uk/pa/jl200708/jlselect/jlmarine/159/159.pdf and dated 30th July 2008.

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Holme Pierrepont white water course proposed upgrade

What a stir these proposals have caused, the internet is certainly a powerful tool, all thoroughly good stuff. It shows an active interest and that paddlers really do care, and care passionately for our sport and our venues. On August 18th we held a public meeting in the main centre buildings into the proposals. Over 90 paddlers attended, plus centre management and a press reporter. For nearly four hours a good natured, free ranging, constructive, banter type meeting followed, with everyone airing their views. The net outcome was that a 'user group' was formed from volunteers at the meeting with a view to helping define the design and to work out the various options for the the white water course (WWC). The 'user group' met on September 3rd, it will meet twice more during September and early October followed by another public meeting on October the 15th with a go/no go date for the project no later than October 30th.

If the project goes ahead the Holme Pierrepont (HPP) WWC course will be closed between November 1st and the end of February 2009. Both these dates are approximations and if you are planning an event or a visit during or near to these dates you must ask the HPP centre before you travel. If you would like more, please look at the facilities section of the Canoe England web site.

Cardiff

The new course in Cardiff has a projected December 2008 start date. I was recently in Ancey, the home of Hydrostadium, with the designers and was privileged to see and have demonstrated a physical scale model of the new course. Clearly Cardiff is in Wales and as such, is outside my remit, so it is to the WCA that paddlers should look for answers to their questions. However, by the time you are reading this I hope to be able to have placed the drawings on the Canoe England web site.

Focus on facilities

From the instant Canoe Focus last hit your door mat and judging from the instant increase in my mail bag, I can blow a hole in the myth that no one reads Canoe Focus. The fact that many of you actually found my notes tucked away on pages 38 and 39 of the last edition and sent me your opinions definitely means that you do indeed read the fine print.

I start this issue in this somewhat journalistic style this month simply to let you know how high were the quality of responses received. These varied from justifiable concerns and criticisms, all the way through to "You haven't told me", "Well done for trying", "My competition calendar will be upset if you do xxx" to "I am planning my holidays, will this project really happen?"

So, please keep the comments coming, it shows folks like me at the coal face that you really do care about our sport and, that you do want to see change for the better but not change for changes sake. I agree.

Happy paddling

CHRIS HAWKESWORTH, PLANNING AND FACILITIES MANAGER

Teesside

The Teesside upgrade has now received planning permission and this contract is still expected to start in December and be complete by late June 2009. The course will not be closed for the whole of this time, probably for four months and probably in the February to June window. Some overlap with the HPP closure is I am afraid unavoidable. Like all major civil engineering contracts, exact dates of closure and reopening depend on a variety of external forces such as river levels, weather and ground conditions. Again, I must stress that if you are planning to visit Teesside during or near

to the planned closure dates please contact the facility itself before your travel. If you would like more, the Teesside plans are on the Canoe England web site.

Broxbourne

Our new Olympic site is moving forwards, a short list of five proposed contractors has been prepared and shortly one will be appointed. More in the next Canoe Focus.

Hydro electric turbines at weirs

It has come to my knowledge that a wide number of companies are drawing up proposals to install hydro power turbine generators at an even wider number of weirs. Now, clearly we are not against the principal of 'green' power and indeed many weirs were built in the first half of the last century specifically for this purpose. But the hydro power turbines at these weirs have become obsolete and have fallen into disuse, as have most of the weirs and of course we use the water coming over these weirs to play on.

It is Canoe England Policy to object to all hydro power applications for local authority planning permission and to all applications to the Environment Agency for water abstraction licences. Turbine installation need both consents. We object on the grounds that at many weirs we paddlers have a recreation interest and since turbines siphon off water that would normally go over the weir, we could be left high and dry, literally. We do not have a problem with water being abstracted for turbines at medium and higher river levels. But at lower river levels the turbines could and did in the last century take all the water through their intakes, thus denuding weirs of water. We want to see a management regime in place, written down and agreed to before the building of the turbines commence, to the effect that at certain river levels and below, hydro generation will cease and it is only by 'objecting' to the scheme at the application stage, will that management regime be put in place. If you see an advert in your local press please send it on to me and I will help you. But, as soon as you see an advert please send in your own letter to the address on the advert, but please state "I/we 'object' to this proposal because..." I cannot stress enough that the word 'object' must be in there to get your letter legally noticed. If you merely write in and pass 'observations' about the project, you will not get your letter considered in the way you might want it to be.

I actually own a hydro turbine, yes, honestly and yes it is obsolete and does not work anymore. But my sluice gates are still in place and our county council (North Yorkshire) has written to me and to 28 other owners of potential sites in the county to ask if we can help the county fulfil their 'green' energy quota and pointing out that there are substantial grants available if we do. And yes, in case you are wondering, I could and the previous owners did, dry up the river Nidd for the 500 yards between the weir and the turbine outfall for most of each summer. This would not be allowed today but, lets make sure. Incidentally, the turbine never worked to its full potential because the intakes and the turbine itself got blocked by brash, rubbish, leaves and trees, and finally this is one topic we have in common with the anglers. No water – no sport.

Washburn

This 'in river' project with six new features is drawing to a close. We had the worst summer for water for years, the works were flooded out twice and five ton rocks were bowled over like tennis balls at Wimbledon. But we got there in the end and the Washburn calendar releases went on unabated. The new features are not perfect, and, still need tweaking, and, in particular the play wave at the stepped weir is not as good as we would like. We are going to have attempt at placing the rocks in the just the right place with our Tonka toy, just as soon as we can. The newly acquired bottom car park located in the former Yorkshire Water wood yard will be ready for the BUSA event in November. So I think we can chalk up a cautious success here, so far at least.



Andy Laird of EPD Ltd supervising a 'Tonka toy' placing rocks to the weir pool below the stepped weir, River Washburn.



Paddlers trying the newly constructed 'put in', located directly below Thruxcross Dam, River Washburn.



Hydrostadium

The French based designers of the Athens and Beijing Olympic courses and now of Cardiff invited myself and Andy Maddock from our Performance Department to visit them and be shown their prototype third generation of Omniflot 'in course' plastic obstacles. The visit, only this week, was very informative and I will write a short piece on our visit for the next Canoe Focus.

Left to right: Giles Bernard, General Manager; Corrinne Germain, Engineer; Marie-Jose Lavorel, Project Assistant with Andy Maddock of the BCU. In the foreground are prototypes and test pieces of the third generation of Hydrostadium's patented 'In course', 'Omniflot' obstacle system. First and second generation omiflots can be seen back right.

Pictures: Chris. Hawkesworth

Symonds Yat

Well, after nine years of planning, four foot of documentation, and £145,000 worth of money. The appointed contractor decides to go ahead and started in early September. That decision was made on the strength of a good weather forecast, only to find the following day that the Met Office issued a severe weather warning for the area and two days later the Wye was 18ft above normal and his machines were stood idle. There was too much colour in the river for the Crayfish and Pearl mussel surveys to be completed, the quarry was running late on an order for stone ballast from Network Rail and as a consequence could not deliver our five ton rocks anyway. As I write, the river has dropped, the Crayfish survey has been completed, (none were found!) and to make up time we are bringing in an extra 26 ton 360 machine and preparing to work with two machines and over work week ends in order that we can complete the 'In river' work by the cut-off date of October 15th. This is the date of the commencement of the fish migration season. Please note that we are expecting to be continuing to do work to the banks and the island after the 15th but the rapids will be reopened to navigation on this date come what may.

Canoe England web site

The new web site is up and running. My bit, the facilities bit, has I am afraid been a bit neglected. The number of hits that the HPP WWC section has received and in particular the hits made to the original Holme Pierrepont white water course (HPP WWC) 'as built drawings' section has been amazing. We have already added Teesside and I hope to have added both the Washburn and Yat projects to the site by the time you are reading this. If you have an amateur interest or you are a student please download the PDF's at your leisure. Could I remind the professional reader that all these drawings are copyright and the drawings cannot be used for any professional purpose without the permission in writing of the copyright holder.



THE BEAR

GRECIAN

So what sort of paddlers were Phil and I? I think 'couch potato cross sightseer' most closely sums it up says Rhoda Daniels.

PARA

We have always enjoyed reading canoeing articles about plunging over waterfalls and edging past icebergs but we used to think of them as an unobtainable world, certainly not for us. We live near Bath and paddle up and down the River Avon and the Kennet and Avon Canal but thought we'd broaden our horizons by taking our boats on holiday to Devon with us. We managed four or five days paddling but rain every single day finally defeated us and we retreated back to the sofa.

For our summer holiday we thought we'd give it another go and flicked through *Canoe Focus* looking at the holiday adverts, our only priorities: sun, and not too much expense and we didn't want to camp!

The Sea Kayak Milos advert was tiny but had all the essential elements so we checked out the web site and were hooked. Typical Brits, anything too foreign-looking is daunting for us and you can't just talk more slowly and loudly to a web site...but there in plain English was just what we were looking for: sunshine, warm blue seas, beautiful scenery, comfortable air conditioned accommodation and a grinning Aussie guide. Even once we'd factored in the cost of travel to Milos it still worked out cheaper than many of the other options we'd looked at.

First impressions of Milos were chaotic: sunshine, blue sky, white dust, olive trees, and girls in bikinis whizzing about on scooters. Most people spoke enough English for us to muddle through and signposts are often in English as well as the baffling Greek alphabet.

Our Aussie guide was Rod Feldtmann and his wife Petrinela, a local girl with a huge extended family who all helped make us feel at home, although it took a while to work out which baby belonged to which sister! Petrinela's comfortable guest house is situated above her father Perro's taverna – a shop, come café, come bar, come social gathering. Everyone there is either a Greek local, one of Petrinela's family, or there for the kayaking, so conversation flows easily.

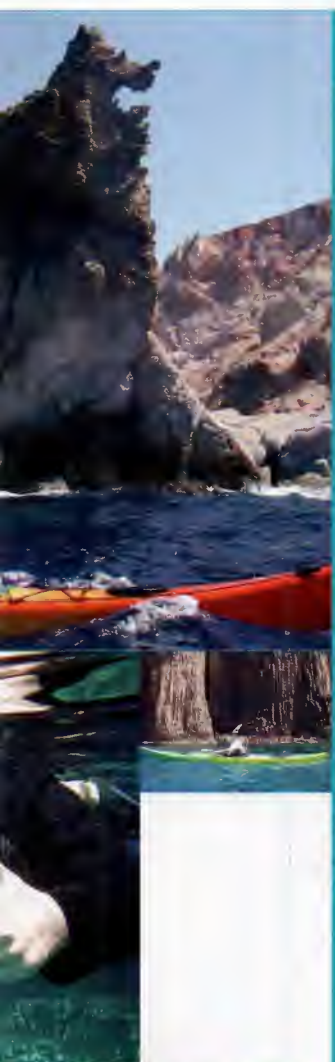
Beautiful views

We had come to Milos to paddle but the warm evenings, when the shops and cafes reopened after their long siesta, gave us time to glimpse Greece at its best. Milos is where many Greeks go for their holidays, and within easy walking distance of Petrinela's guest house is a labyrinth of picturesque lanes and alleyways, strung with fairy lights and flowers, tiny white-painted houses with colourful doors and balconies, and a wondrous array of artisan craft shops and relaxed restaurants (most with English translations in the menus). After dinner, if you have any energy left from the day's paddling, I would recommend the stroll up to the top of the hill to the castle, originally a lookout post for pirates, but now affording beautiful views across the whole island and unparalleled glimpses of the sun setting over nearby islands. I could feel my cares dropping away from me on the very first evening and soon felt more relaxed than I had done for years.

With the prospect of uninterrupted sun for days we had opted to do day trips, chosen according to the wind conditions and the abilities of the group. After a leisurely breakfast in the taverna the next morning Rod drew up outside with a trailer load of kayaks. The morning drives to the launching points were a great way to see the island but kayaking has to be the best way to get the feel of the place. There isn't a lot of wildlife to see and when we went in August the land was parched and dry but in our kayaks it was blissful: warm sun, cooling breezes and the sea clear enough to view the bottom down to ten metres with fish swimming below us. Paddling in warm water was a new experience for us and we were swimming or snorkelling whenever we were not in our boats.

The scenery was amazing. Milos is volcanic and Rod (who came to Milos originally as a geologist) was able to explain about the fantastic rock formations, caves, arches and islands. Each corner revealed a new surprise: a tiny fishing village, a deserted beach, and a labyrinth of mining tunnels or a kingfisher flashing past.

The first few days were calm, time to get used to the boats and enjoy the scenery. The trips were long enough to make us feel pleasantly tired but nothing strenuous. Each day we had two lengthy stops, usually on a sheltered beach or rocky area good for snorkelling. After morning snacks of biscuits and chilled fruit I was amazed to find I still had room for the huge amount of lunch Petrinela packed for us each day.



DISE



I was lifted into the air by a wave, and beneath my nose was a huge drop, and I was surging towards the rocks. I'm not sure if it's a technical term but apparently I 'bongoed' The Bears – going through pretty much sideways with both nose and stern ricocheting off the rocks - but I discovered that a high brace really does work, and the Bears spat me out unscathed and exhilarated.

boats, get back in when out of our depth and how to help someone else back into their boat. We collected a few bruises as souvenirs from these sessions to go with the sunburn and embedded sea urchin spines!

On the third day the wind was picking up, the paddling became more challenging, and we started to play in waves. We were given tips on how to paddle into and across the wind, pushing our edging to new levels. We discovered how to use the wind behind us as we paddled down the face of increasingly big waves and had our first rolling

TACKLING THE BEARS



MY FIRST ROLL



By far the best thing we did was explain that we had paddled our touring kayaks quite a bit but didn't really know much about sea kayaking or the skills involved. Talk about a red rag to a bull, Rod had a mission...

On day one we were taught about steering by edging, stroke technique and trunk rotation, simple stuff for hardened kayakers but we needed to start off with the basics. On day two we learned how to empty overturned

lesson, the hip flick. Rod seemed confident that he could get even inexperienced people like us to roll, and what a place to learn – in clear warm water.

We had been joined that day by four experienced paddlers from the Plymouth Canoe Club who encouraged us every step of the way and added their tips and hints. They also provided lots of entertainment as they challenged Rod to good-natured feats of breath holding and hand rolling.

KLEFTICO



we had gained as paddlers, aided by the conditions, Rod's relaxed guidance, and the encouragement of the kayakers from Plymouth CC.

Back at home and after one look at our touring boats we knew they would have to go. Prior to our trip to Milos we 'paddled around the edges' of the sport, pottering here and there whilst reading of the exploits of others from the comfort of our living room. Now we want to be up and out there and will be joining our local canoe club without delay. What more can you ask from a holiday? ●

RHODA DANIELS

The kayaking kid

Whilst rock hopping at the base of a huge cliff we were surprised to hear a faint bleating. It took us a while but eventually we tracked down a small goat huddled in the back of a cave, not long born and desperate for company. So desperate was he that he launched himself towards us into the sea as we approached and had to be scooped out on a paddle – a small bedraggled kid, cuddling up against his rescuer. There was no way we could get the goat back up the cliff to the farm at the top so we had no choice but to take him with us. The goat took to kayaking instantly and sat between his rescuer's knees in the back of the double kayak looking around cheerfully and wagging his ears.

All went well as we headed for home until the excitement became too much and the goat relieved himself on his rescuer's leg. Time for a beach stop and a rethink...

Thankfully someone came up with the idea of making a teat from the corner of a plastic bag and filling it with water and crushed biscuits. Soon our goat was guzzling away and when he finally stopped drinking he looked much more perky and had a twinkle back in his eye. We still expected him to run away but instead he snuggled up against a kayak and waited for the next adventure.

We felt that both he (and our shorts) would be safer if he was safely stowed in my back hatch. I left the back hatch open a crack for air but after all had been quiet for a while we wondered if our stowaway was alright. Sheltering out of the waves we cautiously opened the back hatch to find our goat snuggled up and snoring gently, rocked to sleep by the waves.

We arrived back on a busy tourist beach and a few moments later a wet nose followed by huge ears emerged and a small goat jumped out. Our stowaway was more than happy to receive the attentions of both paddlers and sunbathers and was quite the centre of attention. We reassured the horrified sunbathers that we were going to return to go to the farm at the top of the cliff where we had found him.

On reaching the goat farm there was much excited conversation in Greek before our friend was borne triumphantly away in the arms of a small boy. We trust there was a happy ending to our story and like to think of our goat being joyfully reunited with his mum and making the other kids jealous with his seafaring tales. Mind you that night I avoided the kid on the dinner menu; I went for rooster – just as well we hadn't rescued any chickens!



By now we were getting the hang of things and the thinly veiled threats of having to go in a double kayak if it got windy had thankfully been withdrawn. With the wind picking up to a Force 5 we had a couple of great days paddling in big seas including an open crossing to the nearby island of Kimolos. Trips were carefully planned with periods of relatively calm water in sheltered bays, interspersed with bursts of effort paddling into the wind or through swell. It would never cease to amaze us how one minute we could be sipping frappé in a sheltered beach café and five minutes later we were rounding the headland and battling with five foot swell. No tides to worry about though.

The Bears

On day five we came towards a group of rocks called 'the Bears' with a Force 5 blowing and huge waves crashing between them. There was no stopping the white-water blokes from Plymouth who rushed ahead but as I sat in the wind shadow behind the foremost rock it all looked pretty terrifying to me. Rod suggested I 'poke my nose in' explaining that if I didn't like the look of it, the waves would push me back out into the shelter of the wind shadow. As I nudged forward I could feel the adrenaline start to rush and I couldn't resist; I may have been terrified and shaking but I was through the biggest white waves I had ever seen in my life and what a buzz... everyone was cheering! As my heart settled I watching the others, sometimes making it through, sometimes getting swept back out, I felt brave enough to have another go from the upwind direction. Kevin, one of the Plymouth coaches, was explaining about wave sets and watching to see when some smaller waves might carry me through safely, when unexpectedly I was lifted into the air by a wave, and beneath my nose was a huge drop, and I was surging towards the rocks. I'm not sure if it's a technical term but apparently I 'bongoed' the Bears – going through pretty much sideways with both nose and stern ricocheting off the rocks – but I discovered that a high brace really does work, and the Bears spat me out unscathed and exhilarated.

But the day was to get better still – after a fortifying lunch and a lounge in the sun I finally got the better of my head's instinct to make for the fresh air and managed my first roll, which soon extended to three in a row! Nothing could have removed that grin from my face... It was beers all round back at the taverna and

that evening we met to discuss our adventures while Perros plied us with octopus.

Surfing

Day six and we had some day-trippers with us in one of the doubles so we had to do something gentler. The wind was still Force 5 from the north, so we headed to the south of the island for a largely sheltered paddle with the opportunity to witness the strange effects the wind has as it spills over the cliffs or funnels down a valley. We learned about using transoms to reduce the risks of being blown out to sea. That evening we joined up with the guys from Plymouth and we all went surfing. We paddled until I could hardly move my arms anymore, reluctantly surfing up onto the beach just as the sun set in glowing splendour behind the nearby islands.

And so to our last day of paddling and the climax of our holiday. The wind had continued to rise and was a steady Force 6 in the morning rising to Force 7 in the afternoon. The paddlers from Plymouth had wind every day of their stay and had not done the longest and most spectacular of the day trips – to Kleftico (which we had done in the calm earlier in the week but were keen to do again). Not really the trip for a windy day but as we were a strong group Rod agreed we could give it a go and we set out. The off shore wind was blowing the spray in sheets across the water as we rounded the first headland. I needed every ounce of strength to keep pushing forward to the shelter of the next cave. Where the wind funnelled down the valleys the wind strength was phenomenal; despite my best efforts I was slipping backwards and my inexperience showed – my paddle strokes got fast and desperate as I lost more ground. The hard fought headway I had made was slowly slipping away when Rod clipped a tow line to the front of my boat and helped me round the corner. Somehow the Kennet and Avon Canal will seem a bit tame in the future!

Well, it had taken seven days paddling, an evening surfing, and a Force 5 gale to do it but we were finally worn out... and with more high winds forecast I wasn't altogether sorry to be taking things more gently the next day. We spent our last morning on Milos like happy kids, buzzing about on a hired quad bike around the narrow streets, dusty roads and deserted beaches; a great way to end a brilliant holiday. It was years since we had had such a great holiday but the most satisfying element was the experience and confidence

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Competition - slalom

Medals for superb performances

Junior European Championships, 10-13th July, Slovenia

The GB Junior teams were on medal winning form this summer when they contested the 2008 Junior European Slalom Championships. The event was held on the beautiful Soca River in western Slovenia, close to the border with Italy. The Slovene organisers did a fantastic job, delivering a well organised event that ran to time throughout, at a great venue equipped with good facilities for competitors and spectators alike. The British teams were backed by a substantial, noisy and enthusiastic contingent of supporters in the crowd. With hot, sunny weather and a good water level in the river, the stage was set for some excellent slalom racing.

This was the first time in over a decade GB had sent a full junior team abroad, comprising three K1 men, three K1 women, three C1s and three C2s. All the paddlers acquitted themselves well, with eight out of the twelve boats qualifying for the semi-finals in their individual races.

Team races followed individual qualification and the C1 class got underway with GB looking to better the fourth place at last year's event. With a young team of Adam Burgess, Tom Quinn and George Tatchell working well together, the team held a credible fourth place after first runs against very strong opposition. The second run was even quicker than the first, but penalties in the end left them in fourth place and just outside the medals behind winners and pre-race favourites, Germany. Our team should be proud of their performance in a very hotly contested race.

In the K1W event, with all the British athletes aged under 16, our young team was racing with remarkably mature heads. They held fourth place after first runs. The team of Bethan Latham, Emily Woodcock and Claire Kimberley raced hard on second runs, suffering a big mistake on gate 4 but with maturity they kept to their plan and finished the run. With a slower second run time, all they could do then was wait. Fortunately for our girls, the Czechs made a similar mistake at gate 4, so GB secured the Bronze medal - a great achievement for such a young team.

Great Britain fielded a C2 team at junior level for the first time in many years and whilst our team finished in sixth place from the six starters, it was a proud moment as our crews embraced the challenge and delivered some very respectable paddling. The race was won by the Czech Republic with our crews learning a lot from the racing and having put GB back on the C2 map - well done!

In the final event, the K1M, looked promising from the start as our team set a very fast first run time early on; which was only eclipsed by the teams from Poland and the Czech Republic. Tom Brady, Zach Franklin and Toby Jones had shown their pace in qualification and, although young, totally believed in their ability to compete on equal terms with the other teams. From a third place after the first runs, they took the fight to the Poles and Czechs by going hard for the Gold medal, finding four seconds in running time. They then had to sit and wait to see what the other teams could produce. They eventually secured Bronze against 17 teams in a very competitive class. An excellent result and the first team medal for our junior K1 men for many years.



The individual semi-finals were raced on Sunday morning beneath gathering storm clouds with paddlers seeking to make the European top ten to qualify for the afternoon's final. GB succeeded in qualifying a boat for each discipline except C1, with rookie C2 crew Matt Lister and Rhys Davis qualifying in tenth place after another superb run in the semi-final by this new crew who had only been paddling together for a matter of weeks. As both Claire Kimberley and Emily Woodcock had made top ten in qualification, hopes were high for a repeat performance in the semi-final. Both put in strong performances with Claire finishing seventh with a clean run and Emily matching the time but picking up three touches, so narrowly missed the final in twelfth place - a great result in her first year on the team. Then it was the turn of Zach Franklin and Tom Brady in the mens' kayaks. Zach set a fast pace, but got caught-out at the gate 18/19 sequence, picking up two touches to drop him down to 17th - still a respectable result in his first championship race. Next off Tom Brady, who was clearly on a mission and just seemed to go faster and faster down the course. The result; he was the fastest junior in Europe in the semi-finals, qualifying in first place. Consequently, he had to cope with the considerable pressure of waiting to start last in the afternoon's final race.

After a major thunderstorm which brought torrential rain and gusting winds, the long-awaited final got under way. In K1W and C2 both Claire and Matt and Rhys had to settle for tenth place respectively, as storming runs aimed at moving up the leader board were hampered by 50 second penalties. Finally it was Tom Brady's turn to show what he could produce in the final and he didn't disappoint. He rose to the challenge set by Pavel Eygel, the 18 year-old Russian who had just beaten Tom's first run time by staying clean and delivering a faster run himself. After a total elapsed time of 203.84 seconds the first two were almost inseparable, with the Russian taking Gold just 21 hundredths of a second ahead of Tom Brady in Silver, who in turn was over five seconds ahead of Ondrej Tunka of the Czech Republic who took Bronze. This was a superb performance by the young British competitors and a terrific climax to a great competition. With most of this year's GB team young enough to compete as juniors again next year, the hope is they will continue to build on this year's sound results to deliver yet more success in 2009. ●●

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Safeguarding and protecting children

Canoe England is committed to ensuring that we provide a suitable environment for children and young people to participate and have fun safely in paddlesport. We are therefore continually working to improve the support we can give clubs and providers in this area. One of key areas that we are supporting clubs is with the Time to Listen Workshop for Club Welfare Officers. This workshop has been very welcomed by the clubs attending to date as it can provide a lot of answers to the questions and issues raised by clubs with respect to child protection. A new series of workshops are planned for the autumn, and dates will be published shortly on the web site.

We have also recently added some more guidance documents to the web site, which include:

- A new Anti Bullying Policy
 - Parents Guidance Document from the DCMS
- Further updates with respect to disclosures and child protection training will be included in the next club mailing.

Important contact numbers

Canoe England 24 hour child protection contact:
email: childprotection@bcu.org.uk Mobile: 0777 570 7364
(For use by individuals wishing to report incidents outside of office hours)

BCU Child Protection, Vulnerable Adults and Harassment Lead Officer:
Mike Devlin: 0845 370 9514

Canoe England Child Protection Support Officer:
Nigel Timmins: 017684 80084
(For BCU individuals who have received an allegation against them with respect to Child Protection and require support).

NSPCC Child Protection Helpline
Tel: 0800 800 5000 (24 hour). CHILDLINE: 0800 1111

New screening system for coaches and volunteers

In October 2009 the new Independent Safeguarding Authority (ISA) is due to be launched. Created under the Safeguarding Vulnerable Groups Act 2006, (previously Vetting and Barring Scheme) it will replace the current List 99, PoCA, PoVA and Disqualification Orders regimes. The ISA will decide who is unsuitable to work or volunteer with vulnerable groups. It will base its decisions on pulling together information held by various agencies, government departments and the Criminal Records Bureau (CRB).

This new scheme will have a big impact on current policies and procedures within paddlesport and we appreciate that some clubs and individuals may be concerned about your legal responsibilities under the new scheme. There has been a lot of consultation to try to ensure that the needs of sporting organisations are taken into account, however, at this stage there are several issues still to be resolved, which will confirm how best to manage this from a volunteers and paid employment perspective. Canoe England will update all clubs and members once this has been resolved and provide guidance and advice to support everyone who are involved with young people. At this stage we advise that you continue to undertake appropriate recruitment practices for individuals working with young people eg CRB checks, references etc. For further information see the Safeguarding and Protecting section of our web site.

PE School Sports and Club Links update



It is recognised that sport can play a vital role by influencing people's choice to lead a healthy lifestyle. Team GB's fantastic achievements in Beijing, will undoubtedly have a direct impact, as strong, positive role models to inspire and encourage more people to get involved in sport. Policies change and we have seen many changes over the past few years. Sport England has also undergone changes in how they will operate in the future but their ultimate aim remains to get one million people doing more sport. A £755 million investment is planned over the next three years by the government to support all sports in making this a reality, leaving a sustainable legacy for our sporting future.

In 2002, the government launched the National PE, School Sport and Club Links (PESSCL) strategy, which has now evolved into the PE and Sports Strategy for Young People (PESSYP). PESSYP continues to build on from PESSCL ensuring sport becomes part of every young person's life not only during their school years, but also into college and their working lives.

The ten work strands to the new strategy are:

- Club links
- Coaching
- Competition
- Continuing professional development
- Disability
- 'Sport Unlimited' formerly 'Extending Activities'
- Gifted and talented
- Infrastructure
- Leadership and volunteering including 'Step into Sport'
- Swimming

The paddlesport participation section of Canoe England will continue to focus upon School Club Links, leadership, volunteering with Sport Unlimited being a new focus area that can make a difference with increasing participation in our sport.

School Club Links continues to play an important part towards the five hour offer, made up of two hours of high quality PE within the curriculum and three hours of sport beyond the curriculum delivered through a range of school, community and club providers. Opportunities will also be created for all 16-19 year-olds to participate in three hours each week through Further Education colleges linking to local clubs. School Club Links aims to create and develop links between schools and community canoe clubs to support an increase in the number of children participating in clubs.

There are currently 53 accredited paddlesport clubs in England that have made successful links with 161 School Sports Partnership. This has resulted in 4,600 young people under 16 years being involved in a programme of paddlesport where a pathway into a high quality club environment is available.

Coaching

Top up Coaching Grant money totalling £21,500 has been allocated to School Sports Partnerships to help deliver the five hour offer. The School Sports Partnership will decide which coaches from clubs and centres are in a good position to help deliver over 1,000 hours of sports coaching to school groups after hours but within term time as part of the 'Sport Unlimited' programme. If your club already has strong links with a school partnership then this may put you in a good position to get involved. The Paddlepower Passport and Discover schemes fit in well as

an attractive package that can be offered to a school group.

Work Force Development and Coach Education programmes

County Sports Partnerships around the country are in a position to increase the number of coaches and help them become better qualified to work with young people. Many are offering bursaries to fund coaching courses and also offering a variety of training courses through runningsports and Sports Coach UK. An example of this is where Northumberland Sport has funded either 100% or 75% bursaries to 13 Level 1 and 8 Level 2 UKCC endorsed training courses in paddlesport. To find out what is happening in your area contact your Paddlesport Development Officer or local County Sports Partnership.

The purpose of the Step into Sport programme is to increase the quantity, quality and diversity of young people engaged in volunteering and leadership, with consequent benefits to schools, clubs, the community and the young people themselves. It is a tool which enables schools to grow young people as leaders and deploy them as active volunteers within the school and community settings. The pathway into leadership and volunteering leads from KS3-KS5 (aged 11-19) that is delivered through the PE curriculum. It is now easier to register as a community volunteer through a dedicated Step into Sport Passport web site. Volunteer hours can be recorded, and progress can be monitored on line while club volunteer coordinators can instantly validate volunteer's work and keep in touch with the school. To find out more go to www.youthsporttrust.org/page/step-into-sport/index.html

For more information contact peesscl@bcu.org.uk

Paddlepower news

A big thank you to all the clubs, centres and coaches for all of your continued support of both schemes.

Paddlepower Inspires

Paddlepower continues to grow with over 90,000 Paddlepower Start certificates, Passport, Discover, Explore and Excel progress cards issued so far, since we revamped Paddlepower. Its huge success has not gone unnoticed by other sports. Two sports have been very interested in the ethos behind Paddlepower and have started to develop their own awards around the Paddlepower framework.

Paddlepower orders online

Paddlepower online ordering service is now available from www.bcushop.org.uk.

Paddlepower Coaches Manual

We are still working very hard to update the Paddlepower coaches manual, apologies for the continued delay. This updated resource is due to be available in a colourful booklet format. The Paddlepower Coaches Manual is designed for any coach wishing to run the BCU Paddlepower Scheme and is essential to help get the most out of the scheme. We are now approaching the final design stage, so fingers crossed!





TEAM NORTH

Outward Bound – Ullswater/Norfolk Island Challenge Race

July 13th 2008

This was the fifth year of running this great race which once again managed to book good weather in amongst a week of wind and rain in mid-July. It is a seven mile race from the Outward Bound Centre, roughly half way up the lake, to the far end, around a small island – Norfolk island and back. A good range of boats competed from K1s and K2s to sea kayaks and even general purpose boats, which is quite an achievement over that distance.

The other very successful aspect is the family event which is a gentle tour over to the far side of the lake for a picnic. This has always proved popular and everyone enjoys being involved in a larger mass start race. It also inspires the youngsters to come back next year and try the junior race. The junior race is over a triangular course set out near the start/finish line of the main race.

A new course record was set with Mike Mason recording a blistering pace over the course. We look forward to seeing Ian Tordoff back next year to try and beat the marker set down by Mike! Thanks to all those who supported this event particularly Brookbank, 'Slime' at Rivers Publishing and Canoe England.



Bolton Youth Service
paddlesport day
Bolton Youth Service and Canoe England worked together on the 23rd July to provide the young people of Bolton an opportunity to access the first Bolton paddlesport day at High Ridd. Over a 100 young people from throughout Bolton came up with their youth workers throughout the day to have a go at paddlesport. There were opportunities for the young people to have a go in kayaks, open canoes and the bell boat. The most popular being the kayak slide into the water. A huge thanks to the team at Bolton Youth Service and all the young people that came along.



Sit ons... They are wicked!

For many schools the end of the summer term means opportunities for planned activities to celebrate the hard work of teachers and pupils at the school throughout the year. With exams and formal teaching concluded, time is freed up to explore different styles of learning through 'Outdoor and Adventurous Activities'.

It is widely recognised that any form of teaching outside of the classroom is more memorable, interesting, and much more fun. Young people are unaware that, whilst taking part in activities away from school, they are learning, developing and improving key skills such as problem solving and working together.

Haydon Bridge High School organised activities during the last week of term, offering a wide range of events that would satisfy everyone at the school. The 'Outdoor Action' group had a full programme of board surfing, mountain biking, problem solving, climbing/abseiling and kayaking on offer throughout the week. A team of teachers worked at making all the arrangements for travel, booking the activity providers, risk assessments and everything else to do with educational visits. This in itself was a massive task with lots of red tape and paperwork to complete. How nice it was therefore to know that the responsibilities of kit, equipment and instruction for the activities fell on the providers' shoulders. As a coach of over 20 years it was a luxury to sit back and let someone else do all this leg work.

When the bus pulled up at Bowness-on-Windermere Canoe Kayak (WCK) I was surprised to see that we would be using sit ons. This was my first experience of using this type of craft with a novice group.

Being a traditional kayaker and open boater I was somewhat sceptical about these craft being offered as a serious boat to make the event a memorable experience. I had seen these boats around, being used as leisure craft by families on holidays around the west coast of Scotland. I had also seen the occasional one amongst fleets of craft at centres. I had never seen a trailer of 24 boats all together.

WCK have a fleet of 60 doubles and single boats available for groups or private hire. These boats are also used for 20km adventure races because they are easy to master and require little instruction to succeed.

Matthew Stidston, an instructor with WCK, commented that the boats made life so much easier for him when working continuously with beginners. There are no rescues or emptying boats following capsizes. Beginners soon grasp the foundation skills of forward paddling and steering which allow them to carry out a short journey around Belle Island.

It was a glorious sunny day and the sit ons allowed for all over tans. With the boats lying low in the water they did not get affected by any wind on the lake and offered a stable platform for the nervous first timers. Confidence soon grew and the entire group were jumping into the water to cool off at safe spots out of the main boating channels. On the other side of Belle island from Bowness there is a good sized rock for the kids to climb up and jump back into the water.

My eyes had certainly been opened to the potential of sit ons as a serious craft for groups and individuals. The fear of getting trapped in a closed cockpit boat is lost and they allow for people with disabilities or smaller children to sit with a confident or more experienced paddler, allowing them to experience paddlesport at their own level. They can offer a good starting point for introducing paddlesport to new paddlers.

Paddlers can also gain 'Paddlepower' personal performance awards through using sit ons and the possibilities are endless for anglers wishing to reach those fishing beats that otherwise would be harder to reach!

RAY HUDSPITH FORMER TEACHER AT HAYDON BRIDGE HIGH SCHOOL

TEAM CENTRAL

Bedford River Festival – the 30th Anniversary

12-13th July

At a meeting with Viking Kayak Club, I was introduced to Richard Harpham who was organising the Watersports Arena at the festival in partnership with the Bedford Borough Council, Team Beds and Luton, and his own company Majorsporty.com. He extolled the impact that the festival would have on Bedford and to the estimated 350,000 visitors that were expected to attend over the weekend. Held along the banks of the river Great Ouse, the setting for the event could not be bettered than the leafy riverside parks.

Part of Viking Kayak Club's contribution to the festival was to provide their own club equipment and coaches to deliver mammoth 'come and try' sessions on both days, along with a marquee giving away paddlesport literature. With a variety of craft ranging from tandem and solo sit-on-tops for those who wished to experience kayaking, to open canoes and a multi-hulled kati-kanu on loan from Priory Watersports, there was something for everyone. From the queues that formed on both days and from the number of wet, but smiling people who left the river, I would say that Viking could have gained a few new members over the weekend.

Throughout the day on Saturday, there was a constant programme of paddlesport elsewhere in the Watersports Arena, with some rather combative polo matches from the national leagues' teams in attendance. A slalom display put on from visiting premier paddlers on Duck Mill, with a commentary delivered by Peter Parker. A 60 degree ramp over four metres high made from scaffolding and ply wood provided a spectacular launch pad for the freestyle paddlers to perform aerial acrobatics. The Viking Paddlepower group under the leadership of Sam Jackson put on an excellent fun display to some rather envious onlookers. To finish the day, there was a night time parade of the river craft decorated in multi coloured lights. By far the best entrant was Viking's Nessie! Constructed from two lashed together open canoes, with a fabricated head and humps, highlighted by hundreds of green glow sticks. They were awarded a justified prize for their creation.

Sunday's programme was similar to that of the Saturday. We were joined by Helen Reeves, the Athen's Bronze medallist, who not only put on a good demonstration of slalom paddling on flat water, but ran a school slalom competition through the day. Again this was a good crowd pleaser, with the people getting behind the competitors.

I look forward to the next river festival in 2010, may the weather and the programme be as good and enjoyable as 2008. Thanks must go to Rob Bates VKC chair for his hospitality, Anne Dorber for all her hard work, and to the countless members of Viking Kayak Club who all played a vital part.

JEFF TOSER, EAST PDO

Paddle sports day



On Saturday 30th August, teams of five from the East Midlands gathered together at Leicester Outdoor Pursuits Centre (LOPC) to take part in what was being called a paddle sports day!

Six teams from Newark, Loughborough, Nottingham, Lincoln, and Leicester were ready to battle it out in the five activities; where each activity gave the team points and in this case points meant prizes. The whole day was being run by the coaches on the club and coach scheme.

The activities were a mini polo tournament, a mini slalom and sprint, a rescue relay and the buoyancy aid relay race. The event was an introductory to different disciplines, paddlesport skills but achieved in a fun learning environment.

Each team could be made up of any age or gender, and depending on the age category you fell into gave the team a handicap. For those that have played polo before and are used to

the delights of wearing a spraydeck; not wearing one and only using your hands makes the game more challenging! It also means you get a little damp! A few team tactics did mean a few people got a little sunk. However, the morning briefing for the day did say that no physical contact was allowed. It also mentioned that extra points were up for grabs for each event for team spirit. After a total of 15 games, everyone was slightly wet but all were smiling.

The slightly dryer discipline of slalom was next, where dip turning meant you got water in your boat. The poles also proved interesting for those who were used to marathon paddling, going in between two objects without hitting them and when you think you are just through, your paddle touches and whoops, two seconds are added to your time. There were lots of ducking and diving in this event.

The last water activity was a sprint of 50m. Interestingly those that were

sprinters did not come first in each of their age groups. It just shows that when sprinting in not so streamlined boats, one has to adapt ones paddle stroke to get the most speed and efficiency from each stroke. The Leicester boys learned a few lessons from the Loughborough paddlers who normally specialise in polo.

The final two activities saw all the teams go head to head. The first was throwing a throw line at a target, repacking it and passing it onto the next team member. This meant both accuracy and coordination was needed. It has to be mentioned here that one of the most accurate and best throws of the day came from Ben Quittenton, aged 8; he hit the target first time, nice one!

The last activity which I am told is famous at LOPC is the buoyancy aid relay race. This entails each team member to put on the buoyancy aid like a nappy, run a small distance, spin around a paddle and run back. The regional coaches decided to give out extra points for a few teams who were very close to one another, so with that style points were rewarded. Little did they expect NKC to give piggy backs to people or Newark and Lincoln to get on their hands and walk on them all the way to the paddle – wow! They won the style points! Final scores on the doors meant that the Loughborough Lumps won by only a few points and were awarded the team prize of a group session activity at LOPC. Thank you must go to the host venue of LOPC and to the teams for their help and enthusiasm in running a very successful event. Look out for next year's sports day and let's hope it will be bigger and better!

GILLY MARA
PHOTOS BY IAN JORDAN



Paddlesafe

with the BCU



Creating a safer environment within our sport in order that everyone can enjoy themselves safely is everyone's responsibility... coaches... volunteers... sport and recreation organisers... local clubs and associations... schools and participants.

- The BCU Child Protection and all other related information can be viewed on our website – www.bcu.org.uk
- If you do not have access to a website or would like a hard copy please contact our coaching department on 0845 370 9500 or email coaching@bcu.org.uk

For concerns or issues relating to Child Protection our emergency phone number is 0777 570 7364 or email childprotection@bcu.org.uk

For immediate confidential advice contact the NSPCC child protection helpline on 0808 800 5000 or on Childline 0800 1111 (a free 24 hour helpline for children in distress or danger)

TEAM SOUTH



Oxford Bangladeshi Boat Club

Two nowka bais, giant Bangladeshi canoes, were part of Oxford millennium celebrations last year. Brought to Oxford by Aziz, a local restaurateur, they were received with terrific enthusiasm by the large local Bangladeshi community. In the great river estuaries of Bangladesh nowka bais canoes are work boats. During the wet seasons, after the harvest, the same boats are part of great river celebrations with races for young and old.

A determination to acquire the boats and set up a club, with an annual race, then arose between the local Oxfordshire Bangladeshi Association and two of Oxford's canoe clubs with Oxford's Venetian Rowing Club.

The chair of The Falcon Canoe Club (FCC), Peter Travis, commented that having seen whole Bangladeshi families on the water and the great skill of the Bangladeshi boatmen, a mutual respect has grown between the Oxford's traditional river users and the watermen and women of Bangladesh.

The images with this report show the first annual nowka-bais race help on the Olympic flag handover day. Eleven ten person Bangladeshi crews came from many English Bangladeshi communities and raced with great vigour, a crew has eight paddlers, a helm and a cymbal player to set the rhythm.

An added element was that the winners were then made part of the Oxford Olympic flag display in its progress round Oxford to the town hall where it was received by the Lord Mayor.

The Oxford Bangladeshi Boat Club (OBBC) is now looking for funding to secure the two canoes for the community. Canoe clubs and Bangladeshi community associations who would like to experience the boats are welcome to contact Peter Travis on 01865 77388.

**PETER TRAVIS,
JOINT CHAIR OBBC AND CHAIR FCC**



Here come the girls!

When one of our members, Peter Day returned from a surf trip to the west country, full of enthusiasm having seen a Women's Development Day at Bude – we hit on the idea of running our own women's day to showcase our female coaches and encourage more local women and girls to try the sport.

Women's Day 2007 was a small-scale but very successful initial run with 35 women participating. Women's Day 2008 was duly put on the programme and the team swung into action.

Well, if anyone doubts there are women and girls out there who would like to try the sport and just need the right encouragement – take a look at the photos on our web site (www.cvcc.org.uk)

During the week running up to WD D-day, we were overwhelmed.

Bookings had to close with 'hopefuls' being asked to go on a standby list. By then, we had more than 60 women pre-booked! Laura (my co-conspirator) and I began to feel a slight sense of panic – the day was going to be huge!

A quick call for support to the BCU brought us Kimberley Walsh, ex GB slalomist. She came all the way from Nottingham to run a workshop and coach our intermediate paddlers in slalom skills.

The rest of the team rose to the challenge and set about registering, kitting-up and boating-up and coaching 76 women and girls from all over Sussex, Surrey and Kent.

During the day we ran sessions for all levels: a 'try-a-boat' for nervous novices; beginners and improvers kayak and open canoe; journeying skills in a variety of craft; kid's paddle games and



raft building and advanced skills for those lusting for challenge.

With a picnic at lunchtime, hot showers at the end and tea and coffee on tap, everyone seemed to enjoy a relaxed and stress-free paddling day.

Many thanks to Kim Walsh, Pirouette Pete, Andy Howick (our club chair and tireless supporter of the event), all the fab women's day team and of course all the women and girls who made the event such a hit!

**LIZ BEARD
LEVEL 2 COACH**

Paddles testing

I am a junior paddler at Southampton CC and have been paddling for just over one year. For the past three weeks I have been using Streamlyte Performance Paddles provided by Marsport. Overall, I think they have performed well under the stresses and strains of junior racing and training and would recommend them to other juniors. Over the three weeks of testing I found them easy to handle due to their weight and size. They were a perfect fit for me and the strength gained from my old heavy set of paddles helped towards an improvement in my performance.

Another bonus with these paddles is that their ergonomic shape helps towards natural improvement, tracking the paddles away from the boat and assisting in rotation. This has led to an improvement in my speed, which has been noticeable over the past three races.

JORDAN EVANS (14)



Samantha Jones

The new Watersports Development Officer for Hampshire is a collaboration between the County Sports Partnership (CSP), Canoe England and the Royal Yachting Association (RYA). It is a new post that is based at Hampshire County Council in Winchester and is shared between Canoe England, the RYA and Sport Hampshire and IOW. I am employed by Canoe England to develop school, club and centre links, to support canoe and kayaking through the county council programs and to coordinate the Hampshire Canoeing Action Group.



I have had a keen interest in water since an early age through family holidays in Cornwall. I tried sailing, canoeing, surfing and rowing and in 2005 I completed a degree in Watersports Studies and Management at Southampton Institute.

After graduating I worked for Solent University Watersports Centre as a keelboat instructor on a Young Skippers Scheme and then as the centre administrator. During the last three years with them I obtained my powerboat, dinghy, keelboat instructor status and yacht master shore based.

Over the next few months I look forward to visiting the clubs and centres in my new area and seeing how we can work together to improve provision and contacts within the county and ultimately get more people active on the water and increase continuous participation.

Please feel free to contact me with any questions you have about my role or in areas where you think I may be able to start assisting you.

**Samantha Jones. Tel: 01962 846026; Mobile: 07776 450448
Email: samantha.jones@hants.gov.uk**

Christmas Card Competition

Could you be the designer of the Canoe England Christmas card this year?

Canoe England is searching for a design for 2008. Over the last five years we have had some great entries and are hoping to get another 'cracker' this year! So get your pens and paints at the ready and read the entry requirements below.

- The picture must be about Paddlesport and Christmas. For example images of where you go paddling/ your friends or family paddling- surprise us with your imagination!
- The size should be around 150 x 210mm (A5) but don't worry if it's A4 we can always reduce it to fit if needed.
- It can be colour or black and white but must be hand drawn/painted.
- You must be under 18 and it must be all your own work.
- Please send a S.A.E if you want your work returned to you and remember to write your name, age, address, phone number and club or centre on the back of your picture.
- Great prizes to be won and the winning design will be professionally printed and used by Canoe England this Christmas!

Entries need to be in by Fri 31st October so get cracking!

Send your entries to:

Kimberley Walsh, Canoe England, 18 Market Place, Bingham, Nottingham, NG13 8AP.

Condition of entry:

Submission of entry indicates permission to publish. The judge's decision is final. No responsibility will be taken for loss or damage to entries by the BCU.

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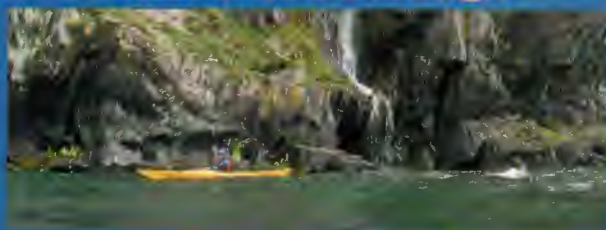
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Volunteers

Meet the Youth Action Group

The year anniversary of the formation of the Youth Action Group is nearly upon us and now it's time to meet two members of the group! In just under a year, this group of youngsters have assisted and supported Canoe England in a number of ways including advising on the volunteers section of the web site as well as the design of flyers. Their input has helped the Volunteer Development Officer to redesign the content of the volunteers section as well as assisting in the design process of the Step into Paddlesport leaflet which is handed out to students in schools.

The group consists of 14 young people from all over the country and Canoe England would like to thank all of them for their support. Let's meet two of the members:

James King, Essex

James, 17, has been canoeing since the age of 11 and gained his 4 Star by the time he was 13 years old. A year later he gained the Cadet Leader Award and is now a Level 2 coach for cadets and staff in the Air Training Corps as well as continuing his love of freestyle kayaking.



Gareth Edwards, Lancashire

Gareth, 17, has been kayaking for ten years and paddles with Oldham and District Canoe Club. As a Cadet Leader, Gareth also helps coach at the club and is now a 4 Star enjoying river running and playboating.

If you are interested in being a part of this group, please contact volunteers@bcu.org.uk

Volunteer opportunities

If you are looking to recruit volunteers for your club, centre or committee, in any position from coach to fundraising, then Canoe England can promote this on the Volunteer Opportunities section of the Canoe England website.

The time is also approaching where students will be searching for placements towards the Step into Sport programme and many are sign posted to the Canoe England website. Young volunteers can be beneficial to a club in a number of roles and mentoring is completed through their school.

The section, available through clicking on 'volunteers' on the web site, has proved successful on a number of occasions for finding volunteers who are keen to get involved with clubs and its free to register! Email volunteers@bcu.org.uk

Canoe England Volunteer and Recognition Awards Programme 2008

Following the success of last year's Volunteer Awards, Canoe England have launched the second annual Volunteer Awards. The Volunteer and Recognition Awards for 2008 offer a variety of categories in order to recognise those people who make outstanding contributions to Paddlesport and who often go unnoticed with very little praise.

Nominations are now welcome for the 2008 awards in a number of categories including coaches, volunteers, officials and young people. More information on the specific categories and criteria for the awards can be found on the Canoe England website under the volunteers section, or by emailing volunteers@bcu.org.uk.

Clubs, centres, committee members, or paddlers can make their nominations for the Canoe England Awards on the official form found in Canoe Focus. The form is also available on the website or by emailing volunteers@bcu.org.uk. Alternatively please call 0845 3709530 for a nomination form to be sent to you.

Awards categories:

Volunteer Coach (male and female):

Unpaid qualified coach who works from entry level upwards whether with young people or adults and who has made an outstanding contribution to a club, centre or community.

Employed Coach (additional award for BCU Employed Coaches):

Paid qualified coach who works from entry level upwards whether with young people or adults and who has made an outstanding contribution to a club, BCU centre or community. Squad coaches and community sports coaches should be considered for this award.

Paddlepower Coach of the Year:

Recognition for the outstanding contribution of a qualified coach who is bringing more young people into the sport. Through their high quality coaching, nominees should have the proven ability to keep these young people within the sport and club.

Young Coach/Leader:

Young person under 21 on 31st December 2008 who has made an outstanding contribution to a club, centre or community and who has made a successful step on a coaching or leadership pathway. Nominees must hold a recognised BCU coaching qualification or leadership award.

Teacher:

A teacher, or Adult other than a Teacher (AOTT), qualified to lead Paddlesport within a school environment who has made a positive impact to the sport and outstanding contribution to directing new members to local clubs and centres.

Official:

Recognition of outstanding commitment and service to the sport as an official or referee.

Community Volunteer:

Elected or non-elected volunteer who commits both time and effort to the club, centre or community throughout the year in one or more unpaid roles/positions.

Young Volunteer:

Young person under 21 on 31st December 2008 who commits both time and effort to the club, centre or community throughout the year in one or more unpaid roles/positions.

Access:

Recognition for the outstanding contribution to improving and preserving access and /or conserving the canoeing environment.

Outstanding contribution:

Recognition of outstanding service to Paddlesport. We will consider long service, commitment and contribution to the development of Paddlesport. Those individuals without long service should be considered where they have made a major contribution over a shorter period. Those whose gallantry or devotion in bringing assistance to others in an aquatic situation shall also be considered.

Volunteer and Recognition Awards 2008

Canoe England Nomination form

Please make your nominations on this form and return it to the Development Officer,
British Canoe Union, 18 Market Place, Bingham, Nottingham NG13 8AP

Closing date for entries should arrive no later than **November 28th 2008**

Category:

Volunteer Coach
Young Coach/Leader
Official
Young Volunteer
Paddlepower coach
Outstanding Contribution

Employed Coach (Non BCU/CE)
BCU/Canoe England employed Coach
Teacher
Community Volunteer
Access



Your Details (please write clearly):

Name: _____ Telephone: _____
Address: _____ Postcode: _____
Email: _____ Relationship to volunteer: _____

Nominee's Details (please write clearly):

Name: _____ Telephone: _____
Address: _____ Postcode: _____
Email: _____ School/Club/Centre/Organisation: _____

About the Nominee:

How long has this person been volunteering/coaching Paddlesport? _____
How many hours per week do they volunteer/coach? _____
Have they gained a Paddlesport qualification in the past 12 months (if so please state qualifications)? _____
Please detail all the roles which this person undertakes as a volunteer in Paddlesport: _____

Information to support the Nomination:

Please use this part of the page to detail the reason for nominating this individual. Additional sheets will not be taken into account for your nomination therefore please ensure that as much information as possible is included.

- Consider their level of commitment to the category;
- their achievements as a volunteer/coach/teacher;
- the positive impact their contribution has had on others or an organisation;
- other aspects in their life which makes their commitment to volunteering exceptional.

Please remember to tell us everything that you can to help the panel decide the winners – remember all the information we have on this person will come from this form.

Many thanks for taking the time to make your nomination!

Please return all nomination forms to the Volunteer Development Officer, Canoe England, 18 Market Place, Bingham, Nottingham NG13 8AP

UKCC Level One Coaching Award

"Don't go canoeing because you can drown. I nearly did!" said my brother.

So I didn't, for the next 25 years.

Then I took some of my school children to an outdoor education centre for a weekend and had a go. Wow, this was good fun and I wanted to do more.

One of the children in my class said that he was a member of Shropshire Paddlesports and that I could go to a taster session on a Saturday morning. That was 18 months ago. Now the whole family are doing it and entering races (including the Lightning races at the Hasler Finals).

"Phil, you're a teacher, why don't you get your school involved?" said our head coach.

"I'll think about it!"

"Phil, have you thought about it?" he asked a few weeks later.

"Yes and I think I would like to learn how to become a coach!"

So here we are four months later and I've just finished the new UKCC Level One Coaching Award. I had a brilliant time, as did the other 14 members of the club who did it. We split the venues so that half of the course was at our club using our boats and the other half was at our local PGL activity centre Boratton Park. PGL were really helpful and hospitable – thank you.

Most of our club members are marathon racers, slalom or play boat people. We only have a couple of Canadian specialists, so PGL got some of their coaches to teach us canoe techniques as part of their level two training. This helped everyone get up to speed in a very wide range of boats. We even had a couple of hours trying as many different boats as we could. (I now have total respect for K2 racers and Lightnings!)

The level one coaching course was fascinating. Safety, responsibilities, rescue, boat and paddling techniques were all covered but how to coach and cater for all the different ways that people learn was a revelation to me. (even as a teacher!)

Some of these ideas I have taken back into the classroom and tried them out on my primary children. These ideas (and yes, one of the techniques is called IDEAS) are obviously useful in PE lessons but I have also found them brilliant in maths and design technology. I even tried them out on my gardening club with five, six and seven year-olds. It works! This is powerful stuff.

We now have an after school canoe club and on Wednesdays we get primary children down to Shropshire Paddlesports on the Montgomery Canal, trying different boats and learning how to paddle. Brilliant.

Shropshire Paddlesports, thanks to a bursary from the BCU, now have 15 new UKCC Level 1 coaches. This means, with an efficient rota system, there are always coaches available for each session without the burden falling on too few heads.

So the future? Level 2 coaching? Yes please!

PHIL RUSSELL

Peak Paddlers receive council grant

The recently formed Peak Paddlers Canoe Club have just received a grant of £450 from Councillor Barbara Wilson to help them to get the club up and running. Barbara visited the club at their home base at Errwood Reservoir to present the cheque.

Peak paddlers were officially formed after being initially set up by Deb Cook from Whitehall Outdoor Pursuits Centre. Debs is the Captain of the British white water rafting team and has recently returned triumphant from the European Championships where her team won a Silver medal.

Peak Paddlers meet every Thursday 7-9 pm at Errwood Reservoir and paddle in both canoes and kayaks. We have a great social aspect and are a very friendly bunch that enjoy weekends away paddling!

Beginners and experienced paddlers are welcome as are families. Annual adult membership is £24.00 and family is £48.00. Boats and kit are provided at a small fee. Instruction is given to improve or take qualifications to become a better paddler or coach.

Our future aim is to buy our own boats and kit with aid of grants and donations from local businesses, so if anyone wishes to sponsor us please contact our chairperson, Mo Stewart on our web site

www.peakpaddlers.co.uk

We are always looking for willing helpers so if you would like to join us and make our great club even greater please email us at peakpaddlers@yahoo.co.uk



On the up and up

After a very quiet few years, Stonehenge and Pewsey Canoe Club is very much back on the map. The club, which has been around for over 18 years has paddled on the local sections of the Kennet and Avon canal throughout the summer periods but has been forced to scale activities down during the darker winter evenings due to lack of pool time.

Then last year we were lucky enough to be awarded a Kennet grant of £500 to pay for training of a Level 2 Coach. As part of the grant conditions we were to form links with a local activity group called T2A. We contacted Clare Draper, who runs the group and also happens to be Kennet's Sports Development Officer. Since then she has helped the club to go from strength to strength. By running a course for

T2A we were given a link back to Pewsey Swimming Pool who welcomed the club back with open arms. They have provided a notice board for the club and have even offered joint training sessions with pool life guards and club canoe coaches. Along with continuing support of St Francis School, the club will continue to offer summer sessions at Pewsey Wharf.

With a second grant from Kennet we were able to purchase youth specific kayaks which have made a huge difference to opening up paddling for younger children. With Clare's help we then went on to gain a Lottery 'Awards for All' grant. This is major step forward and has allowed the purchase of a number of new boats and other equipment. The grant has also given us funds to train extra coaches and pay for

pool hire, which in turn is helping us to offer the new BCU Paddlepower Awards.

Over the past year the old slalom boats were dusted off and we have a good club turn out at local slalom events. Even the old K2 racing boats have had outings at the Usk and Axe river races.

Having recently been successful in gaining yet another grant, this time from the Wiltshire Youth Opportunity Fund, our youth members are creating a polo team and hope to offer taster sessions for local schools and youth groups as well as running some inter-club tournaments. For further information see

www.pewseypaddlers.netfirms.com or email SPCanoeClub@aol.com

**SAM RICHARDSON,
CLUB SECRETARY**

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Clubs and regional news



A first for the Scouts and Guides

A fun canoeing day was held on Sunday 29th June to celebrate Wirral Guide and Scout Canoe Association (WGSCA) achieving the Sport England Clubmark Award and the BCU Top Club Award, whilst christening their newly acquired bellboats provided via a grant from the Youth Opportunities Fund.

The association are to their knowledge, the first Scout and Guide canoeing club in the country to achieve these two awards. WGSCA Chairman, Paul Quaile, said *"The Clubmark and Top Club Awards are signs of a quality club, but we have been operating at this standard for years and have now been able to prove it."* Membership is open to everyone over ten years-old and connected to Scouting or Guiding either as a

Scout or Guide, leader or helper, although lots of taster sessions are also run for the under 10s.

Mike Withy, Principal Sports Development Officer presented the Clubmark to the club for Wirral Borough Council and the Top Club Award by Len Hartley, British Canoe Union local club coach. Representing high achievement and quality in paddlesport were Colin Smith and Brian McNulty, World Masters Classic Wild Water Racing Champions in 2007 and 2008.

Thanks to all including West Kirby Marine Lake, Bebington Scouts, Let's Go Adventure and Learning and canoe coaches from across Merseyside who helped make the fun day possible.



CLUB FORUMS

Canoe England staff are ready to travel to the South West (October 4th), North East (October 11th) and Yorkshire (October 12th) this month to continue the club forum programme for autumn.

Having already travelled to North West (March 15th), London and South East (March 29th), South (March 30th) and East (April 13th) in the Spring, Canoe England will be providing information, updates and a networking opportunity for club members and volunteers.

A similar programme will be followed for the remaining regions which will include a combination of updates and discussions on various subjects including: the new coaching and performance awards, volunteers, insurance, club accreditation, access, safeguarding, equality, plus an open forum.

Places are still available for the following regions:

Team North

North East: Saturday, October 11th
BOOKINGS CLOSED
Yorkshire: Sunday, October 12th
BOOKINGS CLOSED

Team Central

West Midlands: Sunday, November 9th,
Upton Warren
Bookings close by October 27th
East Midlands: Sunday, November 16th, Leicester
Bookings close by November 3rd

Team South

South West: Saturday, October 4th
BOOKINGS CLOSED

The booking form is available from your PDO or from the office by emailing volunteers@bcu.org.uk. More information including the booking form is available on the Canoe England web site, www.canoe-england.org.uk Places are limited to a maximum of four members per club, so book your place now! Places cost £15 per person.

YORCIE NEWS: www.yorcie.org.uk

People and clubs

Congratulations to our GB polo senior ladies, who won Gold medals, by beating Germany 4-3 in the final of the polo World Cup in Canada. In our ladies team was Ellie Bridgstock from White Rose CC. Our senior men's team came sixth and if that wasn't enough, our U21 men also got Gold. Fantastic. When will polo be in the Olympics? The U21 Men were captained by James Longley from Pennine A. The score was 0-0 and went to a golden goal, where they beat France 1-0. Congratulations to the teams and especially to Ellie and James from our region, who were interviewed on Look North and portrayed themselves and our sport very well.

Any youths (U18s) who feel inspired by these achievements may wish to join the White Rose 'development squad'. Details available from Andy Davison on andydavison@hotmail.com or 07974 198388.

Thanks to new web editors John Elvidge and Duncan Berriman, www.yorcie.org.uk is romping back to full strength. What we need now is more news and events to repopulate it. Better still would be, if you would like to act as your club's web master with permission to key in your own data. All contributions and news please to webmaster@yorcie.org.uk Let us know your club's web address and we can put a link on YORCIE back to your web site.

A very warm welcome to ROCK

Yorkshire's newest paddlesport club. ROCK stands for Richmond Open Canoe and Kayak and they are based at Richmond pool. Already a few LSs are helping and with £10k of funding, buying an instant fleet of training boats. Full

details at www.coach2o.com/rock Good luck to you all.

The next Yorkshire Sea Kayaker's (YSK) trip on 25-26th Oct will also be an end of season meet with limited accommodation so its first come first reserved with details from Mike on YSK@yorcie.org.uk. The last Yorkshire Single Blader's (YSB) trip of the year is an Eden trip (has to be booked) on Dec 21st. But there are several November dates specifically aimed at 4* coaching. Details from YSB@yorcie.org.uk

Washburn

The Washburn committee has again worked very hard this year. The additional water features downstream of the big drop, have already been enjoyed by hundreds of paddlers. If you haven't seen them yet then you still have chance on Nov 8-9th. As always please check the YORCIE info line on 0845 833 8654.

Manvers

The clubhouse building and certain internal features and fittings (phase 1) is now complete and the region holds the keys. A huge vote of thanks has to go to everyone involved, but I have to credit by name, Keith, Chris and Bing for their massive contributions. To be part of this exciting new club, please contact Keith our acting Sec at manvers@yorcie.org.uk

Useful coaching contacts

John Lucas is our new RCO on RCO@yorcie.org.uk tel 07884 181828. Janet Cartwright is our Regional Coaching Secretary and minutes of the last meeting (Sept 28th) and an agenda for the next meeting (date to be advised spring 2009) can be obtained by emailing Janet at paul@pcartwright.freeseve.co.uk or tel 01484 603126.

Annual Social evening and ACM

Tuesday 28th October, at 7.30 at Osset Cricket club. The region's most important event of the year invites you, the regional member, to a night out with a bit of fun, supper, catch up on all the region's projects, meet old friends and make new ones. Then sit back with a drink and gaze at 'wish we were there' open canoe wild camping shots from the best of some of this year's YSB events, including the Summer Isles, the Great Glen and Lock Awe. Plus sea kayak photos from the region's YSK events at The Farne Islands and several stretches of Yorkshire's wonderful Heritage Coast. If all that wasn't enough we have the BCU's Head of Access, Andy Green, coming to inspire us on access.

Keith and I have finished our four year stints and we are not standing for re-election. Keith is going to continue as acting Secretary for Manvers and I will support the Regional Development Team for the next year. The rest of the committee are willing to stand but we do need a new chairman and vice chairman and someone to maintain this column in Canoe Focus. Directions to the Cricket Club, use multimap to get a map, the post code is WF5 8AP.

And finally

If you'd like to know more about the affairs of the region, please contact our regional secretary Jon on jdakeyne@aol.com 18 Hayton Wood View, Aberford, Leeds, LS25 3AN tel. 0113 2250984. The dates of the next two RDT meetings in Leeds are Monday 24th Nov and Monday 12th Jan 2009, at 6.30.

Please keep your news coming in. Thank you.

Dick.
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BCU PHOTOGRAPH C



The winners for July and August (as voted by you)

JULY ADULT WINNER

Barry Grounds

JULY UNDER 18 WINNER

Evie Ryan

AUGUST ADULT WINNER

Phil Hemsley

AUGUST UNDER 18 WINNER

Phillip Matthews

July adult winner

Barry Grounds

River Tillingham, East Sussex

August under 18 winner

Phillip Matthews

Tryweryn Bala



July under 18 winner

Evie Ryan – Grebe Lake



August adult winner
Phil Hemsley – Bigbury Bay,
South Devon



July selected photo
Peter Frost – Symonds Yat

COMPETITION

COTSWOLD

outdoor | action | travel



July selected photo
Barry Thomas

August selected photo
Pete Smart



August selected photo
Ann Lewis
River Brda, Poland

July selected photo
Jenna Sanders – Loch Etive

We receive lots of photos of canoeing and competitors, but if you have any photos of the volunteers who often work behind the scenes, contributing their time and commitment to the sport, we would love to see your photos. Please send them in.

HOW TO ENTER

Send your photos in jpeg format via email to chloe.nelson-lawrie@bcu.org.uk or post your photos on a CD to: Chloe Nelson-Lawrie
British Canoe Union, 18 Market Place, Bingham
NG13 8AP. Remember to label your photos and to provide contact details that include your name, address, telephone number, whether it is an adult or U18 entry plus your BCU membership number. Please also include:

- where the photo was taken (name of river/lake/stream and location)
- when it was taken (time of the year)

PRIZES: MONTHLY WINNER

A winner will be chosen each month until December 2008. Each month one adult will win £25 Cotswold vouchers and one youth (under 18 years old) will win £25 WHSmith vouchers. Winners will be announced on-line and in future editions of Canoe Focus.

HOW WINNERS ARE CHOSEN

Once we receive your photograph it will be uploaded onto the BCU web site where people can vote for their favourite image by emailing the number of the photograph to chloe.nelson-lawrie@bcu.org.uk

OVERALL WINNER

At the end of January 2009 one overall winner from the youth category and one winner from the adult category will win a digital camera worth £150!

PHOTO QUALITY

The images should be a minimum of five megapixels if possible.

Terms and conditions

By entering the competition The British Canoe Union will be entitled to use your photograph to promote canoeing, without needing to obtain your permission. By submitting your photograph/s you agree to grant the BCU a perpetual, royalty-free, non-exclusive, sub-licensable right and licence to use, reproduce, modify, adapt, publish, translate, create derivative works from, distribute and exercise all copyright and publicity rights with respect to your photograph/s worldwide and/or to incorporate your photograph/s in other works in any media now known or later developed for the full term of any rights that may exist in your photograph/s.

By submitting your photograph/s to BCU, you warrant that your photograph/s is/are your own original work and that you have the right to make it/them available to the BCU for all the purposes specified above; and does/do not infringe any law.

We will only accept images as taken and will not accept any image that has been re-mastered or which are montages. The British Canoe Union will not be able to return any images. Wherever used, we agree to credit your images to you. We reserve the right to crop the images as we see fit. This competition is open to UK residents only. Overseas entries will not be considered.

Collective Editor's announcement of the winner is final and no correspondence will be entered into. The prize(s) must be taken as stated and cannot be deferred. There will be no cash alternatives. The BCU does not accept any responsibility for late or lost entries due to the Internet. Proof of sending is not proof of receipt. No responsibility is accepted for ineligible entries or entries made fraudulently.

This competition is not open to employees of the BCU, any person directly or indirectly involved in the BCU or the running of the competition, or their direct family members. The BCU reserves the right to cancel this competition at any stage, if deemed necessary in its opinion, and if circumstances arise outside of its control. Where photos of people are submitted, you agree to having the consent of those people wherever possible and if applicable (i.e. members of the general public). If children are featured the consent of their parents/guardians is needed.

Prizes unclaimed after 28 days will be deemed to have been forfeited and the BCU reserves the right to either offer the prize to the entrant whose name is next drawn at random, or to re-offer the prize in any future competition on the BCU.

Entrants will be deemed to have accepted these rules and to agree to be bound by them when entering this competition. This includes entries made via email.

We reserve the right not to publish images that are submitted and to edit the comments that accompany the image. The site editor's decision is final and no correspondence will be entered into.

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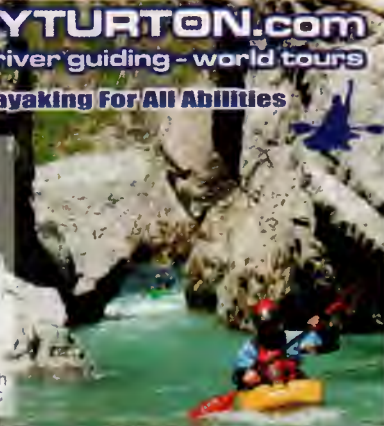
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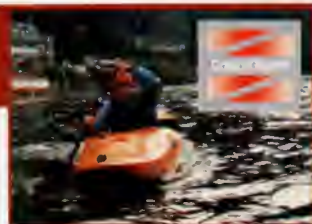
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In 2008 Longridge opened its doors as the premier UK youth water sports and training centre and saw 28,000 people visit the centre. For 2009, we want to expand our instructor team and over the winter are investing in new accommodation and improved facilities to accommodate this expansion. Longridge is based on the Thames between Maidenhead and Marlow, where we benefit from a 12-acre site offering a wide range of water and land activities.

We are **recruiting for specialist instructors** with an **enthusiasm for inspiring young people**. Our specialist instructors must at a **minimum** be either a **Level 2 Kayak Coach** or **RYA Dinghy Instructor**.

Applicants will need to be **18+** and able to work a flexible week including evening and weekend work. If required, we will provide accommodation in our self-contained team accommodation and meals from our café; alternatively team members are welcome to self-cater and/or live off-site. Our salaries for experienced instructors start at £15,500 per annum. We have seasonal and full-time vacancies to start as early as March.

We are also interested in hearing from applicants who would like to work here part-time or for part of the year in a freelance or volunteer capacity.

To apply to join the Longridge Team contact our Activities Director,
Mark Campbell at Longridge.
mark.campbell@longridge-uk.org • tel: 01628 483252
www.longridge-uk.org • Quarry Wood Road, Marlow, Bucks SL7 1RE



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As part of Surrey County Council's Youth Service, we aim to enable young people to participate in facilitated outdoor learning experiences that develop and recognise progress in their social, personal and physical skills.

We have three main centres with site specific activities, these are: High Ashurst in Mickleham, Dorking, Thames Young Mariners in Ham, Richmond and Henley Fort in Guildford.

Seasonal Outdoor Education Workers

£14,361 - £16,989

Surrey

Ref: 045122/DH/6505

We need Seasonal Outdoor Education Workers to start from April/May 2009 (three-six months) based at one of three centres.

You will need to have NGBs/experience in the relevant activities, as well as Level 2 Kayak Coach/UKCC Level 1 Coach or R.Y.A. Dingy Instructor as a minimum requirement for T.Y.M.

You will have to be interested in working with young people, have group work experience and also be available to attend staff training between 4th and 18th April 2009, (10th - 13th April off).

Accommodation available at Thames Young Mariners only.

An enhanced Criminal Records Bureau disclosure and POCA check will be required for these roles.

For an informal discussion about these roles, please contact Susy Marsh or Rob Fidgett on 01372 374 136.

Please see the following website for further information www.surreycc.gov.uk/outdoorlearning

Closing date: 14 November 2008.

Interview date: 24 November 2008.

To apply, please visit www.surreycc.gov.uk/jobs and enter the job title in full, or to request an application form by post, please call 020 8541 9000.

Surrey County Council particularly welcomes applications from under represented groups including ethnicity, gender, age, disability, sexual orientation or religion.

Outdoor Education Worker

£14,361 - £16,989

Richmond

Ref: 045112/DH/6527

Fixed-term until end October 2009 with potential for extension (February 2009 start)

You will be based at Thames Young Mariners in Ham, which is our water-based education centre.

You will need NGBs/experience in the relevant activities, as well as Level 2 Kayak Coach/UKCC Level 1 Coach or R.Y.A. Dingy Instructor as a minimum requirement.

You must be interested in working with young people, have group work experience and be able available to attend staff training between 4th and 18th April 2009, (10th - 13th April off).



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Enthusiastic, organised and proactive, you'll need a year's management/supervisory experience. You must hold qualifications from national governing bodies in at least two of the following:

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The successful candidates must possess very good interpersonal skills and Seasonal Activities Instructors should hold a minimum of BCU level 2 coach (old scheme in either Canoe or Kayak) or BCU Level 1 Coach (new scheme) or SPA (assessed) as well as having an interest in delivering other activities. Experience with a variety of groups and qualifications in some or all of the above mentioned activities is desirable. An interest or experience in youth work is essential and a recognised youth work qualification is desirable.

Apprentices will be supported in working towards the Apprenticeship framework, which includes a Level 2 NVQ in Activity Leadership or a Level 3 NVQ in Outdoor Education plus Key Skills, Industry Skills and a Technical Certificate.

For an informal discussion about the posts, contact Mike Paine or Marc Balistrari on 01425 672347

Closing Date for applications - Monday 3rd November
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Download an application pack from

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Recovering a capsized canoe

Recovering a capsized canoe is really easy, there are a few simple tips that will help you get the recovery done in record time and reduce the risk of injury to either the casualty or rescuer to almost zero. Nigel Wilford, a Level 5 coach from North Yorkshire guides us through the recovery.

For the sake of this article, we will assume the casualty is uninjured and perfectly calm, this will allow us to focus on the technique of recovering the boat and reacquainting it with its unseated paddler.

If the boat has airbags in, great, it makes the job a tiny bit easier, but it does not really make any difference to the technique.

Make contact with the casualty and get their paddle from them. Put it flat on the hull of the canoe. I get the swimmer to hold on to the rear of my boat and to the side that I am not working on. This ensures they don't get knocked by the boat being emptied.

Position the canoes to form a T shape, with the bow or stern of the upturned boat level with where you are seated.

Then with the hand furthest from the upturned boat, place the palm of your hand on its keel line and place your nearest arm under the boat to the far gunwale. Push gently with the top hand and pull with the bottom until the canoe has rolled on its side. The boat is now half empty.

Place your nearest hand on the gunwale that is now out the water. Allow your own boat to drop a little to the side you are rescuing from and gently pull the tip of the canoe onto your own gunwale. Then allow the canoe to roll back upside down. The boat is now nearly empty.

Gently grab the gunwales of the upturned boat and slide the boat across your own. Mind your fingers. Once the boat is on its way, you can swap from a gunwale grip to a palm push. You will be surprised just how easy it is. The boat is now completely empty.

Place both hands on the near gunwale of the upturned boat, and slowly bring them towards you and up and in front of your face.

Lower the boat back into the water on the same side you just pulled it from. This will help ensure you don't injure the casualty in the water.

When getting the swimmer back in, bring them to the outside of their canoe and get them to roll in, swinging their leg in first. You can help them by allowing their boat to dip towards them a little, and offering them a hand as they roll in. ●



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