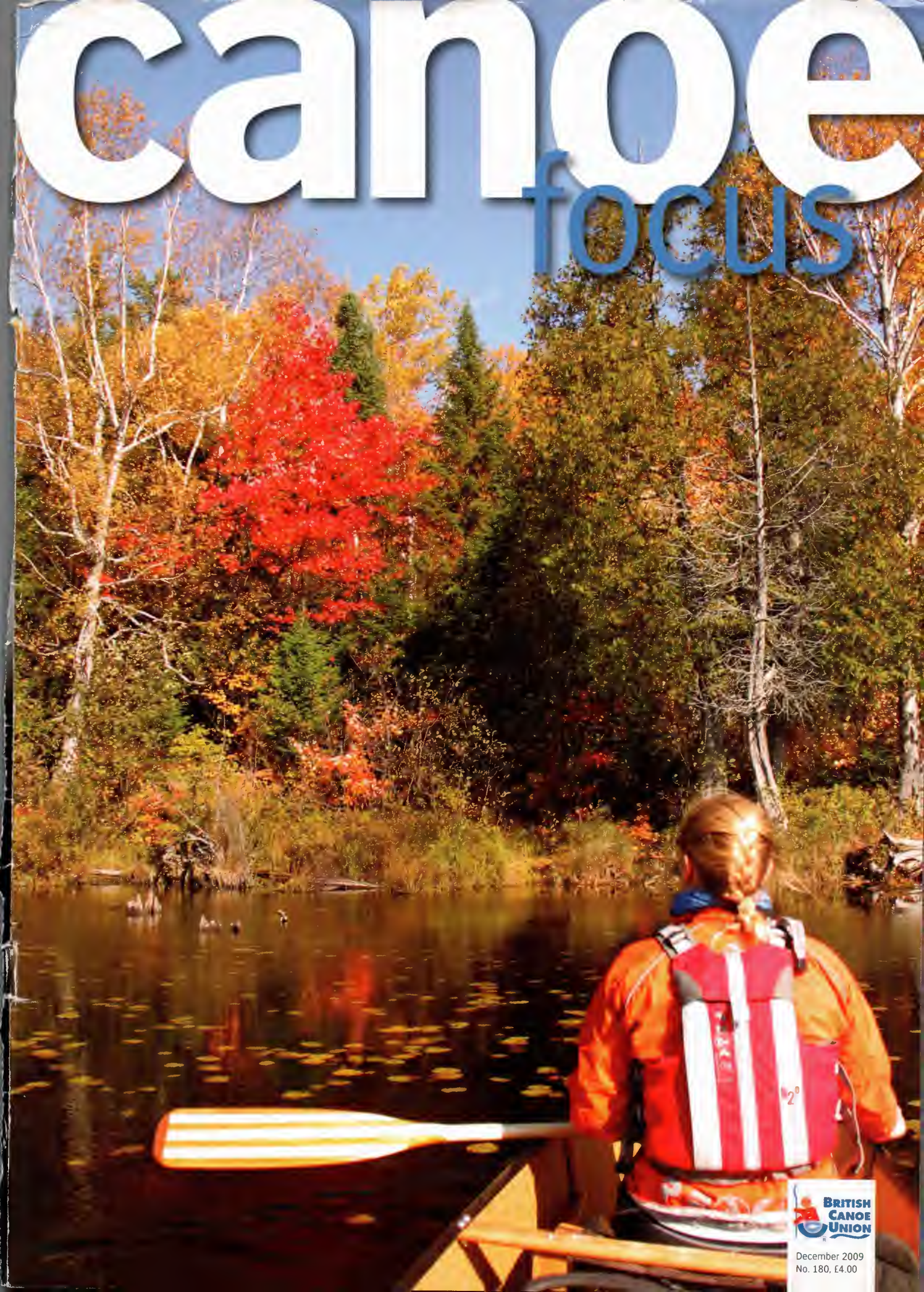


canoe

focus



December 2009
No. 180, £4.00

BROOKBANK

CANOES AND KAYAKS.CO.UK

New Brookbank Outlet in London

Brookbank the UK's leading supplier of canoeing and kayaking equipment is pleased to announce the opening of a new outlet in North London.

This exciting improvement to the service and availability of our products in the region will see the largest outlet of its type in the South. Plans also include a large sailing and watersports department to fulfill the demand we have identified in the area.



Brookbank Autumn Winter 2009 Brochure

Get your free copy now by going to www.canoesandkayaks.co.uk and fill in your details



New Products For Winter 09/10

<p>TAHE MARINE Greenland T</p>  <p>For just £1399</p>	<p>TAHE MARINE Reval Midi</p>  <p>For just £1299</p>	<p>TAHE MARINE Wind Duo</p>  <p>For just £1899</p>	<p>TAHE MARINE Wind 585</p>  <p>For just £1299</p>
--	--	---	--

Group and Centre Offers

<p>Open Canoe Group Package</p> <p>6 x Old Town Discovery 158 Open Canoes 12 x Paddles 12 x Centre Spec Buoyancy Aids</p>  <p>All for just £4195</p>	<p>Kayak Group Package</p> <p>6 x Robson Moonster Kayaks 6 x Paddles 6 x Centre Spec Buoyancy Aids 6 x Spray Decks</p>  <p>All for just £2295 Saving £600</p>	<p>C8 Professional Trailer</p> <p>Can take up to 8 canoes or 24 kayaks on edge. Full width solid lockable box, padded bars</p>  <p>C6 - £2495 C8 - £2595</p>	<p>C6 Standard Trailer</p> <p>Three layers Capacity 6 Open Canoes or 18 kayaks</p>  <p>Optional extra: Cage £350</p> <p>Unbraked - £1795 Braked - £1995</p>
---	---	--	---

STOCKPORT Unit D1- 3, Yew Street Stockport Trading Estate, Stockport, SK4 2JZ
0161 474 1499

IRELAND North South Marine & Leisure, Farransculloge, Lisnaskea, Co Fermanagh, N Ireland, BT92 0AW
028 6772 1720

PERTH Unit C12/13 Inveralmond Grove, Inveralmond Industrial Estate, Perth, PH1 3UG
01738 622 723

LANCASTER Unit 8/9, Lansil Industrial Estate, Caton Road, Lancaster, LA1 3PQ
01524 388 850

WARWICK Unit 7, Budbrooke Industrial Estate Budbrooke Road, Warwick, CV34 5XH
01926 640 573

CARLISLE Unit F7, Kingmoor Park North, Carlisle, Cumbria CA6 4SP
01228 531 703

LONDON Bowman House, Lea Road, Waltham Abbey, Essex, London, EN9 1AH
01992 711 611

www.canoesandkayaks.co.uk



Above: The British Indoor Kayak Championships.

Annual General Meeting

The 2010 BCU Annual General Meeting will take place on 6th March 2010. The venue will be confirmed in the February issue of Canoe Focus and on the BCU website.

ICF Board Meeting

The British Canoe Union is hosting the December International Canoe Federation Board of Directors meeting in Windsor. We warmly welcome our international colleagues to the UK.

Office hours over the festive period

The BCU and Canoe England office will be closed from 12.30pm on the 24th December 2009 and re open on Monday 4th January 2010 at 8.30am.

Season's greetings to all and happy paddling!

Paul Owen
Chief Executive

Welcome to December Canoe Focus

The winter is here and with shorter days and cooler weather many will be looking forward to the New Year and the accompanying defrosting period.

Sad news - Ruth Holdway

We received the very sad news that Ruth Holdway has been killed in a tragic accident whilst on a walking holiday in Madeira. Ruth had been employed with Canoe England for over four years, in the capacity of Community Sports Coach (Stafford & Stone Canoe Club and Trentham Canoe Club) and more recently Disability Officer. Our thoughts are with her family, friends, colleagues and fellow paddlers at this most difficult time.

British Indoor Kayak Championships

The British Indoor Kayak Championships were held at the Indoor Athletics Stadium at Brunel University in Middlesex. The event drew a range of

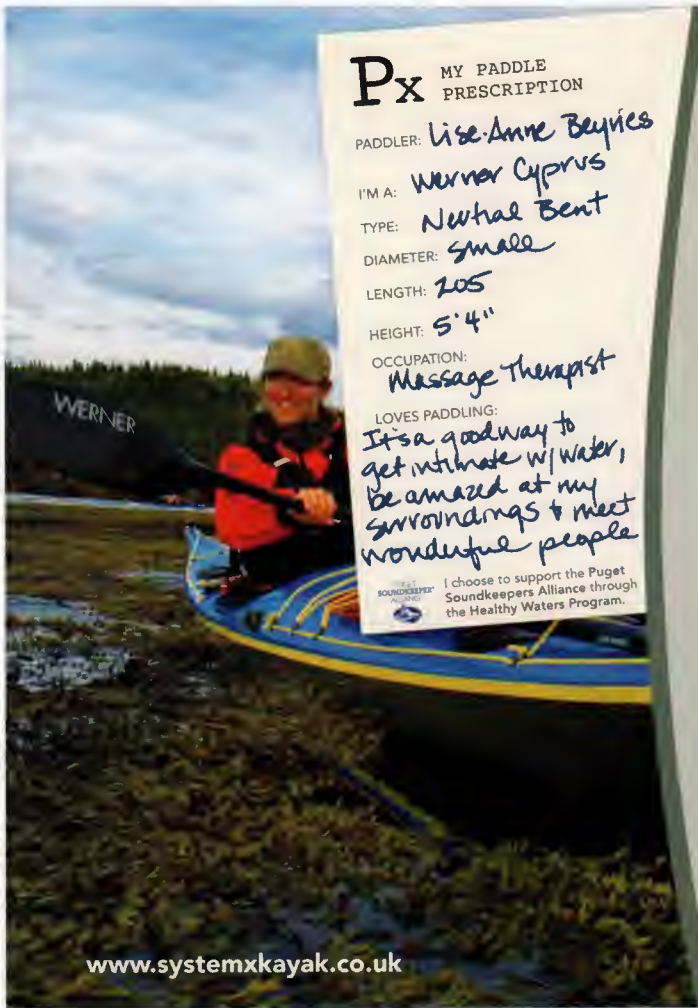
competitors from different disciplines and abilities; from amateurs, club paddlers through to Olympians! What made this event a real sensation was the atmosphere; the proximity of the competitors to the spectators gave a really exciting feel to the event. It is anticipated that this event will grow and grow. Thank you to Kayak Pro and Brunel University for their support in making this first event of its kind, such a success.

Sports Awards

Congratulations to the women's canoe polo team who were shortlisted for The Sunday Times' Sports Women's Team of the Year Award. The team did not win, but their recognition demonstrates how well regarded their achievements are. In slalom, Lizzie Neave has been shortlisted for BBC East Midlands' Sports Personality of the Year, and again this goes to show that the accomplishments of our canoeists are not going unnoticed.

Coaching Conference

The annual Canoe England Coaching Conference takes place Saturday 16th and Sunday 17th January at Wyboston in Bedfordshire - for details and to book your place, visit the Canoe England website. The Volunteer of the Year Awards and Club of the Year Awards are also taking place on the same weekend.



WHAT'S YOUR PADDLE PRESCRIPTION?

Discover your custom fit paddle

- ◀ increase your performance
- ◀ reduce your fatigue
- ◀ and have more fun on the water

Werner offers advanced design features with a variety of fit options to help you choose a truly custom fit paddle. *Your custom fit paddle is waiting for you.*

Our web site has more for you.



Fit Guide: Answer a few questions and discover your custom fit Werner paddle.



WERNERTV: Hear what real people are saying about their love for Werner paddles.



HealthyWaters: Buy a Werner paddle and choose which of our non-profit partners you would like to support. We'll make a donation in your name.



WERNER PADDLES

Ultimate Paddle Performance™

1.800.275.3311

www.wernerpaddles.com





FEATURES

- 14 Training
Following GB's top junior sprint paddlers through junior sprint development squad 'profiling'.
- 34 Greenland
The first ever youth group to explore the area of Maniitsoq, west Greenland.
- 38 Surf
The World Surf Kayak Championships from Santa Cruz, Portugal.
- 40 BIKC
The British Indoor Kayak Championships from Brunel University.
- 44 Malta
Sea kayaking the beautiful sea around the Maltese islands.
- 46 England
Open canoeing the rivers and lakes of the Lake District.

COMPETITION

- 6 Competition calendar
Competitions taking place from December 2009 through to March 2010.
- 18 Competition round-up
Featuring slalom, marathon, wild water racing, freestyle and rafting.

REGULARS

- 3 Comment by CEO Paul Owen.
- 8 Letters
- 10 News
Including members offers.
- 22 Development
National and regional news from Team North, Central and South.
- 28 Volunteers
- 30 Women and Girls in paddlesport
C1 and C2 – a new era of racing.
- 32 Club news
Trentham Canoe Club.
- 50 Rivers Access Campaign
Latest news from the campaign.
- 52 Access
Access volunteers.
- 54 Environment
Looking at Marine Conservation Zones.
- 56 Canoe England photo competition
Winners for September and October.
- 60 Classified advertising
- 66 Staff focus
Tamsin Phipps.

Competition

December

Start	Finish	Discipline	Event
5-Dec		Canoe Polo	Div 4 Central - Derby
5-Dec		Canoe Polo	Div 1 Ladies - Coventry
5-Dec		Canoe Polo	Div 2 Ladies - Luton
6-Dec		Marathon Racing	Stour Descent
12-Dec		Canoe Polo	Div 2 North - Leeds
12-Dec		Canoe Polo	Div 3 North - York
12-Dec		Canoe Polo	Div 3 Central - Stratford Upon Avon
12-Dec		Canoe Polo	Div 3 South - Dagenham
20-Dec		Marathon Racing	Winter Time Trial - Linlithgow
26-Dec		Go Paddling	North East - Fichdale, Durham - Down River Race

January

3-Jan		Marathon Racing	Frank Luzmore K2
9-Jan		Canoe Polo	Youth Training - Stratford Upon Avon
9-Jan		Canoe Polo	Div 2 Ladies - Luton
16-Jan		Canoe Polo	Div 3 North - Stockport
16-Jan		Canoe Polo	Div 3 Central - Luton
16-Jan	17-Jan	Coach Conference	Wyboston Lakes, Bedfordshire
17-Jan		Marathon Racing	Winter Time Trial - Linlithgow
23-Jan		Canoe Polo	Div 2 Ladies - Derby
24-Jan		Wild Water Racing	Thistlebrigg 1 - Div B - Scottish Series 1
24-Jan		Wild Water Racing	Dart Team Race - Div A, B and Wavehopper
25-Jan		Wild Water Racing	Dart Loop - Div A and B - Youth Championship 1
25-Jan		Wild Water Racing	Middle Dart - Div B - South West Series 1
30-Jan		Canoe Polo	Div 2 North - Leeds
30-Jan		Canoe Polo	Div 4 Central - Derby
30-Jan		Coach Update	Eastern - Time to Listen - Venue TBC
30-Jan		Canoe Polo	Div 2 South - Coventry
30-Jan		Canoe Polo	Div 4 South East - Luton
30-Jan		Canoe Polo	Div 3 South - Bristol
31-Jan		Wild Water Racing	Exe - Div B - South West Series 2
6-Feb		Canoe Polo	Div 4 North - York
6-Feb		Canoe Polo	Div 3 North - Stockport
6-Feb		Canoe Polo	Div 3 Central - Stratford Upon Avon
6-Feb		Canoe Polo	Div 3 Central - Luton
6-Feb		Canoe Polo	Div 4 South West - Bristol
7-Feb		Marathon Racing	Waterside A
13-Feb		Wild Water Racing	Goyt - Div B - North West Series
13-Feb		Wild Water Racing	Junior Prize Giving - Burrs Adventure Centre
13-Feb	14-Feb	Wild Water Racing	Nith 1 - Div B - Inter Service Championships
14-Feb		Wild Water Racing	Irwell 1 - Div B and Wavehopper - North West Series

February

14-Feb		Wild Water Racing	National Youth Prize Giving - Burrs Adventure Centre
14-Feb		Marathon Racing	Thameside 1
20-Feb		Wild Water Racing	Derwent Classic - Div B - Youth Championship
20-Feb		Canoe Polo	Div 1 - Leeds
20-Feb		Canoe Polo	Div 4 South West - Bristol
21-Feb		Marathon Racing	Waterside B
21-Feb		Marathon Racing	Winter Time Trial - Linlithgow
21-Feb		Wild Water Racing	Taff 1 - Div B - Welsh Series 1
21-Feb		Wild Water Racing	Leny/Teith - Open - Scottish Series 2
21-Feb		Sprint Racing	Canoe Development Day
27-Feb		Wild Water Racing	Thistlebrigg Classic - Div A and B
27-Feb		Wild Water Racing	Grandtully Team Race - Sprint - Div A and B
27-Feb		Wild Water Racing	National Prize Giving
27-Feb		Canoe 2012	North East - Darlington Dolphon Centre - Indoor Slalom

March

27-Feb		Canoe Polo	Div 2 Ladies - Derby
27-Feb		Canoe Polo	Div 1 Ladies - Coventry
27-Feb		Marathon Racing	Marathon Development Day
28-Feb		Marathon Racing	Thameside 2
28-Feb		Wild Water Racing	Grandtully Classic - Div A and B
6-Mar		Canoe Polo	Div 2 North - Leeds
6-Mar		Canoe Polo	Div 4 North - York
6-Mar		Canoe Polo	Div 4 Central - Derby
6-Mar		Canoe Polo	Div 2 South - Coventry
6-Mar		Canoe Polo	Div 4 South East - Luton
6-Mar		Canoe Polo	Div 4 South West - Bristol
6-Mar		Marathon Racing	Runcorn 10km
7-Mar		Marathon Racing	Waterside C
13-Mar		Wild Water Racing	Dove - Div B - Midland Series 1
13-Mar		Canoe Polo	Div 3 North - Stockport
13-Mar		Canoe Polo	Div 3 South - Luton
13-Mar		Canoe Polo	Div 3 Central - Bristol
13-Mar		Marathon Racing	Longridge Hasler
14-Mar		Marathon Racing	Royal K1/K2
14-Mar		Marathon Racing	Winter Time Trial - Linlithgow
20-Mar		Canoe 2012	North East - Prudhoe Waterworld Fun - Slalom
21-Mar		Marathon Racing	Mid Weaver Hasler
21-Mar		Sprint Racing	Canoe Development Day
21-Mar		Marathon Racing	Waterside D
27-Mar		Coach Update	Aldwark/Yorks - Time to Listen/Safeguarding & Protecting Children
28-Mar		Marathon Racing	Forth & Clyde Canal
28-Mar		Marathon Racing	Gailey Haslar - K1
28-Mar		Marathon Racing	Cam Marathon



Photo: Glenn Summerbell.

I am new to competition events – what is 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 website (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.

Email: 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 website. Email: andy.goodsell@bcu.org.uk

Websites:

Canoe polo : www.canoe polo.org.uk;

Canoe sailing: www.intcanoe.org.uk

Sprint racing: Visit BCU, then 'Our Sport' and 'Sprint 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

ROYAL
WINDSOR
RACECOURSE

BRITISH LEISURE

[SHOW]

FRI 19 -
SUN 21
MARCH 2010

The Ultimate Leisure Lifestyle Event!

HUGE RANGE OF PRODUCTS * GREAT SELECTION OF ACCESSORIES * FEATURING CANOES & KAYAKS
FUN ACTIVITIES FOR ALL AGES * MEET THE EXPERTS * ONSITE CAMPING * FREE PARKING



www.britishleisureshow.com

or call 01590 679338 for info

New disability officer on board

A quick introduction: I've recently started my role as the Disability Officer for Canoe England. This is a part time role of 18.5 hours per week. My aim is to increase the number of disabled people canoeing and help support the current PaddleAbility programme.

I am currently writing a development plan for disability to help identify my key targets over the next few years and would like your input. If you have any ideas or thoughts then please get in touch!

Additionally, if you would like some help in encouraging more disabled paddlers to your club, want advice on coaching disabled paddlers, or running an inclusive event please get in contact. I can't promise to fly around the country visiting every club but I'll try and help. Also, if you already have a thriving group or an inspirational disabled paddler in your club, please get in touch – it's good to shout out about the success stories to inspire others.

Email: ruth.holdway@canoe-england.org.uk or telephone 07540 221757.

Ruth Holdway

A White Water Rafting success

I am writing to tell you of our club's experiences at this year's championships hosted by Llandysul Paddlers. We sent 14 members of our club to the event which was enjoyed by all. The organisation of the event by Llandysul Paddlers and the GB raft team was excellent with all rafts and paddles supplied. Personal equipment was also available to hire.

The event attracted people from many different backgrounds, including some non-paddlers, canoeists, kayakers and even dragon boaters! With many different types of racing pushed into the weekend, we had maximum time on the water and we aim to return next year, with more members, to what promises to be another great event.

Matt Tulett

**Howard Blackman,
Head of Participation replies:**

I just met with representatives from the English White Water Rafting committee to discuss developing a clear pathway for rafting. This aspect of our sport is keen to become even more assessable to paddlers and those just starting out. Your comments completely support this piece of work and underline the fact Canoe England does really offer 'something for everyone' I wish you and your team every success in the future, thank you for your comments.

Heath warning

After a paddling trip to Sweden involving wild camping I developed Lyme disease. No big problem and being on the correct treatment I will have no complications in the future, but it raises several points to be considered.

1. I was unaware that the tick bite was in fact a tick bite, initially thinking it was just another midge bite. After looking through the literature it appears that this is often the case, so any sort of bite may be suspect.
2. The bite itself is fairly insignificant. What is vital to recognise is the red circle spreading out from the original bite with the inner part of that circle returning to normal colour skin. This is called erythema migrans and is diagnostic of Lyme disease. If this is not recognised then it may be several months later that the secondary problems arise as often the initial infection is symptomless. Fortunately being a doctor I was able to self diagnose.
3. In the absence of treatment, the tick borne infection will, after some time, cause varying symptoms including possible arthritis, carditis, neurological problems etc, all best avoided. Often when this occurs there is no recollection of a bite so diagnosis may be fraught.
4. Again looking through the literature, Lyme disease is very prevalent in southern Sweden and generally seems on the increase everywhere.

It struck me that without recognising that I had erythema migrans I would not have had the confirmatory blood tests and required treatment. It was also apparent that on talking to other paddling friends, several travelling frequently to Sweden, there was a general lack of awareness about Lyme disease. I therefore thought of writing a letter to Canoe Focus.

I did have a wonderful paddling trip though!

John Burton

**Peter Tranter,
Editor of Canoe Focus replies:**

Hi John

Thank you for taking the time to write in, it seems appropriate to raise the profile of this disease and educate people of the symptoms and prevention. If you think you have Lyme Disease contact your GP.

Impeccable customer service

For the second year in succession Valley Canoe Products had agreed to take my 20-year old, but well loved, Nordkapp back from the South West canoe show to be renovated in Nottingham. However, this year I got more than I bargained for. Whilst parked up outside their house that night, the trailer with a fleet of kayaks suffered an arson attack which destroyed the kayaks, the trailer and two cars and also endangered their house which had their young daughter inside.

Jason's (the Chief Executive) primary worry when he spoke to me on the phone was how upset I would be to hear that my beloved boat no longer existed. Moreover despite having no assurances from the insurance companies involved that any of the boats were covered he agreed to build me a new kayak. Not only did they do this but it was available for collection within a week and I was back on the water in no time with a brand new Nordkapp.

I cannot imagine another kayak manufacturer or any other manufacturer per se offering such outstanding service and it is a credit to Jason and his team at Valley.

Many thanks.

Jon Ord, Tavistock, Devon

**Chloe Nelson,
Marketing Manager replies:**

Hi Jon

Thanks for your letter.

It's great to hear about the fantastic service you received from Valley Canoe Products, especially in such terrible circumstances.

Congratulations, to James and all the team at Valley Canoe Products, on providing such a top rate service. Let's hope the other manufacturers out there follow your example.

Send us your letters!

We'd love to hear from you! Please send your letters to Coral Jackson, BCU, 18 Market Place, Bingham, Nottingham NG13 8AP or email canoeingnews@bcu.org.uk



DESPERATE MEASURES

the canoe shop www.desperate-measures.co.uk

EXPRESS DELIVERY



So you need a set of paddles and you need them fast? We use four different parcel carriers to ensure that we can offer the speed you need. Do you need a hard to find product but still want the best price? We've got a huge stock, from A to Z, and some great value delivery options to help keep the price low. So, for next-day delivery, large items or your precious new paddles – give us a call.

WERNER SHOGUN



TEL: 0115 981 6815

Members offers

Canoe England has teamed up with a number of quality partners to offer you a range of discounts. For details of how to claim the discounts log in to the 'Members Area' of the Canoe England website.



h2o audio

10% DISCOUNT on all **H2O AUDIO** products. Quote code: BCUMember20 at www.h2oaudio.co.uk.



COTSWOLD
outdoor | action | travel

15% DISCOUNT at **COTSWOLD** and 20% off on these dates:

20% DISCOUNT off **LUCOZADE SPORT** products.

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

5% DISCOUNT on selected **CONCEPT 2** rowers.

10-15% DISCOUNT on Halford's gift vouchers (to be redeemed in store) and 15% off Halford's cycles and cycle accessories. Phone 08450 778852 and quote reference BCUHAL09 and membership number. Please note terms and conditions apply.



Lucozade SPORT

VISION EXPRESS You can have a standard eye examination for £10 or free when purchasing complete glasses. In addition, you can save £30 when purchasing a complete pair of glasses with a frame costing £69 or more.



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.



halfords



Did you know that the Tryweryn White Water Centre is now free for Canoe England members and you can also receive a discount at the Nene White Water Centre? Adults paddle for £12 and Juniors for £9 – Just show them your Canoe England membership card!

Note: All offers are subject to terms and conditions. To find out about these and to learn how to take advantage of the discounts visit the 'Members Area' of the Canoe England website.

Canoe and kayak retailer discounts

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; Brookbank Canoes, Warwick; Canoe Kayak Trader, Warwick; Joel Watersports, Worcester; **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, Stockport; Tamarack Outdoors, Preston **CUMBRIA:** Brookbank Canoes, Carlisle; Brookbank Canoes, Lancaster; Carlisle Canoes, Carlisle; UK Canoes, Lancaster; Windermere Canoe Kayak, Bowness-on-Windermere **SOUTH WEST:** Camel Canoe and Kayaks Ltd, Cornwall; 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; A S Watersports Ltd, Exeter **SCOTLAND:** Stirling Canoes, Stirling, Central Scotland; Nevis Canoes, Fort William, Highlands; Brookbank Canoes, Perth.

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

Battling back

The RAF Water Sports Centre, located on the River Thames 500m above Hurley Weir, recently held an open day to welcome injured servicemen and women under the 'Battle Back' scheme. 'Battle Back' is a tri-service initiative, which aims to improve and formalise the use of adventurous training and sport in the aftercare of injured service personnel in order to aid their rehabilitation and return to an active life. As part of this scheme the RAF have established a full time adventure training instructor at the centre who will co-ordinate various water based activities for the injured personnel.

The sudden, traumatic change in physical ability makes them vulnerable to psychological and emotional stress, which can alienate them from their friends and family. The use of sport or outdoor activities has a proven track record to aid successful physical and psychological rehabilitation, providing the foundation for the development of a positive self-image and outlook on life. Adventurous training and sport offer significant opportunities during the latter stages of rehabilitation and beyond to aid re-integration and confidence building for wounded service personnel.

During the open day the RAF Canoe Association (RAFCA) handed over a donation from Pyranha of four sit-on-top kayaks and paddles to the RAF's Chief of Staff Health, Air Vice Marshall Christopher Morris. A huge thanks must go to Pyranha who were tremendously supportive from the outset, providing advice on the various craft available and agreeing, without hesitation, that they would support the 'Battle Back' initiative.

For more information on RAF canoeing go to www.rafcanoeing.co.uk or Jason Morley on 01494 497018 or 07976 717416.



Above: Squadron Leader Jason Morley (right) handing over new equipment to the RAF's Chief of Staff Health, Air Vice Marshall Christopher Morris. In the background members of the RAF Canoe Association and RAF Waterports Centre with the sit on tops donated by Pyranha/Feelfree.

Obituary

Bobby Timperley

It is with great sadness that we have to report the loss of Bobby Timperley who passed away on the 30th of September after a long illness. She was a founder member of Hexham Canoe Club and has been a member of the committee for most of the time since the club's formation. She was well liked and respected by all at the club.

Bobby was also Canoe England's first Paddlesport Development Officer for the North East. A position she held for eight years. She did an excellent job encouraging people and clubs in all branches of the sport. She attained a Level 3 Coach Award but also had experience across the range of disciplines. She was instrumental in helping set up the junior Wavehopper races in the area, which has brought on a range of paddlers many to a very high standard.

She helped and cajoled a number of clubs down the BCU Top Club and Sport England Club Mark

awards when these standards were new and rarely understood. Certainly a number of the clubs in the North East were the first to achieve these prestigious awards. But perhaps most she will be remembered for her love of the sport and particularly open canoeing in wild places.

She regularly went to Scotland with her husband Peter, paddling or walking, enjoying the beauty and quiet of those beautiful wild areas. She was a very special person always willing to lend a hand, talk to paddlers, or simply help and encourage youngsters. She has had a very difficult few years with both her and her husband being diagnosed with cancer at virtually the same time. She coped admirably helping Peter through a very difficult period even though she must have been suffering both physically and mentally.

It was just the way she was and it is a great shame that she has now reached the final breakout on this river of life. Our thoughts are with all her friends and particularly her family. She will be greatly missed.

Safeguarding and protecting children regulars

Get Paddlesafe with Online Protection Course

The course is a first step in helping volunteers and coaches to understand more about child protection in an easy to access format. Coaches who regularly work with young people should still attend the Safeguarding and Protecting Children workshop. You will find further details on our website under training. For all Safeguarding matters go to: www.bcu.org.uk or www.canoe-england.org.uk and click on the Paddlesafe box on the home page.

Website and new resources

We have reorganised the website pages for Safeguarding which we hope will make it easier to find what you need. There are three additional pages for Safeguarding which includes resources, CRB and training. In addition the resources have been updated. They have been divided into policy, guidance and templates. Each document has a number and date which will help to identify the latest version.

Independent Safeguarding Authority

The government has recently announced a major change in the implementation process for the new Independent Safeguarding Authority (ISA). Individual applications for scheme registration will not now begin until summer 2010 with a five-year phase in of the scheme anticipated.

Consultation for the needs of sport in the new scheme are currently being undertaken by representatives for sporting organisations. Canoe England will update all clubs and members once this is completed and will provide guidance to support everyone who is involved with young people. For further information see the Safeguarding and Protecting section of our website.

Important contact numbers

Canoe England 24-hour child protection:

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

In brief

Olympic venues on track

The Olympic Delivery Authority (ODA) have released new images, showing the progress being made in the construction of the white water canoe centre in Broxbourne for the London 2012 Games.

Construction work started in July and land formation works, to form the canoe course embankments and the landscaped features of the venue, are over halfway complete. Piling work is now underway to form the foundations of the starting pool and the venue's facility building.

Construction work has also begun on the rowing and canoe sprint racing site at Eton College Rowing Centre, near Windsor. The Dorney Lake venue already boasts a 2.2km eight-lane rowing lake, warm-up lanes and competition facilities. Planned improvements by the ODA include a cut-through between the competition lake and the return lane and a new bridge. In addition, the existing access road up to the competition venue is being upgraded for use by construction vehicles.

For more information visit www.london2012.com



Above: Construction at Broxbourne.

Photo competition winners

We are pleased to announce that the winner for September's photo competition is Louise Turner. For October, the winner is Jonathan Maddock. Each will receive a £25 Cotswold voucher and will automatically be entered into our annual competition, to win a digital camera. Congratulations to all the winners! Please turn to page 58 to see all the photos.

96km for charity

In early November 24 Students from the University of St Andrews Adventure Group (STAAG) paddled the 96 kilometres from Fort William to Inverness: a journey that would involve freezing conditions, numerous lengthy portages and stunning scenery. The expedition is an annual undertaking, however this year the STAAGS ran two groups with a day stagger between: the first led by Sean Dugan and the second by Will Bower and Jennifer Self.

Paddler John Hunt recounts the journey, "We left Fort William early and set off into the mist of the Caledonian Canal, which gave us a great opportunity to see some stunning views of Ben Nevis and for everyone to get used to paddling Canadian Canoes once more. By lunch time we had reached our first portage into Loch Lochy, with our aim being Laggan Locks, at the far end.

"It was getting dark and the waves were picking up before we managed to reach camp. Thankfully due to the blustery conditions we were offered a small portacabin in which to spend the night. Group one were not so lucky, and had to endure temperatures of -7C.

"Day two had a single aim – make it to Invermoriston. It was also going to be a day of portages, and true to form the day started with some heavy carrying! Fifteen kilometres, one loch and several portages later we arrived in Fort

Augustus. This was to be our last portage, but at almost a kilometre in length it was also probably longer than the others combined. The prospect of a pint in Fort Augustus spurred us onward, along with the chance to top up dwindling food supplies.

"Loch Ness awaited. A mere 40km between us and our final goal. Thankfully the lake was a millpond as we set off, with the only ripples being made by our six boats cutting through the water. By the time we reached Invermoriston it was dark and raining:

not ideal tent pitching conditions. We sought shelter in the Glenmoriston Arms Hotel which was both warm and sold beer. These two factors made us extremely happy.

"After another cold night we set off on the final leg of our journey. The beautiful Urghart Castle sheltered our lunch break, before we set off on the final and hardest leg of our journey. A strong headwind had built up, forming large waves and making paddling difficult. After three hours into the headwind we finally managed to cross the loch towards the final few kilometres of canal.

"We were there, we had done it. We had canoed across Scotland in three days, and in the process we had raised in excess of £2,000 for Save the Children and Young Heroes. Please donate to our cause online at www.justgiving.com/st-andrews"



Above: The students on the loch.

Yorkshire news

"The best ever attended ACM since the regions formation 30 years ago", resulted in a great atmosphere and as promised plenty of fun. Thank you for coming. Guest speakers Glyn Every, Josh and Sam Litten, held the audience for over an hour with their Nordkapp exploits and with a sumptuous supper of Horbury Cow pie, you had best put 26th Oct 2010 in your diaries now. Thanks to all the speakers and to members of West Yorkshire CC who hosted the evening at Ossett for us.

As retiring Chairman I was delighted that we secured volunteers to every regional post and were even able to attract new posts. A copy of the new full team is available from secretary@yorcie.org.uk, which will soon be in the 2010 yearbook. My sincere thanks to all the volunteers for helping and particularly my own club White Rose, for its support (and patience) whilst I have been chairman and for supplying most of the recruits to this years committee!

Your new chairman is Rob Wright RDTchair@yorcie.org.uk supported by Jon Dakeyne and Debbie MacDonald who have both agreed to stay on for

another year to help the hand over. I will also continue to support the team. Watch this space or in fact watch the web as it progresses now on a weekly basis. Thanks to James Lock and John Lucas, you can now go straight to either Washburn or coaching using the generic addresses www.yorcie.org.uk/washburn or www.yorcie.org.uk/coaching.

Combining the regional team's ACM with region's coaching ACM was a success and folk said there was something there for everyone, whilst saving some paddlers having to do both. The meeting gave a vote of thanks to Janet and Debbie for their combined hard work and continued support.

Please note the 2010 paddlesport weekend at Aldwark Scout Activity Centre will be March 13-14th and March 27-28th with a focus this year on skills and assessments. Check out the website for more information. www.yorcie.org.uk/coaching.

Have a great winter of canoeing and look forward to seeing you either wet or dry at some point. www.yorkie.org.uk

Dick Constable

A new racing record

A college lecturer and police custody inspector paved the way for a possible international race by setting a new record in open water paddling on Thursday 1st October, raising money for charity along the way.

Glenn Eldridge, a lecturer in sport science at Cornwall College and Guy Blackford, custody inspector for Devon and Cornwall Police in Newquay, Cornwall, raced 48km from Sennen Cove, Lands End to the Scilly Isles taking three hours 41 minutes and 46 seconds.

They want to raise awareness of and funds for HANDSTAND, the appeal for Marshall Janson, now 21 months old, lost both his hands and legs following an attack of Meningitis last Boxing Day, four days after his first birthday. Marshall now faces a lifetime of rehabilitation while adjusting to the use of prosthetic limbs, which will cost up to £950,000 over the next 16 years.

It was an errant escort boat that almost cost the duo their attempt when conditions were predicted to dramatically deteriorate and had to be moved forward. Enter Tim Light of King Harry Ferry, Cornwall; "Without Tim's generosity we would never have been able to undertake this attempt" said Glenn. "Literally with three days notice Tim had put together a crew; Toby Budd, a photographer; Paul Harry of Falmouth photographs and the use of his seven and half ton sea safari RIB used for sea wildlife observations" said Glenn.



Above: Glenn and Guy battling the head winds.

"This was a real slog" added Guy, "we had made a couple of two hour plus training sessions but had hoped that we would get conditions which would produce some runners to chase. As it was, the wind remained, leaving a cross wind and making us work a little too hard early on.

"After talking with Falmouth coastguard we were advised that we would be generally pushed south... if we got it wrong the tide would switch leaving us to paddle against it at the end."

Although slight, it was having to paddle into the oncoming tidal flow, which almost finished the pair off. "At this point the wheels were starting to wobble on the wagon and when we hit the current they came off and floated past us! Guy continued, "We were looking for sub three hours 30 minutes but considering our little wobble at two hours 30 minutes and the lack of assistance we both feel that it is a reasonable time."

Not that satisfied though, as with the right conditions the pair think that possibly 30 minutes could have been shaved off. "If we had managed to catch the right tide with a following wind we are confident that a sub 3:30 is possible," stated Guy.

Data from the crossing along with video footage can

be found at www.oceansportuk.com. For charity details see www.handstand.org.uk

Lakeland Challenge teams pledge £114,466

A switch from its traditional May date to 11th September meant the 96 people who took part in this year's Ford Ranger Great Lakeland Challenge were able to enjoy glorious warm, sunshine as they pushed themselves to the limit and pledged £114,466 in aid of disabled and disadvantaged children and young people.

Twenty-four teams tackled England's 'longest, steepest and highest' outdoor charity challenge, which has been staged annually since 1996. In just 12 hours they paddled the length of Windermere, cycled 26 miles over Wrynose and Hard Knott and finally, they laced up their boots and scaled Scafell Pike as they trekked the eight miles from Wasdale Head into the Langdale Valley.

Winners of the prestigious Challenge Bowl, awarded for the best combination of time taken over the three elements and funds raised, were old hands the Charing Cross Chancers, who completed the challenge in 7 hours, 23 minutes and 47 seconds and pledged £6,000.

Long standing Wooden Spoon supporter Ford was title sponsor of the event and official vehicle supplier. To find out more about the Spoon Challenges and register your interest for the 2010 events, visit www.spoonchallenges.com or contact the Spoon Challenges office on 01889 582889.

In brief

Paddlepower initiative gets young people into canoeing

Over 100,000 young people have completed Paddlepower Start, a Canoe England initiative aimed at getting more youngsters into canoeing. Paddlepower, launched in 2007, is increasing participation amongst under 14s by using fun, flexible and friendly award material.

There are five Paddlepower awards in total – Start, Passport, Discover, Explore and Excel – which are delivered by BCU qualified coaches. Once a youngster has completed a canoeing taster session, they are awarded a Paddlepower Start certificate, and offered the opportunity to progress onto the next level.

Each award comes with a colourful progress card, for the youngster to record their progress and achievements. Based on the Long Term Paddler Development framework, each stage is clearly identified using bright colours and fun illustrations. After each award is completed, the youngster is issued with a Paddlepower Award certificate.

Figures show that 111,000 young people have been issued with a Start certificate, since the programme began in May 2007. Howard Blackman, Head of Paddlesport Participation Programme, comments, "Paddlepower is truly a fantastic success and a big thank you to all the coaches, volunteers and young paddlers that have supported the scheme so far."

Twin sons help dad raise cash for hospice

When Bruce Beach was diagnosed with terminal cancer this year, he decided to embark on one last big adventure. He said "I wanted to do one last big trip and was thinking of all the amazing places in the world. I am a Londoner and I realised it was right on my doorstep – we would paddle the length of the Thames from source to sea; it's about having an adventure – swallows and amazons. There is a big kid in all of us and the idea is to do a bit of bonding with my boys."

Not having canoed before, Bruce and his sons, Cameron and Max, took themselves on a canoeing course at Westminster Boating Base, unable to fit themselves and kit into an ordinary canoe, they chose to use a KataKanu for the journey, which had plenty of room was fast but more importantly, was very stable.

St Johns Hospice, London, supports Bruce so St. Johns Lock at Lechlade seemed a good place to start. After many escapades, much bonding and a bumpy ride on the tideway the trip finished at Southend Pier, 45 locks, 185 miles and eight days later. If you would like to donate to St Johns Hospice please call 020 7806 4011.

Anglesey correction

The Anglesey feature on page 48 of the October issue was written by Richard Snell and Richard Common and not Tom Thomas as stated.

Apologies for any confusion this may have caused

How do I become t

Matt Thornton Brown, a member of the sprint racing committee, followed our top junior sprint paddlers through junior sprint development squad 'profiling' to see just what our young athletes have to do to make the very top.

Feature by: **Claudine Le Roux is the national coach of our junior team.**
 Matt Thornton-Brown. **She has been part of the professional sprint coaching staff since 2000 and has excellent experience to call upon having represented France in the K4 team in five World Championships and the 1988 Seoul Olympic Games reaching the final of the 200m. Interestingly she came to kayak racing relatively late in her young 20s having been an international handball player before that.**

The question is a common one, posed by nearly every member of the junior development squad. The answer can only be provided after assessment of each individual's capability and that's where the profiling day comes in.

Tough day of assessment

Profiling is a tough day of assessment that sets a marker of each individual athletes current capabilities and when interpreted by coaches can be used to help project not only what training is required to make the next step up in improvement but also to give an indicator to the likely performance and results for the following season. It's not a competition in itself, each athlete is just asked to do their very best and set an individual baseline against which their development can be planned and followed. It will come as no surprise to know each athlete wants to be first and the stimulation of peer competition drives out just a little bit more from each one.

It's not just about paddling. Profiling uses a series of tests to assess each person's overall capabilities. But before we get into the science it's probably useful to understand just how GB juniors have been doing and what's needed to get medals at World Championship level.

I met with Claudine and asked that question. Claudine's response, although very disappointing to hear, is honest and to the point, "We are slightly behind true World Class Performance at every age group, every class and with both girls and boys."

Why is this so? Claudine feels there are a number of reasons. "School pressure is high in the UK, young people like to do so many different things these days and far too much time is spent



on Facebook!" We talked also about the impact of top paddlers at the senior level being pulled into national squads, helpful for them undoubtedly but it means fewer top-level examples or role models at each club.

However, the overriding reason Claudine believes this to be is the lower level of all-round athletic capability of young people. They are just not as tough or as well developed physically or mentally as they need to be. Modern life may pamper them too much and certainly issues of safety are paramount and have their affect – for example a young girl of 14 cannot go running by herself these days (I asked if is common amongst other European countries and Claudine replied "Yes certainly the situation is very similar in France too."

Parents can also be concerned about hard training at too young an age and often this comes from a lack of understanding rather than any scientific base. A prime example is the use of resistance training through the teenage years. Given good guidance by qualified coaches and careful selection of exercises and resistance weights Claudine feels this should not be a problem. It is though so important to make use of the growth stages in the right way for each individual as all mature at different times and speeds.

...the fastest in the world?



Above: Matt tries out the Concept2 Dyno machine.

So the view from the top is clear, it's a malady of issues that results in a lower level of athletic capability than many other countries are producing and that we need to encourage not only more paddling but greater participation in all supportive activities especially swimming, running, cycling, core and gym work.

So what is the gap and how can it be closed, or in other words just what does it take to be the fastest in the world?

The gap for our best junior athletes is about five seconds over a 500m and 10 seconds over a 1,000m distance. That's really not much, only about five per cent but then that is how close international competition can be. It's the difference between first and sixth to ninth in a final, or sadly not quite making the final at all. That's the challenge faced by our athletes and all our coaches, both the professionals and very much the club coaches, without whom the gap cannot be bridged.

What do we need to do? Well that's where profiling comes in. By assessing each young athlete's current capabilities and taking

into account their performances throughout the last season individual training programmes can be set to get the very best results not only next season but also to ensure a strong foundation is given for future performance as seniors. Part of each programme is the training to be undertaken, part the technique development, part the motivation and part education – the development of understanding by each paddler of what they need to do. Of course all of this starts with an acknowledgement that paddling must be fun and that it must be each young athlete's decision to make a go of this – to commit to maintaining their school work first and foremost, to being disciplined, eating well, getting enough sleep, staying injury free and above all to an understanding that this must be about enjoying our sport and that winning, whilst important, is not everything in itself.



Above: Claudine Le Roux.

“By assessing each young athlete's current capabilities and taking into account their performances throughout the last season, individual training programmes can be set to get the very best results not only next season but also to ensure a strong foundation is given for future performance as seniors”



Above: Matt on the the 'bleep' test run.



Above: Ryan on the bike.

So now to the profiling. What is each test about and what does it show?

I talked to Mark Hoile, also a full-time coach and responsible for all assessments of the World Class Start squads over the last four years.

The tests start with a two kilometre K1 paddling time trial. This is twice the maximum race distance so why is this relevant? Mark explained it's a measure of aerobic boat speed (aerobic being physical effort where oxygen can be taken in fast enough to sustain performance over long period). There's nowhere to hide with a 2k test explained Mark, paddlers with natural

very short distance speed cannot get away with a one-off sprint and athletes who like much longer distances will be found out if they cannot work hard enough to maintain speed for an 8.30 to 9.30 minute test. This is the true basis of race speed and is a distance that all paddlers train over repeatedly. It requires strong technique, good general fitness and a consistent pace to do well, attributes required during racing to maximise performance.

Next is a series of strength and speed endurance assessments using Concept2 machines. Paddlers undertake maximum effort and 15 repetition tests. These show the current strength of both push and pull capabilities of the upper body and go onto assess how each paddler can maintain maximum effort.

The swim bike test uses a cycle machine with linked pull push levers to test aerobic endurance. The effort required really shows as every 60 seconds the speed is increased until each person can no longer maintain the increasing standard. The

endurance time achieved sets the score.

Finally a test in the gym that many of us know and love so well! A 20 metre shuttle run test where beeps are used to dictate the

speed at which the athletes must run to the end of the gym and back. It starts all so easily with just a jogging pace but after seven or eight levels of increase when the beeps happen so much closer together everyone is running to their maximum until finally they don't make the turn in time and get a "sorry but your out" call from one of the coaches. This is a test of both physical and mental endurance.

These are all tough tests and they have to be. They must tack each athlete to their current level of physical and mental performance if they are to produce a true indication of capability. Yes there are athletes who excel in the gym yet don't win races on the water and there are those who can paddle pretty fast but just do not do well in tests. Think about that for a while though and then it really comes home – this is not a competition but a test and measure of each athlete and goes on to show their own relative strengths and weakness. This then gives the coaches a much better basis to be able to design training programmes that are personalised and specifically set to help each athlete improve to reach their own potential. Programmes are geared to age levels but at the very top elite junior athlete group an average of 16 hours per week is expected to maximise results. This must be 16 hours of disciplined training, not just 16 hours at the club sitting around chatting! It must be training with strong focus, with energy and determination. This typically means five or six paddling sessions with runs, swims, gym, core and school sport supplementing the water work all year round.

There is no disgrace if this is not for any individual paddler but each must be honest with themselves, their coaches, parents and their club. If they are going to do this then Claudine simply says, "Do it well and with total commitment and we will be there to do our very best for each and every one of you."

Can we do this Claudine? "Yes of course we can, Tim Brabants was Junior World Champion and look at Ed Rutherford's fantastic result in Australia. We can and we will – so let's get on with it!"

More information can be found on the sprint racing website where contact emails for coaches are also given.

“Do it well and with total commitment and we will be there to do our very best for each and every one of you.”

ABSOLUTE PADDLING

www.absolutepaddling.co.uk

A new & exclusively online canoeing & kayaking retailer
Earn loyalty points on all purchases = money off next time!

Free delivery on all orders over £50

Wide range of brands stocked

Can't find it online?

Contact us at george@absolutepaddling.co.uk

10% BCU membership discount

www.absolutepaddling.co.uk

In brief

Slalom

British Open finale

The slalom season finished off its competitive season at the British Open Championships on the River Dee in Llangollen, Wales on 24-25th October. The water level was very low to say the least, however, intermittent rain all day on Saturday was enough to bring the water level up to a more navigable level for the finals on the Sunday.

The Men's K1 (kayak single) was the first final to take to the water, where Huw Swetnam charged down to take the win and retain his British Open title for the second year in a row with Campbell Walsh and Richard Hounslow taking Silver and Bronze respectively.

World Championship Bronze medallist, Lizzie Neave, won Bronze in the Women's K1 (kayak single) just behind Natalie Wilson with Silver who was very narrowly beaten to the Gold by Bradford and Bingley's Bethan Lantham.

In the Men's C1 (canoe single) Beijing Olympic Silver medallist, David Florence took the Gold with Mark Proctor winning Silver and joined on the podium by fellow Stafford and Stone team mate Gregg Pitt, who took Bronze.

Fiona Pennie was the only woman to brave the Town Falls rapid in C1 and so she won the race but sadly the class was inoperative. Fiona was in action again soon after as last boat down in the women's kayak final but despite very good pace she unfortunately incurred a 50 second penalty so finished outside the medals.

Tim Baillie and Etienne Stott had the honour of being last boat down the river since the C2 class was off last. They put in a solid performance to complete their best ever season with the British Open and National Ranking titles.

More information can be found at www.canoeslalom.co.uk

Marathon

Essex Winter Marathon Series

(Race 4) 10th January 2010 - Sudbury

(Race 5) 24th January 2010 - Chelmsford

(Race 6) 21st February 2010 - Leaside

The races consist of approximately 19 classes, by age/gender/boat type (K1, K2, C1, C2, GP). Distances are between three and nine miles.

There are race and series trophies for individual paddlers, plus series trophies for clubs.

The coordinator for the series is Gary Aldam. Contact him on ews@essexcanoeing.org.uk, or 01279 755089.

More information can be found at www.essexcanoeing.org.uk.

GB dominate WWR in Tasmania



18 medals for GB at most successful Wild Water Racing World Cup ever.

The GB Wild Water Racing World Cup team returned home from Tasmania with an astonishing 18 medals to their name.

Great Britain has dominated this year's World Cup series, winning five Gold, seven Silver and six Bronze medals.

In the Women's K1 (kayak single), Jessica Oughton won four Golds and one Silver medal, finishing an overall first for the series with 200 points. She was closely followed by GB team mate, Hannah Brown, who claimed a Gold, Silver and Bronze throughout the six-race competition, finishing an overall third, with a total 182 points. Oughton and Brown were joined by Germany's Sabine Fuessler in second place overall. Also in

Above: Jamie Christie (front) and Simon Wright (back).

Women's K1, Radka Felingerova won Silver in the World Cup 4 race.

In the Men's C2 (canoe double) Simon Wright and Jamie Christie finished with a 100% success rate, picking up three Bronze medals in the first three races, before finishing with two Silver medals, in races five and six. The pair finished third, in the overall rankings, with a total 178 points.

Finally, in the Men's K1, Jon Schofield finished with a total three medals – one Bronze and two Silvers – which earned him an overall ranking of third with 364 points.

The Hydro Tasmania Wild Water Racing World Cup Series took place in Tasmania between October 24th and November 7th. More information, including results, can be found at www.wildwatertasmania.canoe.org.au/ or www.wildwater.org.uk



Above: Hannah Brown (left) and Jess Oughton (right) collect their medals.
Photos by Dave Bradburn

GB team

Women's K1 (Kayak Single)

Jessica Oughton
Hannah Brown
Radka Felingerova

Men's K1

Jon Schofield
Ben Oakley
Grant Anderson
Tim Lawrenson

Men's C2 (Canoe Double)

Simon Wright/Jamie Christie
Gary Baker/Dave Bradburn

Take the chill out of the winter with our hot offers

paddleworks

SIOP KAYAK CYMRU

Kayaks & Canoes

pyranha



The Rebel

* Free Demo Boats



The New 2010 Burn

* Free Delivery



The Mullan

* Gift Ideas

* Winter Deals

New 2010 stock now in



Amp Vest



Extrem Vest



Torrent



Stikine

Visit us online and in store for cracking winter deals

www.paddleworks.co.uk Shops in Llangollen & Bala 0800 0432192

Freestyle in Washburn

The event was part of the Yorkshire Championships where paddlers could compete in freestyle, down river racing and slalom. Due to the white water racing on the upper part of the course the competitors paddled down below the broken weir or in the slot hole, dodging white water racers. A course had been set up for the novices that involved tail squirts on eddy lines, enders and spins. Most of the freestylers hung out at the bottom wave where a range of moves were thrown, including blunts, cartwheels etc. Coaches were on hand and gave excellent advice.

After lunch it was announced that there would be two 45-second runs in the slot hole. The novices would be on a green wave just above the second bridge. They would be scored highly for paddle spins, air guitars and shudder rudders. The main competition was held in heats of five and big moves were being thrown despite the shallow nature of the hole. Joe Bradley led the way in the under 18s, stomping huge tricks such as phonix monkeys, mc nasties and air loops.

After the runs it was asked if there was going to be a Boater X event. Competitors were told there was none planned so Josh Wedgewood organised one and the judges made sure there were prizes. Josh ran up and down the bank recruiting everyone who wanted to be involved, up to the top. Everyone decided on a mass seal launch start and lined up on the far bank where everyone launched off with plenty of carnage following! James Weight won the event with Josh Wedgewood coming fourth. James Benns won the main competition.

A big thanks must go to the Yorkshire Championships team for being so flexible with the water sharing and providing some fantastic food and drinks.

Thanks

We would like to thank the sponsors: Dagger Kayaks; Big Dog Kayaks; Jackson Kayaks; Square Rock; BCU North East Region; The BCU Freestyle Committee; Palm Equipment; Desperate Measures; K3 and Kayakojacko.

For a full set of results, check out: www.youthfreestyle.co.uk



Above: James Benns collecting his Washburn trophy for winning the under 16 boys.

Youth freestyle series finale

Nottingham

The morning gave all the competitors a chance to check out all the possible afternoon's competition spots in the finale of the youth freestyle series and gave the spectators a chance to scope out the paddlers. There was some great paddling on show, but what really impressed was the dedication of those at all ability levels to learn and improve.

The organisers set up a ball hit slalom on the middle part of the course, with various points on offer depending on whether you hit the ball with your hand, paddle or boat. Some cunning ball placements made for a very amusing competition

as the competitors and some of the parents tried out the course. At one end you had Dave Bainbridge, employed to show the others how it was done, hitting pretty much every ball with his boat, whilst at the other end it was carnage. Nobody had a clue who won, but it was great fun to watch!

The afternoon brought the main competition and it was decided that this would be held on the inlet wave. The competitors didn't disappoint. The top guys began to put on a show, pulling all sorts of stuff out of the bag in a bid to be top dog. Big loops, cartwheels, cleans, supercleans, mc nasties, phonixes and tricky woos all went off, but one guy was head and shoulders above the rest.



Above: Stu Parry under 18 winner at Nottingham and under 18 series winner.



Above: Brendan Orton overall under 15 winner.

Stu Parry's first run was a 990-point masterclass on what could be done in the inlet gate and he didn't just go huge, he went stratospheric on pretty much every move. To top it off he then nailed an 895-point run on his second go to cement first place by over 250 points.

The second runs brought on the silliness. Egged on by the crowd, competitors began to go for paddle-switch and paddle-throw loops, back loop to front loop combos and the crowd favourite – the stand up in the playboat side surf. This brought on the best spectator based amusement as the competitors thought of ever more ridiculous ways of getting the biggest cheer from the crowd.

This was one of the best competitions in terms of atmosphere in quite some time and brought out some great paddling because of it.

Photos: Phil Benns

British Rafting Championships

Llandysull, Wales. By Georgina Preston.

The British Rafting Championships were held on the last weekend of October on the River Teifi, Llandysull. The annual event is run by the British raft teams to raise funds for the GB teams to compete internationally and to boost the profile of rafting as a sport. This year's event was a huge success, with 22 teams entering for a fun packed weekend.

A time trial seeded men's and ladies teams who then raced off against each other until a winner was decided. The section of river used is a fun Grade 2-3 which provided a good challenge for those new to rafting. Submerged rocks caught a few teams out and even led to a couple of spontaneous swims after a harsh bounce!

The slalom race used specifically constructed raft sized gates which were set up to provide an open course but technically challenging enough to provide excitement. The course incorporated 'paddles up' type challenges including a gate where two members had to jump through a hoop and another where a paddle had to be thrown through and caught again. The final excitement was at the bottom of the course where a throw line had to be caught in order to make the last eddy. A massive thanks to all the safety crews and extras for providing this support!

An unscheduled change of plan to Sunday's racing was brought by rain. The downriver race could no longer be safely held on the white water section of river as we

had planned. So the ever energetic Matt Blue organised a series of challenges on the newly constructed man-made lake. These consisted of a competition to throw a person from the raft (points awarded for height, style and distance covered), run the gauntlet; a race across 10 rafts, some upside down, in the quickest time and finally, the flip flop challenge; a timed event for a flip and re-flip. If this wasn't enough, the adjusted downriver endurance race took on a running start, a manic paddle around the lake, ball throwing, bell ringing, and a muddy 'slip n slide' run to the finish line.

The event was fantastically run by Matt Blue from the men's GBR team and his league of helpers from Llandysull Paddlers including site owner, Gareth Bryant. Our biggest thanks goes out to all teams who entered and braved the flip-flop challenge to make this year's event so much fun!

Remember – no experience is necessary, the girls are already accepting bookings for next year! You can us check out on Britishraftteam.co.uk.



Above: The endurance race.

Left: The slalom race.



Thanks

Thanks goes to sponsors who provided a huge range of prizes: Monkeygenes, Double R, Alpkit, Desperate Measures, Nookie, Brookbank Canoes, Reed, Outdoor Kit4U and Peak UK.

Pre-World Rafting Championships

October 2009 saw the first four-man white water rafting Pre-World Championships held at Dutch Water Dreams in Holland. The International Rafting Federation are bringing R4 to the competition scene in a bid to make rafting more 'Olympic friendly'.

The events comprise a time trial sprint followed by head-to-head races. These take place over a 500m stretch of white water. The third event is the slalom competition, comprising 12-14 gates in total and is the most technical event. Last up is the dreaded endurance event, which consists of a 15km white water race with up to 10 other teams.

First up was the time trial discipline. Having got their lines sorted the day before, both teams made the top eight which put them in a good seed position for the head to head races. The GB men's team had an unfortunate pin on one of the blocks which took them out early on – a huge disappointment for the current R6 World Champions in this category. The women got through to the final facing their nemesis, the Slovaks and held a tight line at the top but ended in second position with a Silver medal.

In slalom, both men and women put in good solid performances on the tricky water. Sadly for the men, they were too slow to compete with the rest, finishing in 18th whilst the women took third.

Last but not least, the endurance race loomed. The race started with heats of up to 12 rafts on the warm-up lake. Teams had to paddle out around a series of buoys and then back towards the course where they jumped out, ran the raft to the top of the steps and across a sand volleyball court to launch into the white water to paddle to the bottom. This was done five times over!

The flat water paddling separated most teams whilst the white water enabled sneaky lines and unlucky flips to decide winners. GB men dominated their heat, but were pipped for Bronze by the US team. The women had a disaster when they got slammed in the main hole and snapped a paddle. The ensuing battle to get out of the wildly recirculating eddy with only three paddlers was enough for Norway to overtake and win Silver.

Overall rankings led the GB ladies to Silver medal position on the podium! A fantastic result considering the level of competition from the 17 other teams. The men finished in a respectable 10th position out of 36.

Georgina Preston



Above: Ladies head-to-head race.

Paddlesport Participation Programme team

TEAM NATIONAL

Head of Paddlesport

Participation Programme (PPP)

Howard Blackman Tel: 0779 344 2585.

Fax: 0845 370 9501.

Email: howard.blackman@canoe-england.org.uk

Development and

PPP Support Officer

Kimberley Walsh Tel: 0845 370 9520.

Fax: 0845 370 9501.

Email: kimberley.walsh@canoe-england.org.uk

TEAM NORTH

SDO Northern

Nigel Timmins Tel: 01768 480 084.

Mobile: 07740 820113.

Email: nigel.timmins@canoe-england.org.uk

PDO North East

Ray Hudspith Mobile: 07715 993535.

Email: ray.hudspith@canoe-england.org.uk

PDO North West/Yorks

Gareth Field Mobile: 07738 185885.

Email: gareth.field@canoe-england.org.uk

TEAM CENTRAL

SDO Central

Stuart Briggs Tel: 0771 8982091.

Fax: 0845 370 9501.

Email: stuart.briggs@canoe-england.org.uk

PDO East & West Midlands

Jenny Spencer Mobile: 07889 168841.

Email: jenny.spencer@canoe-england.org.uk

PDO Eastern

Jeff Toser Office: 0845 1576819.

Mobile: 07912 597986.

Email: jeff.toser@canoe-england.org.uk

TEAM SOUTH

SDO South/PDO Southern

James Hinves Mobile: 07834 583369.

Email: james.hinves@canoe-england.org.uk

PDO London

Clive Whitton Mobile: 07794 051274.

Email: clive.whitton@canoe-england.org.uk

PDO South East

Chris Edge Mobile: 07889 168843.

Email: chris.edge@canoe-england.org.uk

PDO South West

Andy Davey Mobile: 0791 2466264.

Email: andy.davey@canoe-england.org.uk

National go paddling week: Calling all clubs

1st - 9th May 2010

A nine day week of paddlesport inspiration!

The aim of the week is "to help and inspire people to go paddling" and this will be achieved by your club or centre providing a positive and welcoming paddling experience within a managed environment – a go paddling day. Each club or centre will be encouraged to provide a taster event at a time which suits your timetable. All Canoe England are asking, is for your club or centre to run a follow up a session preferably during the week of 29th May - 6th June or just as soon as possible after your go paddling day.

What support do we get from Canoe England?

Canoe England would like to support your club or centre in a number of ways.

- Through signposting email and phone enquiries to the head office to your club or centre.
- Furthermore, your event will be promoted through the website and in Canoe Focus.
- Finally, to assist in reducing any additional work a welcome pack will be sent to you to assist in providing a pack of information to participants and therefore promoting membership at your club.
- Support from Canoe England for your club to manage and prepare for the potential rise in interest in paddlesport.

How does your club/centre benefit?

- Potential and new members.
- Income – Canoe England will launch a commission scheme for clubs that send us completed membership forms from new members. Welcome pack templates.
- Promotion of your club or centre through the website and local press.

Let's get as many people paddling as possible during the national go paddling week. Events big or small, for beginners to accomplished paddlers now that really is something for everyone!

How do we get involved?

To get involved, please contact Kimberley Walsh, Development and Participation Team Support Officer – Canoe England. Tel: 0845 370 9520 kimberley.walsh@canoe-england.org.uk

Over 100,000 young people now involved in Paddlepower

Merry Christmas and a happy new Paddlepower year to clubs, groups, centres and coaches. Paddlepower continues to grow beyond our wildest dreams! Over 4,000 young people have achieved Paddlepower Passport, well done to all on you! A huge thank you to all the clubs, centres and young people that have supported the award over the last 12 months.



Christmas card design winner

The winning design for this year's competition was submitted by Nathan Hammond, Age 13, from Meridian Canoe Club.

Nathan receives a £20 Cotswold Voucher. His design will also be the official Canoe England Christmas Card for 2009.

Many thanks to everyone who took part in this year's competition.

First polo challenge

Morpeth Paddlesport Club held its first polo open tournament on 12th September and what a good way to finish the summer season.

The club could not have chosen a better day, accompanied by glorious late summer sun to celebrate the recent success of achieving Club Mark accreditation. Teams had travelled from near and far including Scotland and Pennine who left in the early hours in order to be ready for a 10.00 prompt start.

The real headline for the club was in our youth section, all competing for the very first time where most had been paddling for only a few short summer months. I'll always remember their joy at scoring their first ever goal and I am really looking forward to seeing how they get on over the winter in the North East League.

Games commenced at 10.00 sharp with two leagues fighting it out to top the group and have the easiest quarter-final. Pennine swept all aside, and continued to the final where they showed their class and eventually ran out comfortable and worthy winners against Tees A.



Above: Morpeth polo players.

The club plan to run again next year, possibly slightly earlier in the year to avoid the low sun and with the support of local businesses. Thanks must go out to everyone that helped organise the day; particularly Ivan and Nicola Thorn, Simon Tibbitts, Luis Perales, Lee-Ann and Darren Hood. Without you all, Morpeth Paddlesport Club, its members and Castle Morpeth Borough Council, the event could not have taken place.

Warm hospitality and generosity

A group of friends from County Durham organise an adventurous weekend every year. This year their plan was to canoe a 40-mile stretch of the River Tyne, in aid of the Great North Air Ambulance Service. They are novice canoeists, so one of the group, David Baglin, contacted Ray Hudspith, who advised them of the access arrangements for the Tyne.

He put them in touch with the Environment Agency (EA), the Tyne Rivers Trust and various land agents along the Tyne to arrange special dispensation. The group contacted all the angling clubs whose response was incredible, with all of them giving

their blessing for the paddlers to pass through their waters, with some even offering to donate!

The friends set off from the Royal Quays Marina in Tynemouth at 09:30 on Saturday 17th October. The weather was perfect – sunshine with a gentle breeze coming in from the west. The first fuelling stop was at the Derwenthaugh Marina, a three-hour paddle through the industrial heartland of Newcastle, under the impressive succession of bridges, towards Scotswood. After lunch, they were back on the water pretty quickly to make best use of the tide to get them to Wylam, which is where the tidal limit ends.



The team paddled down the river Tyne

In brief

North West Paddlefest

This year was the largest event yet with diversification into mountain biking and climbing sessions running throughout the weekend at the Burrs Country Park.

With water sessions running on the pool and the river all day, paddlers of all ability were able to access canoeing and kayaking coaching. During the Saturday there was also a fun slalom event.

Desperate Measures and Brookbank brought a huge range of goodies to show off or sell, whilst Big Dog and White Water Consultancy brought many boats for paddlers to try.

Sunday was a little calmer with a Boater X starting at the top of the big weir and a big challenging slog down to the bottom weir, with paddlers pouring over the top at breakneck speed. This was followed by flat water slalom events on the pond in the afternoon.

A huge thanks needs to go to all the organising team and prizes donated by Eskimo, Ty Warp, Brookbank, Desperate Measures and Big Dog.

Derwent Water Canoe Trail

With support from the Environment Agency and Canoe England a new canoeing guide has just been produced. This leaflet will be available at the local tourist information offices and will be on Canoe England's website. It covers canoeing on Derwent water and Bassanthwaite with some notes about paddling on Thirlmere. It also gives some basic information on paddling on the local rivers that flow in or out of those lakes.

On the Sunday morning, due to low water they set off from Warden Bridge, a mile upstream of the north and south Tyne confluence after gaining permission from a local landowner to use his land.

Again the weather was on their side as it was a beautiful sunny day enjoying an easy paddle down to Tyne Green, Hexham and the final nine-mile stretch carrying round the weir at Riding Mill where the paddlers hit a faster stretch of water just below Bywell Castle. One of their canoes got into difficulty and deposited both passengers into the cold water.

Looking up to the castle, they could see the residents applauding them and thought it was a good opportunity to raise more funds. They were invited up to have a drink and were greeted with warm hospitality and unbelievable generosity. Back in the boats they enjoyed a superb paddle to their final destination at Wylam.

All in all it was a truly unforgettable weekend, meeting fantastic people and confident of hitting their £6,000 target. The group would like to thank Ray Hudspith, the EA, the angling clubs and all the landowners of the Tyne for helping and granting them permission for their trip. To donate you can contact Mark Baglin at: mjbaglin@hotmail.com

Cardboard canoes

Hereford Kayak Club recently held their annual cardboard canoe race. It is a fun family day, where everyone is invited to design and make their own cardboard canoe. The event was originally held on New Year's Day, and on many occasions had to be held within the car park of the club due to flooding. A very fresh and chilly way to start the New Year! Quite sensibly it is now scheduled for the summer months and enjoyed alongside a BBQ.



Above: Bruce with his turtle design.

The event has been running in the club every year since 1983 and over the years there have been some fantastic and very imaginative designs. This year proved to be no different with some incredibly creative ideas ranging from turtles, dragons and elephants to cars and even Hertford KC's very own Titanic. Prizes were awarded for best design, fastest boat, longest to stay afloat and best all-round. It was hard to choose the best design but came down to a decision between two junior designs from Bruce Jones and Darcy Victor-Trot for their impressive efforts. For some it was a very early swim, barely leaving the bank. But streaking ahead was Kay Spencer who has been part of the event almost every year since it started. Her experience in boat building showed as her design Nellie the Elephant was afloat for a good 15-20 minutes, gaining her the prestigious 26-year old cardboard cup.

Alongside the cardboard canoe race a go paddling day and BBQ was held, inviting anybody along to try a variety of boats including the club K4 and coracles. The event had a really good atmosphere with past members coming along making it a really enjoyable day.



Above: Lee with his car design.

The Cambridge 'flipper project' gets underway on the River Cam

Canoeists from Cambridge Canoe Club are welcoming a new facility to provide white water paddling on the placid, slow flowing River Cam as the result of their 'flipper project' at Bishop's Mill Sluice in Cambridge close to the Mill Pond and Laundress Green.

A pair of flippers situated below the sluice gate can be elevated to control a jet of water from the upper river to create a play hole for kayaks and canoes. The club will operate the facility and it will be used by a variety of paddlers from across the region to gain experience of moving water.

It will be of considerable benefit in the training of young paddlers and beginners of all ages, enabling them to develop the basic skills for safe white water activities. The innovative design, using flippers, is the first moving water facility of its kind in a region known for its flat and calm waters.

The key man behind the idea, Mike Norman, came up with an early solution, where the club for a time tried sandbags to alter the flow, which worked at low volumes, but the sandbags were decimated when the paddlers asked for more! This experiment proved that the idea would work, but it needed a more robust structure to channel the force of the water, and hence the Cambridge 'flipper' project was born.

Thank you should go to Mike Price who managed the project on behalf of Cambridge CC, Andy Laird from EPD for the design of the flippers, ECS for constructing them, Cambridge City Council for their funding and support, the Conservators of the River Cam and to Canoe England for their advice and enthusiastic support.

The flippers had an opening ceremony on 5th September.



Above: The flipper in action.

DECEMBER OFFERS

STAR OFFERS

Shred Ready Vixen

RRP £89.99
NOW £39.99



Dagger
Agent 6.4
Red

Sweet Strutter

RRP £140
NOW £120



Was
£699
NOW
£525



Dagger Kinpin
RRP £599 NOW £549

For custom packages please give us a call!

River Pack

- Pyranha Karnalli
- Palm Classic Deck
- Werner Rio

RRP £855
OFFER £740



Freeride Pack

- Dagger Action Juice
- Streamlyte Kinolic PPN12
- Playboater Shock Deck

RRP £875
OUR PRICE £589

Sit On Pack

- Islander Hula
- Daytripper Paddle
- Backrest

OUR PRICE £289



PACKAGES

ACCESSORIES



C-Tug Kayak
Trolley
£84.95



Jackson Happy
Feet £39.99



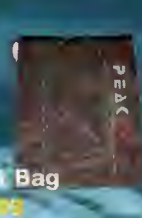
HF Weasel 18m
Throw Line
£24.95



Palm Gradient
Boot
£69.99



Palm Paddle
Bag
£34.95



Peak Kit Bag
£18.95

HELMETS



Sweet Rocker
Full Cut
£159.99



SR Standard
Full Cut
£94.95



Sweet
Wanderer
£119.99



Jobe
Hustler
£34.95

BUOYANCY AIDS



Palm Extrem
£149.99 PFD



Peak River
Guide Vest
RRP £115
our price £99.99



CSR
Buoyancy Aid
From
£25.65



Palm
Kaikoura
£119.95

CAGS



Yak Force Cag
(Great
performance)
£79.95



Peak Freeride
Cag
RRP £138
Now £119



Peak
Adventure
Single
RRP £140
our price £119



Nookie
Airhead L/S
Shell
RRP £140



Artistic Aveto
L/S £159.99



Sweet
Prophecy Cag
£320



Crewaver
Basic Cag
from £27.45



Palm
Sidewinder
L/S £199.99

DRYSUITS & THERMALS



Palm
Sudewinder
Torrent
Our Price
£429.99



Nookie
Assassin
Our Price
£499.99



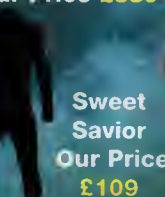
Typhoon
Multisport Mens/
Ladies
RRP £399
Our Price £339



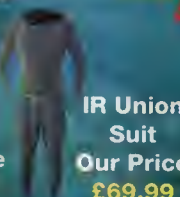
Peak Creek
Suit
Our Price
£439



IR Thick
Skin L/S
Our Price
£39.99



Sweet
Savior
Our Price
£109



IR Union
Suit
Our Price
£69.99

Prices are correct at time of printing and may not be 100% accurate

MAIL ORDER/ADVICE LINE
01924 444888
ONLINE SUPERSTORE
www.roho.co.uk

RobinHood
Watersports

Please call for quotes. All major brands stocked.

152 LEEDS ROAD
HECKMONDWIKE
WEST YORKSHIRE
WF16 9BJ

In brief

Upper Hamble CC fun day

The day was full of games and general fun for all people as teams competed in everything from chariot fishing, obsta-kayak courses and the two-canoe dribble dash, to a Blue Peter-style challenge to build a full-sized craft out of cardboard, plastic bags and sticky tape.

The challenge commenced at 10.00 with teams all kitted out and keen to win the 2009 trophy, the competitive spirit was clear from the beginning as teams raced to collect coloured balls. This spirit continued throughout the games all morning until the climax as teams raced their hand crafted cardboard kayaks. Congratulations to the winning team: The Team With No Name.

Upper Hamble CC would like to thank all those people who made the day such a success, helpers, coaches, family, the Eastleigh Working Newfoundlands Association and finally the fantastic Eastleigh Crew (fire brigade), both groups spent a long time rescuing people and showing off great skill on and in the water!

New London region

As of 1st November the London & South East region was officially split into two separate regions, The London region and The South East region. A meeting was held on 16th November to elect a chair, treasurer, and other members of the new RDT to oversee the changes and agree a timetable for further election processes.

Safety cover for swimmers

On 26th September, 400 swimmers took part in a one mile open water swim to raise £30,000 for Hospiscare, a charity which cares for people with terminal illness in Exeter, mid and east Devon.

The event was made possible with help from Wadebridge Canoe Club who provided vital safety cover for the event. With free camping and food the use of the lake for the whole weekend and an evening BBQ hosted by Wadebridge Canoe Club this was an ideal event for a club social.

The Hospiscare One Mile Swim took place at Roadford Lake, near Okehampton, which was open to all swimmers, from novices to 'elite' participants.

Check out www.onemileswim.co.uk/ for some Youtube action of the swim.



Above: Wadebridge kayakers providing safety cover for the open water swimmers.

Ealing triumphant

On Sunday 27th September, 20 junior members of Ealing Canoe Club competed on the River Thames, at Reading, in The Hasler Final. They were doing battle for the Geoff Sanders Trophy, which is presented to the winners of the national Lightning competition.

The club's Lightning paddlers have proved their pedigree in the competition by accumulating points at races, throughout the year, plus points won at the final. Going into the final Ealing were second, 29 points behind Leighton Buzzard. This meant that the 'Ealing crew' had to make up the deficit and score enough points to win, so everyone had to produce their best possible result on the day, racing against paddlers from 21 other clubs.

As the gun fired and the paddles hit the water, all the nervous apprehension was forgotten and without exception they all put their hearts into the task ahead, paddled 'out of their skins' and produced excellent results.



Above: The 'Ealing crew'.

As the results came in and the points were logged, every club member, at the race, was nervously calculating and recalculating. The result as expected went to the wire and when the official result was announced, you could probably have heard the cheer, back in Ealing.

After hearing about the clubs successes, the Mayor of Ealing, Councillor Barbara Yerolemou and the Ealing North MP, Mr. Steve Pound, kindly agreed to attend a presentation at the club on the following Saturday.

Club surf weekend

It all started as a casual throw away remark when Rob Smith from St Austell Canoe club was asked if he fancied organising a surf weekend for clubs in Cornwall. "Little did I realise what I was letting myself in for" said Rob, "I had no idea of what would be involved, finding the coaches, getting permission to use the beaches organising a camp site and marquee in case of inclement weather etc."

And so over a weekend in October the inaugural club surf event did indeed take place with clubs from both Devon and Cornwall in attendance. The Saturday morning arrived bright clear and warm! With over 30 paddlers it was time to make their way to Mawgan Porth, where they met up with Mega, Falmouth Marine School and Camel Canoe and Kayaks who had brought their demo kayaks. With a small but almost perfect wave everyone from beginner to intermediate had some excellent coaching from Steve Bowens, John-Paul Eatock, Dick Hobba, Jack Horwell, Steve and Sam Davenport.

After the surfing it was back to the campsite (field) courtesy of Pete and Teresa Frost for the evening BBQ and time to recount tall stories of the day, make new friends, and network with other canoe clubs.

A second day of fantastic surf action ensued building on the skills learned on the previous day. The kayak surfers were sharing the beach with a stand up paddle board competition, but watching



Above: Coaches were on hand over the weekend.



Above: Youngsters learning their skills.

them get wiped out by some big sets, everyone agreed sitting down was the better option.

Having organised such a fantastic weekend it was voted for Rob to do a repeat performance next year.

KataKanu



Hundreds of KataKanus giving more than 50,000 people a year an introduction to paddle sport.



We operate 23 KataKanus across our four Parcs. Great family fun on our lakes.
CenterParcs UK.

"Putting KataKanus onto the lake at our water sports centre at Tittesworth in the Peak District proved incredibly successful, opening the water up to both family and special needs groups. A fantastic investment for our company."
Paul Ball
Managing Director Peak Pursuits.

"We enjoyed using the Scouts KataKanus so much that we have bought our own!"
Lynne Bowler
Cheshire.



"The stability and durability of the KataKanu makes it ideal for working with youngsters of all abilities." **Jeff Creak**
Hillingdon Outdoor Centre.



"They are so versatile, rugged and popular that we now have five KataKanus." **Tom Lawrence** Sail & Paddle Tewkesbury.

"We have contracted Ian and his own fleet of KataKanus for camping expeditions on the River Wye for the last five years. Rewarding trips that our pupils want to do again and again!"
Lynne Elgy Frensham Heights.



Designed and built in the UK by WhiteBoats Ltd.

www.katakanu.com 07884 496 256 ian@katakanu.com

Young volunteers bring passion

Young volunteers bring passion and enthusiasm to our sport and they can be an asset to clubs and events in so many ways. In return, paddlesport has a great deal to offer young people and they are key to our sports future.

What do young volunteers have to offer?

For clubs, centres and committees, young volunteers offer energy, inspiration and enthusiasm. Many young people commit their time admirably and not only are they hard working but they are willing to help out wherever they are needed. They can offer different skills, know their way around computers, and have plenty of new ideas. They are especially perfect for helping with newsletters and websites and many young people love being involved as organisers, officials, administrators and coaches. Young people will be the future of your club, centre or committee and very often they bring with them other friends or young people who can help out.

Why do young people volunteer?

According to research by Volunteering England, the majority of young volunteers (56%) said they started volunteering because they wanted to improve matters and help people. However, young people were more likely than other age groups to say they got involved in volunteering to enhance their skills, experience, and employability. Other reasons for volunteering included meeting

new people and making friends (35%), while others said they were motivated by the opportunity to gain nationally recognised qualifications.

Below: Young Volunteer, Ushma Chohan helped Jessica and Sophie (right) gain their Paddlepower Passport award.



Recruiting young volunteers:

Research shows that young people hear about volunteer opportunities mainly through word of mouth or through local and national organisations. It is a good idea to promote volunteering opportunities on your website as well as the Canoe England website (contact the volunteer development officer). Schools, colleges and universities can assist in promoting opportunities and they often have a list of young people who are looking for places to volunteer. Many county sports partnerships also have a volunteering programme where young people have signed up and receive regular information on volunteering opportunities.

Paddlesport Rewards Scheme:

This free scheme can help you to recruit and reward young volunteers. It is free for volunteers to register and has been developed to help clubs, centres and committees. On completion of 10 and 25 hours volunteers receive a certificate and after 50 hours they receive a special gift.

Did you know?

Research carried out by Volunteering England shows that:

- Young people are more likely to volunteer in the voluntary and community sector (i.e. clubs and sport) than other age groups with the exception of volunteers over 65 years old;
- Raising or handling money proved the most popular type of volunteering activity among young volunteers (61%) followed by organising or helping run an event (54%). The least popular types of volunteering activity included secretarial, administrative and clerical work (14%);
- The main barrier to volunteering for young people was a lack of spare time (93%), while 56% didn't know how to find out about getting involved.

Remember: young people have good skills to volunteer and

many want to make a difference to your club, centre or committee. It doesn't mean that more work is involved for your existing volunteers – where necessary, young people can shadow a volunteer for a session or two until they are confident to take on that role.

Many thanks to Volunteering England for their research, which can be found in 'Young People Help Out'.

A positive role model



Above: Michael Walters.

Having been recently crowned as south Derbyshire's Young Coach of the Year, Michael Walters is one young volunteer who is definitely committed to his club.

Having completed his level one qualification last year, Michael is a keen coach at Burton Canoe Club. His enthusiasm to coaching has seen him develop his skills through attending additional courses including 'Fundamentals in Paddlesport' as well as gaining the award of 'Bellboat Helm'.

Fellow volunteers talk highly of Michael saying: "Michael has been a key part of the coaching team that has seen an average of 20 people being coached on Paddlepower Start and Paddlepower Discover. He provides a positive role model for other young leaders and coaches by encouraging them to take part in a wide variety of activities from recreation to competition."

Michael's commitment to the club sees him coaching weekly while also competing himself – a fine example of a young person applying his enthusiasm and commitment to coaching. If you know someone who deserves recognition or you would like to share your volunteering experiences, please get in touch! All volunteers featured receive a personal letter of thanks and a small gift.

In brief

Volunteer awards

Nominations for the 2009 Canoe England Volunteer and Recognition Awards came flooding in giving the judges plenty of bedtime reading! Everyone who was nominated has been informed of his or her progress and presentations are taking place at the Canoe England Coaching Conference on January 16th 2010. Winners will be announced in February Canoe Focus.

Volunteer website – keep updated!

Keep up to date all the news and available resources by logging on to www.canoe-england.org.uk/volunteers/

Volunteer coordinator pack

Clubs, centres and committees are reminded that a resource for volunteer coordinators is available. The resource is designed to provide support in your role including a number of templates, which may be useful. Focusing on recruitment, recognition and retaining your volunteers, the handy pack offers advice as well as useful documents.

For more information visit www.canoe-england.org.uk/volunteers or contact Julia Robertson, Volunteer Development Officer julia.robertson@bcu.org.uk



Canoe England Club of the Year Awards 2010

Does your club provide opportunities for everyone to experience high quality activities at all levels of paddlesport?

Does your club demonstrate a commitment to the development of participants as well as coaches and volunteers?

Does your club take an innovative approach to the promotion of the club?

There is still time for clubs to nominate themselves for the Canoe England Club of the Year Awards 2010. This year, thanks to Towergate TLC, clubs stand the chance of winning £700 for first prize and £300 for two runners-up. Clubs will be invited to the awards presentation being held at the Canoe England Coaching Conference on January 16th 2010.

The top three clubs will stand the chance to represent the BCU in the CCPR (Central Council of Physical Recreation) Sports Club of the Year (SCOTY) Awards 2010 in association with The Foundation for Sports and the Arts. Clubs who are successful in the 17th CCPR Sports Club of the Year Awards will be awarded at a glittering gala dinner in London with the chance to win up to £6,000!

The closing date for nominations is 10am, Monday 14th December 2009. Nomination forms are available on the volunteer's website or by emailing volunteers@canoe-england.org.uk

Women and Girls
in Paddlesport



Canoeing is

Tell us your stories!

Are you or do you know of a female coach or paddler that helps inspire more women and girls to go paddling? Has your club recently received funding to develop women and girls in paddlesport? Please tell us about it and help and inspire others. Please send any articles or good news stories to womenandgirls@bcu.org.uk



Feature by:
Alison Ross.

Having been a keen and adept runner since childhood, I had always fallen back on running as my fail-safe way of unwinding and regaining fitness in times of need!

Since having my two children in 2003 and 2005 however, I noticed that my joints weren't as tolerant or forgiving on long runs anymore, even though my stamina had increased.

“canoeing has just sort of slotted in with the rest of the activities that we seem to juggle in our house”



This combined with a distinct lack of time, meant that I had been running less and less over the past twelve months or so. In a strange way, becoming a parent also makes you very aware of putting yourself at risk, and living 'in the sticks' as I do, I suddenly felt vulnerable running along the canal tow path on my own for miles on end.

Despite living only five minutes from the canal for the past 11 years, canoeing had never really occurred to me. I enjoyed swimming, but the thought of combining it with a canoe and the canal had never really appealed to me! Certainly now at almost 36 years of age with two small children, a part-time job and a smallholding (pigs, sheep, chickens) to look after - I thought that a new hobby was the last thing I needed. I couldn't have been more wrong, I am amazed at how hooked I've become in just three months. I joined the newly formed Devizes Canoe Club (DCC) on 1st May - and got in a K2 for the very first time the following week!

Canoeing fits into my routine

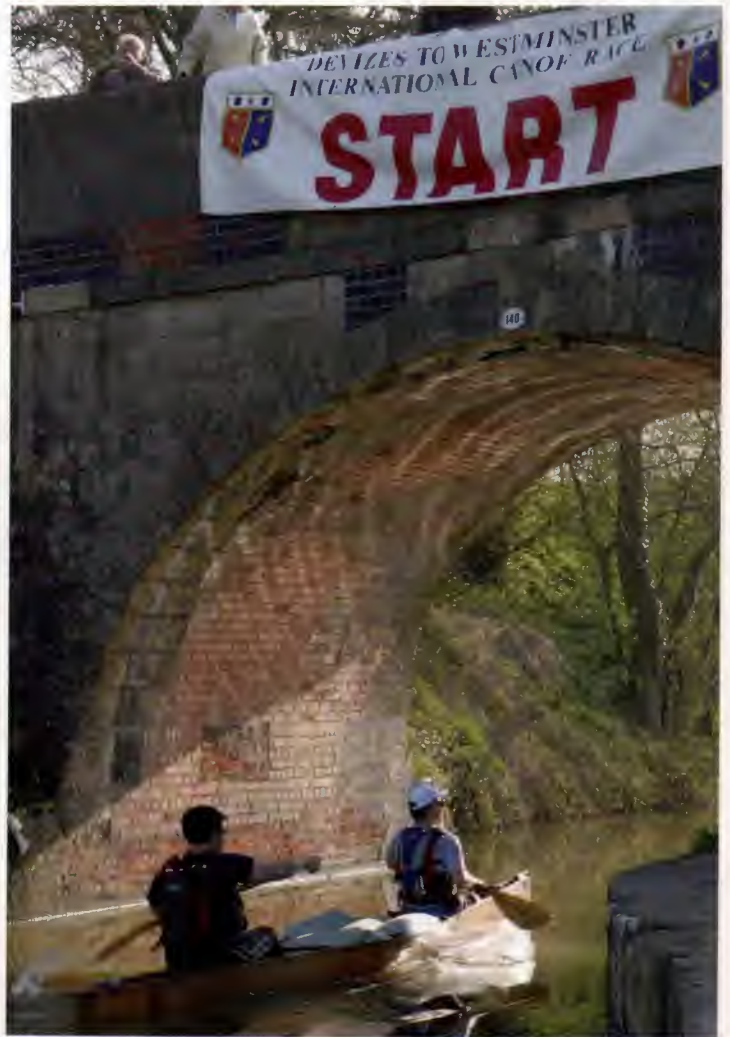
Strangely, canoeing has just sort of slotted in with the rest of the activities that we seem to juggle in our house, the only difference with this one is that it is something for me! In a strange way, it was easier to fit canoeing into my routine, than running. With canoeing we paddle on a Thursday evening and once at the weekend - rain or shine. Running was always easier to put off, either because of the weather or just because there was always something going on that needed my attention. This way, I have to get changed, get in the car, collect the boat and meet Holly. It makes me organised and because someone else is involved, I'm far less likely to back out just because it's wet or cold.

I was really lucky, when I joined DCC I met Holly on week one and we just clicked. She is a more experienced paddler than me and her skills and patience have been invaluable. I joined the club because (and here's proof that my competitive spirit, had only been on pilot light for the past few years) I decided that if I was going to take up canoeing, to give myself a goal of taking part in next year's non-stop Devizes to Westminster Race!

something for me



Above: The finish at Westminster Bridge.
Photo: Peter Hutchinson.



Above: The start at Devizes.
Photo: Susie Brown.

I think I've surprised myself more than anyone at how quickly I've taken to paddling and I'm sure that endless hours of pilates have paid dividends with my stability.

Training for DW 2010

Everyone at DCC has been fantastic, without their instruction, advice, experience and support, I'm not sure our DW quest would have ever become a reality. Three months in, we have just bought an old Mirage MK3, which we are going to use for the race and our DW training began in earnest in September.

I was amazed at the amount of work your abdominal muscles pick up (when you paddle using the correct technique) and have been pleased with the overall improvement in my level of fitness. Perhaps my pay-off for the gruelling DW training will be that I will finally lose those extra pounds I've ended up carrying since having the kids!

When I ran, I would plug in my iPod and just switch off, with paddling it's completely different. You have to be alert (particularly if you are in the front) and you get to experience so much more of your surroundings. Admittedly swans have been challenging, but the beautiful sunsets and the other wildlife I have experienced have been fantastic.

I would recommend paddling to anyone. I started out as a complete novice and have progressed further and faster than I would have ever imagined. It's one of the few sports where women seem to have the advantage due to their centre of gravity; also, I think women are far more prepared to just give something a go. I did, and haven't regretted it one bit.

“I am amazed at how hooked I've become in just three months”

Coaching Women and Girls

Discussing the differences, understanding the barriers and what it means for you.

An interactive workshop from Liz Davidson, Sport Partnerships Manager, The Women's Sport and Fitness Foundation will be run at the Canoe England Coaching Conference on January 16th 2010.

This will be a great opportunity to learn about coaching women and girls. Find out more about the conference at www.canoe-england.org.uk

The 'can do' mentality

"Everything is possible unless you ask a committee or a solicitor!" was the advice of a senior development officer from British Rowing as the fledgling Trentham Watersports Association committed itself to an ambitious clubhouse project.

Feature by:
Ruth Holdway.

Thanks for the support:

This project wouldn't have been possible without the funding from Sport England CCDP (Community Club Development Programme), Sport England CIF (Community Investment Fund), Eccleshall Scouts Donald Bean Legacy, Staffordshire Environmental Fund, Coalfields Regeneration, Staffordshire Community Foundation and the enthusiastic fundraising efforts of the clubs. Many thanks to all who have made this project possible, especially to Ken Walters for heading up the project for TWA, Mike Herbert from St Modwens, Alan Meegan from British Rowing, and all the volunteers and committee members from TWA, TCC and TBC. Thanks also to Knights Solicitors and Pro-Dek for your support. Finally, thank you to Anna Hemmings for taking the time to officially open our new facility.



Slightly tongue-in-check advice but not far off true as our small team made up from the newly formed canoeing and rowing clubs proved as they took bold decisions in our bid to move out of our dilapidated shed.

Four years ago at the start of the process as we completed the CCDP (Community Club Development Programme) funding application the club barely existed. What we did have was a stunning location within the Trentham Estate, a popular tourist destination in north Staffordshire. We had no boats either but we had access to a mile-long lake designed by Capability Brown for the Duke of Sutherland. We had a vision and plenty of ambition – which are the important bits – and also had the backing of the BCU and British Rowing – both governing bodies had the faith that "if we build it, they would come".

Two newly formed clubs driven by the dream of improving the incredibly basic accommodation that we had fashioned into a temporary boat store, threw themselves into finding the funding and getting the permission and backing to build a new boathouse and associated facilities. It was by no means easy.

As the clubs developed so too did the project and with it the size and cost of the building increased. To start off with we had to convince the rowers that we could work well together – they were slightly wary of us during the early days. A bigger initial hurdle was our landlord who was commercially developing the whole of the site and to start off with we had to work hard to convince them that we were serious.

Our location might have been our selling point, but since we were located in a historic estate in a conservation area, we had to work incredibly hard to convince the planning authorities that it was essential to put a huge functional building close to the water if we wanted to stay on the site – rowing fours and eights just don't fit in a small building. To spice things up, we didn't get planning permission until we were well into our



Above: Anna Hemmings with Ashleigh and Louise.
Left: Chris Voisey with the giant lottery ball.

project, and then it was rejected first time round. Before the recession, the cost of construction was at an all-time high and the cost kept increasing and more and more grants had to be tapped into. Then at the critical moment, thankfully before they started work, the builders went bust.

Eventually, just over a year ago, as Chris Hawkesworth might say, we had all our ducks in a row. We had the necessary £350,000, the solicitors had completed all the legal documents to make us a charity and a company limited by guarantee, we'd met all the requirements for Sport England and we had signed an agreement with our landlords. It was an exciting day when the diggers rolled up and started to clear the site.

On September 23rd, six-time marathon World Champion Anna Hemmings, officially opened our new boathouse. There is custom-designed racking for both the rowing boats, kayaks and canoes, changing rooms, disabled facilities and a meeting/training room. Nearly 100 guests, the majority who had played a part in making our dream a reality, joined us in celebrating our new beginning. As they toured the lake on the passenger boat, paddlers and rowers demonstrated their skills on the water.

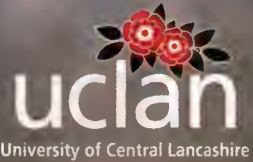
Already, both clubs are expanding rapidly and our profile remains high. The challenge now is to remain united now we have achieved the goal that has occupied every reserve for the majority of our existence. Both clubs have now got to 'grow up' to meet the responsibilities and the professional image that goes with the new facility. However, even before the opening ceremony was over, we were already taking about how we go about developing the space 'upstairs' currently inaccessible without stairs or a lift. Some people never learn!

Anyone reading this thinking of developing a canoe club, my advice would be if you never lose sight of the dream, put in a lot of hard work, anything is possible.

About us

Trentham Watersports Association was set up in Jan 2006 to represent the interests of all the user groups on Trentham Lake. Trentham Canoe Club now has over 115 members and is continuing to grow and mature. The club specialises in flat water canoeing, both recreational and competitive. The club's fledgling marathon team sent a team to the Hasler finals this year and organised its first Hasler race in November.

Want to turn your interest into a career in the outdoors?



Our industry-leading courses will prepare you to work in the dynamic and exciting outdoor industry. You will be based at our lively modern campus in Preston, with regular practical weeks at our fantastic Outdoor Centre in Llangollen, North Wales.

Our degree courses include:

- Outdoor Leadership
- Adventure Sports Leadership
- Adventure Sports Coaching
- Adventure Sports Science
- Adventure Sports Management

For more information call 01772 892400
 email cenquiries@uclan.ac.uk
 visit www.uclan.ac.uk/uclansport



www.wipeoutwatersports.co.uk

Dagger, Pyranha, Ocean Kayak, Tek Sport, Riot, Palm, Yak, Nookie, Peak UK, Gul, Aquapac
 Improved range of kayak equipment with more kit in stock than ever before!



The family friendly canoe, kayak and watersports store. Full range of kit for all ages and abilities. Call in, say Hi and see what we can offer you.

Want a Money Saving Package Deal? We will help you pick your own boat and kit package to suit you!



Kids section! Boats, Paddles, Buoyancy Aids, Cags and Wetsuits all in kids sizes!
 We also stock surfing, windsurfing, body boarding and snorkelling equipment.
 Full range of wetsuits, dry suits and buoyancy aids for all surface watersports.

Special Offers!

Yak Keevo Long Sleeve
 Twin Waist Dry Cag –
 Large only
 Was £74.99
Now only £59.99



Circle One Poly Plush
 Thermal Top
 Was £38.99
Now only £29.99

Second hand + Clearance
 Boats Available
 P/X welcome on most craft

INTEREST FREE CREDIT
 4 Post-dated Payments
 Easy and Simple!

GIFT VOUCHERS
 NOW AVAILABLE

Tel: 0114 2692739 • Mark@wipeoutwatersports.co.uk • 9.30am-5.30pm Tues-Sat

7 Park Hill, Swallownest
 Sheffield S26 4UN Map Online
ONLY 2 MILES from J31 M1
 Kayaks, sit on tops, canoes, paddles,
 splits, cags, trousers, buoyancy aids,
 wetsuits, footwear, gloves, helmets,
 accessories, rescue equipment.

A journey to r

Youth kayak expedition to west Greenland.

Sixteen students from Queen Elizabeth II High School aged 15-18 were split into two groups. Each group spent 10 days kayaking, paddling a total of 412kms in which was the first ever youth group to explore the area of Maniitsoq.

Feature by:
Expedition Leader
Lesley Sleight,
Teacher at Queen
Elizabeth II High School,
Peel, Isle of Man.

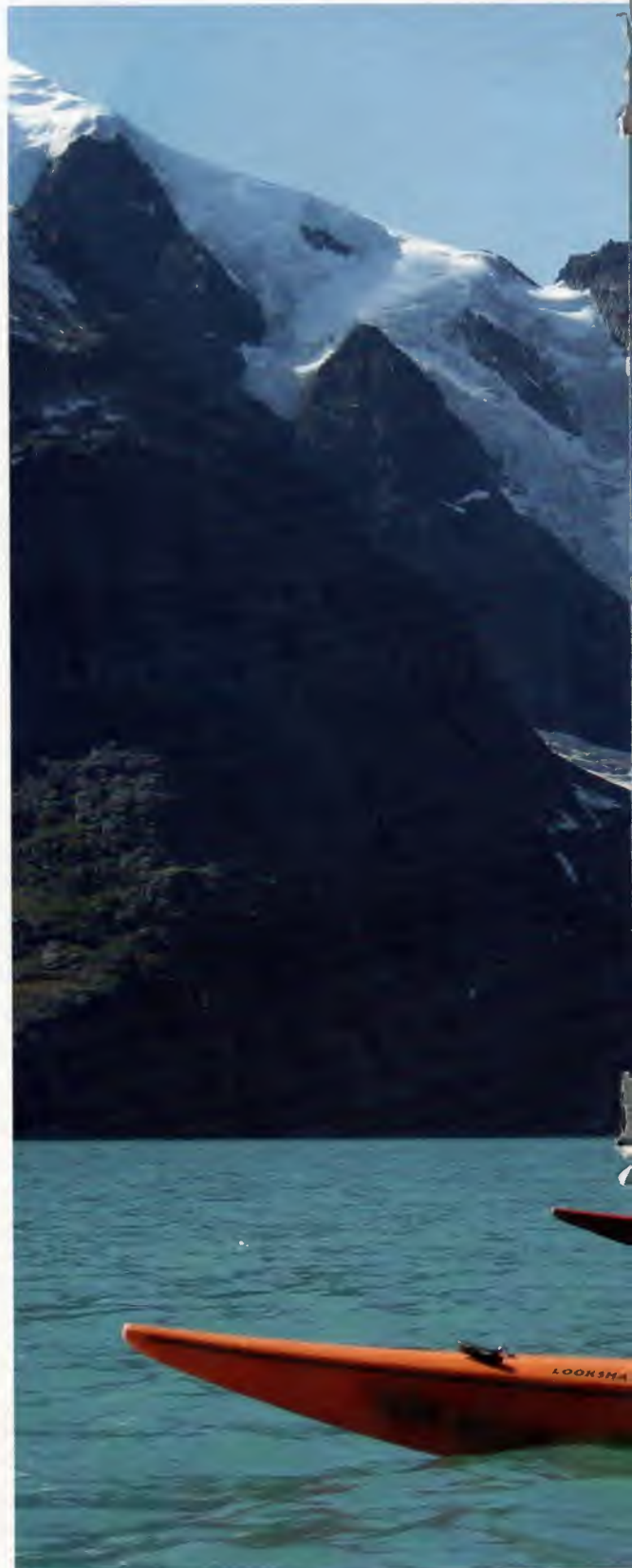
The journey was from Maniitsoq Island via Kangaamiut to the far end of Evighedsfjorden and back again. The word 'Maniitsoq' means 'uneven' in the Inuit language where high mountains and long narrow fjords make this landscape quite unique and completely different from other places in Greenland. There are 4,000 inhabitants in the community with 3,000 living in the town of Maniitsoq.

Evighedsfjorden (Eternity Fjord) is 80kms long and 700 metres deep. It is a long meandering fjord surrounded by some of the highest mountains in west Greenland, which rise almost vertically to a height of 2,000 metres from the banks of the fjord.

"My god what are kids doing out here?" This was our greeting as we bumped into a group from the British Army. They came over to greet us as we were camped by a beautiful glacier in a remote fjord, where their Finnish guide wanted to know, "What special school did the youngsters come from?" We replied just an ordinary secondary school on the Isle of Man. They couldn't believe the incredible journey the students were undertaking in such a wild and remote region. The army group were the only people we met outside the towns.

For a scientific element to the expedition the group decided to continue a project collecting tree specimens with a view to investigating the growth of the annual rings. The project started in 2006 when a group from the school collected samples of Northern Willow (*Salix glauca*) from their expedition to southern Greenland. Further samples from the same region were collected in 2007. It would be most encouraging if we could see any relationship between the tree ring data and climate records that were made by early explorers and ships that were exploiting the seas of Greenland.

The extracts on the next pages were written by the students involved in the Duke of Edinburgh's Award and John Muir Award, which was planned by the youngsters together with their teachers and voluntary leaders.



“My god what are kids doing out here?” This was our greeting as we bumped into a group from the British Army. ”

remember



Left: Local children of Kangaamiut, little girl chewing on Matak (whale blubber).

Below: Paddling up Sammisog Fjord with Tuumap Sermia Glacier in the background.



Diary extracts from the trip

"We managed to paddle 15km the first day before we decided to stop. We named the Island Eagle Island. This was because as we climbed to the top of the mountain we saw a pair of eagles. I am sure there was a nest at the top as both the birds began to circle and screech at me. This will certainly be a great memory. I saw my first Arctic fox; it came right down into the campsite."

"The wind continued to pick up as we made our way out of the bay and we knew we were in for a tough time with an icy Force 7 wind battering us head on, we made slow progress. Spirits were low and everybody was cold.

"However, an unsuspected birthday present appeared one hour into the journey as we were joined by a lone Humpback Whale. After the whale had passed by we continued to make our way west along the coast to the end of the fjord. It truly was one of the hardest paddles I have ever done and my hands and fingers were in agony. Fortunately, luck was on our side and eventually the wind began to die down and the sun came out and we continued on a little happier than before. On the far side of the fjord were massive glaciers where the freezing wind was coming from. After passing the glaciers the wind completely stilled and the clouds moved south leaving the sun to warm our cold bones."

"We saw about ten Humpbacks and one Minke Whale. One Humpback Whale swam very close to the kayaks. A few seals and several Arctic Foxes and Hares were also spotted. We were lucky to see quite a few White Tailed Eagles and many Ptarmigans. We kayaked passed numerous bird cliffs with hundreds of murres and seagulls the most common being kittiwake. We also saw Razorbills, Black Guillemots and ravens."

“Lots of ice had broken off the glacier. The thundering crash of ice around us falling into the sea was a good warning to us and we kept our distance. The cracks and booms were like cannon shots and we hastily paddled away.”

"Upon stirring from our tents we were greeted to a sea as flat and smooth as a mirror. Given the perfect paddling conditions we got onto the water pretty sharply.

"We made three large crossings the longest being 12kms. During the crossing we saw a large boat, which we thought had a whale hanging from it. When it came closer we could see it was a cruise liner and the whale a safety boat. We then became the centre of attention as cameras and videos were suddenly pointed at us."

"The 12km crossing to Kangaamiut was very exposed as we were at the mouth of the fjord. It was amazing to think that to the west of us there wasn't anything between Baffin Island, Canada and us.

"This isolated village was the original Maniitsoq (Sukkertoppen). However, the only landing site lies several kilometres up a rocky channel and the village is squeezed on a hillside facing the open sea with only a small rock harbour to shelter it. As a result in 1781 the village was moved to its present site of Maniitsoq on Maniitsoq Island.

"We arrived at the village to be greeted by a group of local children who all came down to watch us tie up at the jetty. One of the little girls was chewing on a huge lump of seal blubber. Leaving the harbour we noticed a dead seal attached to the front of a boat. It was being used like a float. Its eyes were popping out, which was very upsetting to see."

"Everyone is very tired today after our extreme 36kms distance yesterday. We have started to pass several large icebergs, more abundant as we come closer to the glacier."

"Touched an iceberg today, not many people can say that."

"We did a day paddle to visit a couple of glaciers. We walked to a glacier that had a massive cave within it caused by a sub glacial stream. We got some good photos of us standing on the glacier with the Manx flag held high."

Below: Group in front of Taateraat Sermiat Glacier.



Above: Inuit grave with skeletal remains in evidence.



Above: Tea break with equipment from Lyon Equipment Award.

"We came across one of the British Army base camps so we decided to peep inside the tent. Well they had boxes and boxes of food and a toilet. I thought they were supposed to be hardcore! Our toileting consists of squatting between two rocks on the seashore and using seaweed as toilet paper. You have to make sure there are no barnacles in it! As for food we carried 10 days of dehydrated food, which we supplemented with fish we caught and berries we found."

"We found several graves on the site. In one you could see the skull, femur and pelvic girdle. It was pretty impressive. The graves must have been hundreds of years old."

"We later found good campsites by looking for graves. They could often be seen on the rocky bluffs facing out to sea. It was a sure sign that it must have been an old Inuit campsite."

"At most of our campsites there have been flies and mosquitoes but I think there were more here than in rest of west Greenland. Just whilst unpacking my boat I had my legs set upon and bitten very badly."

Below: One of many idyllic campsites in Tasiusaq Bay with glaciers for a backdrop.



Above: Looking insignificant in front of a small 'finger' of the Serminineq Glacier in the Sammisq Fjord.

"We have camped just along from another glacier. The views are fantastic. The scenery and journey are just breathtaking."

"Lots of ice had broken off the glacier. The thundering crash of ice around us falling into the sea was a good warning to us and we kept our distance. The cracks and booms were like cannon shots and we hastily paddled away."

"We had a long day today. We paddled about 20kms before reaching the abandoned settlement of Ikkamiut. There is still a single building where some of the local children stay during the summer. We stopped in the building out of the cool wind to have lunch."

"Archaeological excavations of the village took place in 1963 and many remnants were found from The Saqqaq culture. You can still see the remains of old sod walled houses. It was rumoured that that the explorer Knud Rasmussen spent a night in one of them back in 1902."

"The leaders completely backed off today leaving us to paddle by ourselves. I enjoyed it. We worked very well and our map reading was good. We kept up a fast pace and rest and regroupings were quite frequent, all making sure everybody was ok. Good team work I would say."

"How proud all this makes me feel, looking back over the past month I realise how much I have accomplished, fears I have overcome, found personal strengths I never knew I had. I have kayaked a long way and I have proved to myself what I can do. I can do anything if I put my mind to it. A journey that I'll never forget." ❖

The expedition was approved by the Young Explorers' Trust gaining the Stephenson Expedition Award 2008. It was supported by the Scott Polar Research Institute, sponsored by the Gino Watkins Memorial Fund and nominated as the A & J Simpson Expedition for 2008. The expedition also won the Lyon Expedition Award 2008.

Kai Dastrup is the manager of Maniitsoq Tourist Office and Kangia Boat Charter and helped us with our expedition planning where nothing was too much for him. come2maniitsoq@greenet.gl

GB surf on top of

The British competitive surfing scene has never been healthier, with competitions throughout the year all over the country, the standard of riding in the UK is some of the best in the world and earlier this year we had the opportunity to prove that.



This summer saw the running of the bi-annual World Surf Kayak Championships, which were held at the Ocean Spirit festival in Santa Cruz, Portugal. The festival itself showcases some of the world's finest wave sports alongside each other and this was a great opportunity for the sport of kayak surfing to be seen on a world stage by a large and diverse audience.

Great Britain, split into the national teams of England, Jersey and the Channel Islands, Northern Ireland, Scotland and Wales had a really strong contingent that had made the journey south to try to compete with the world's best in some fantastic surf conditions.

The competition has two events. Firstly there is an individual event split into age and gender categories in either high performance boats (under 2.7m with fins) or international class boats (over 3.0m without fins). Secondly there is a team event where countries compete against each other in heats of four paddlers, with one point being awarded for a first through to four points for a fourth place, the team with the lowest points at the end of the event being crowned world champions.

Four British World Champions

The individual events saw some strong performances by GB paddlers, and with 30 podium spots up for grabs across the various categories 19 of them went to GB paddlers, including four British World Champions.

Due to historical lack of participants there is no junior ladies class in the World Championships so a special mention should be made of Emma Wynter's third place in the senior ladies despite only being a junior herself.

In the team event the Scottish team finished an incredible sixth, which was some achievement given they had no juniors in their team so were given penalty points for not fielding a competitor. The Welsh punched above their weight finishing in fifth with some really strong performances but just missing out on making it into the final four. That left England, Jersey and the Channel Islands, Northern Ireland and The Basque Country who were the defending champions to battle it out for the title.

“This was a great opportunity for the sport of kayak surfing to be seen on a world stage by a large and diverse audience”



The finals were incredibly tight with some exceptional surfing throughout. Jersey and the Channel Islands finished in fourth place having been just beaten to third by the Northern Irish in the final heat. The lead changed hands several times throughout the day between the Basques and the English, but the World Championship went to England, who through the strength and depth of their squad managed to surf their way to victory with a heat to spare. Strong performances from the whole team led to a momentous victory bringing the title back to England after an absence of 12 years.

Congratulations to all the competitors who took part, but particularly to our new World Champions: Naomi James, Adam Harvey, Corin King, Dave Speller and Team England.

The next world championships are in 2011 in North Carolina, USA, so if you can see yourself as a potential world champion or someone who just enjoys riding in the surf, get to one of your local competitions which are run throughout the year.

Details on the BCU surf website: www.bcusurf.org.uk. Full results from the World Championships can be found at the Portuguese site www.kayaksurf.net

the world



Above: Naomi James, Women's High Performance World Champion. **Inset:** The World Trophy



Above: Darren Bason



Above: Emma Wynter



Above: Jon Mount



Above: Jonny Bingham



Above: Dave Speller, Men's High performance World Champion



Above: Adam Harvey, Junior High Performance World Champion

The winners

Mens (18-40)

Dave Speller (Jersey & the Channel Islands)	1st High performance
Nathan Eades (Wales)	3rd High performance
Dessie McGlinchey (Northern Ireland)	2nd International class
Jonny Bingham (Northern Ireland)	3rd International class

Masters (over 40)

Gary Adcock (England)	2nd High performance and International class
Ian Sherrington (Scotland)	3rd International Class

Grand masters (over 50)

Tim Rowe (Jersey & the Channel Islands)	2nd High performance and 3rd International class
John Inglis (Scotland)	2nd International class

Juniors (under 18)

Corin King (Northern Ireland)	1st International Class and 2nd High performance
Adam Harvey (Jersey & the Channel Islands)	1st High performance
Jordan Thomas (Wales)	3rd High performance
Andy McClelland (Northern Ireland)	2nd International Class
Jon Mount (England)	3rd International Class

Womens

Naomi James (Wales)	1st High performance
Rhiannon Woodman (Wales)	2nd High performance
Emma Wynter (England)	3rd High performance



First BIKC draws in top names and identifies for talent!

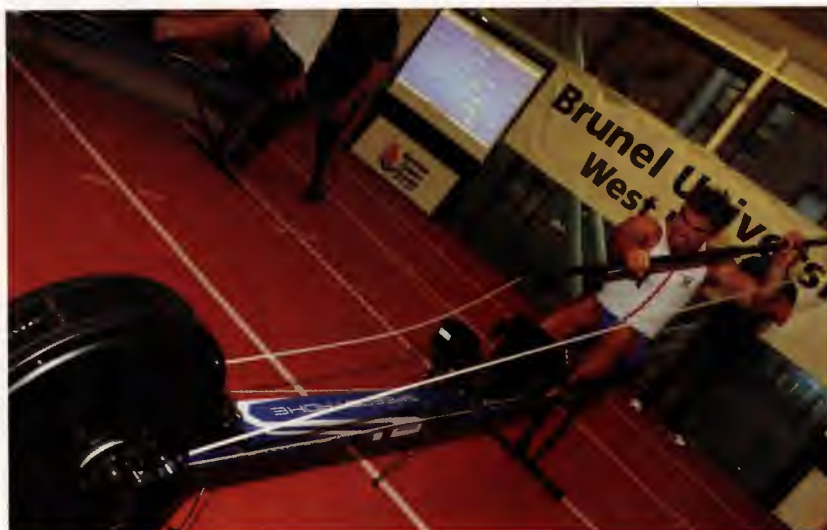
The first ever event of this nature, which comprised of racing on a land-based kayak ergo machine over a number of distances, was hailed a 'success' by Sprint Racing Chairman, Peter Moule and BCU CEO Paul Owen.

Feature by: Chloe Nelson. **Last month's British Indoor Kayak Championships (BIKC) saw all the big names in the sport competing, including Olympic Gold medallist, Tim Brabants, sprint European Bronze medal winner, Rachel Cawthorn and slalom World Championship medallist, Fiona Pennie. Kayakers from all disciplines and age ranges came together from veterans (45) to the likes of Madi Barnicoat and Gabi De Ferrer who competed in the under 10s class!**

The event, sponsored by the BCU and supported by Kayak Pro and Brunel University ran over two days on 21-22nd November. The individual 2km and 10km club challenge were on Saturday and the spectacular shorter distances of 200m and 500m on the Sunday. There were prizes of £750 for the overall winners (male and female) of each distance.

It was clear that what made this event incredible was the impressive venue – the Brunel University Indoor Athletics Stadium where Usain Bolt has trained and the atmosphere, which at times was electric due to the proximity of competitors and audience.

Below: A Kayak Pro machine being tested to the maximum.



Saturday saw Jenna Hawkey and Jonathan Boyton win the 2km comfortably, the afternoon club challenge certainly got heated and the rivalry between Pimp my Kayak and Elmbridge was clear for all to see, but it was Elmbridge that came out on top.

Arguably the most exciting and competitive racing was on the Sunday for the shorter 200m and 500m distances. The tension in the arena just before the start of the men's final was palpable. Jon Schofield set the time to beat at 32.6 seconds and the other best of British men's kayak were focused on eclipsing his exceptional effort. The race started and while the pack stayed bunched for the first 100m, it was Ed McKeever who drew away to take the finish line in first place ahead of Brendan Stead and Ed Cox. Was it good enough? After a short gut wrenching delay, the results board indicated McKeever had missed the big prize by 0.1 second and the money went to Schofield.

The women's final brought Jess Walker, Hayleigh Mason and Jenna Hawkey together. The competition was always going to be between Mason and Walker. Mason had an excellent start but Walker applied the power in the later stages of the race to win by 1.5 seconds and grab the cheque for the day. Walker's time was 38.2 whilst Mason finished in 39.7 seconds, with Leanne Brown (Royal CC) putting in a good performance to finish third in a time of 40.3 seconds.

The final racing distance was 500m and Rachel Cawthorn entered the arena again. Although Saturday's win went to Jenna Hawkey, Cawthorn was determined to win this one. Despite a good start from Hawkey, Cawthorn's trademark fast finish guaranteed she would be on the top step of the podium.

The men's final was equally exciting. With Harry Postill relishing the fact he was sitting alongside the likes of Paul Wycherley and Tim Brabants, there was no doubt he was enjoying the day. Keith Moule dominated the start out of the blocks though this was only temporary as Paul Wycherley and the rest of the field quickly got back on level terms. Moving into the second part of the race, Wycherley took out half a length of a lead, but Ed McKeever was stalking ominously and it looked as if he was going to catch the Wey man. Tim Brabants also had a late surge over the last 100m to ease into third place but it was Wycherley who held on to secure his first win of the weekend. Great racing!

While the seniors demonstrated their excellent techniques and performance, there was no doubt which competitor won all of the applause for courage – Gabi de Ferrer – who won a special place in the hearts of the crowd for all her efforts in completing the 500m events.



WHITewater

The Canoe Centre

From flat water to white water
From recreational to competition
6,000 square feet of paddler's paradise
All 5 minutes from junction 1 of the M3

Tel: 01932 247 978,
Fax: 01932 247 368,
Email: info@wwtcc.com,
wwtcc.com

Shepperton Marina,
Felix Lane, Shepperton,
Middlesex, TW17 8NS,
Great Britain

Win a Nookie Airhead with Absolute Paddling!!

All you have to do is visit our website and answer this simple question

What exceptional breathable fabric is the Nookie Airhead constructed with?

- A: SomaTX3
- B: Cotton
- C: ProShell Fabric



Competition closes on the 20th January. Entries can be made on the website or sent on a postcard with your name and address to the address below. Full terms and conditions available online.

www.absolutepaddling.co.uk

Absolute Paddling, George Tranham
Highfield, Longstock, Stockbridge,
Hants, SO20 6DP



What the competitors thought:

James Hinves

"What a spectacular event, it looks and feels the piece and has been brilliant all the way through."

Ed McKeever,

"It's good to have an event at this time of year, we usually compete from May to August and it's good to have something over the winter."

Jon Schofield

"The 200m was harder than I expected, it felt twice as long as it would in a boat! I'm impressed by the event and how well organised it has been."

Fiona Pennie

"I'll be bringing the rest of the slalom squad with me next year!"

Phoebe

"It has been great and I'm looking forward to next year. It's good to be able to see the seniors up close, you can see how hard they work, you can look at their technique and see them working really hard. It was a bit nerve racking competing in front of an audience that is so close, but it makes a good atmosphere."

Nick, Richmond Canoe Club

"You can watch the range of techniques and see the range of abilities and watch how the professionals paddle. Here you can see all of the races as they are in such close proximity."

Overall Winners

2km

Jonathan Boyton 7.28 & Jenna Hawkey 8.20.9

10km Club Challenge

Elmbridge Canoe Club

500m

Rachel Cawthorn & Paul Wycherley

200m

Jess Walker & Jon Schofield

Visit www.bcu.org.uk for a list of full results.

Thank you to Brunel University and Kayak Pro for supporting the event.



Above: Female under 16 winners.



Above: Paddleability winners.



Above: Gabi de Ferrer.



Above: Jon Schofield.



Above: Rachel Cawthorn.



Below: Richmond CC.



Below: Paddling hard.



Below: Women's race.



Dr Tim Brabants, MBE

"This event is good for the sport. The machines are good, it has been a good set up and what's really great about it is that everyone can get involved."

Below: Paul Wycherley (Pimp my Kayak).



Sun, sea and

Malta has a long and very distinguished history, when I say long I mean longer than anywhere else... in the world. The ancient temples of Malta are the oldest recorded free standing temples on the planet, predating the pyramids of Giza by at least a thousand years. When I say distinguished, I mean distinguished. On the 15th April 1942, during the second world war, the entire population of this beautiful, small group of Islands were awarded the George Cross, Britain's highest award for civilian bravery, this was in the face of Nazi invasion.



Feature by:
Clark Weissinger.

Clark is a BCU UKCC Level 3 sea kayak coach and ACA coastal kayak instructor.

It is believed that Malta, deriving its name from the ancient Phoenicians 'Malet'-meaning shelter, was populated by sea traders during many migrations west. The position of the islands in the Mediterranean offered not only a central but also a strategically convenient port of call for trade and commerce and many of its sheltered bays and natural harbours would have offered safe refuge from stormy seas and strong winds. Strangely enough, it was through these ancient sea farers that I was to meet up with Jeff Allen from Cornwall, through the modern wonder of internet, which seemed quite strange considering the historical aspect of our conversations.

Jeff was doing some research on the Phoenicians and their sea trade routes through the Mediterranean and as I'm a history buff, I was more than happy to offer as much support as I could and help him with his project.

I thought it best to invite Jeff to Malta so that he could see these islands for himself, show him some of the local history and to spend some time with him paddling around this fascinating archipelago. Malta has a beautiful yet rugged coastline and there is nothing I like better than to share it with fellow paddlers.

I met Jeff at Luqa Airport where it turned out that he'd decided to bring his own kayak with him – a Feathercraft folding kayak, which he assured me, would be excellent for the current Maltese weather conditions. I asked him if he had the kitchen sink in his other bag, we both started laughing. I had warned him on the

phone the previous day that the weather was going to be against us for a few days, which is unusual for Malta.

The next day we headed down to the beach, Comino, a small island sandwiched between Gozo

“Malta, Gozo and its smaller islands are world famous for the clarity of its waters, which make diving and snorkeling an attractive addition to sea kayaking in Malta”



Above: Clark at Blue Lagoon.

and the mainland was our destination, although there was very little wind, the low pressure system which lay to the west of us was already pushing up some big swells and this was having a dramatic effect on the coastline.

Count of Monte Christo

Sitting on top of a steep cliff on its southern edge is a rather imposing structure known as the White Castle, made infamous as the jail which held the Count of Monte Christo captive for 14 years. The castle overlooks the Blue Lagoon - named for its crystal clear waters, attracting tourists and divers throughout the year. Malta, Gozo and its smaller islands are world famous for the clarity of its waters, which make diving and snorkeling an attractive addition to sea kayaking in Malta, and whilst paddling around the island we saw lots of local free divers, fishing off the coast.

The next day, a strong storm blew in as forecast; this created an impressive sea state and ensured that no paddling was going to take place, at least on this side of the island. The island has a coastline that faces many directions and you can nearly always find a sheltered side to it and it wouldn't take long to reach an alternative put in. Jeff however, wanted to use this opportunity to assemble his folding kayak and take it surfing. I was surprised at

history



Left:
Approaching the
breakwater at Valetta.

gentlemen'. Mount Sceberras, on which Valetta stands, lies between two natural harbours and it was our plan to explore this end of the island, we paddled out only to find that although the wind had died down slightly that the swells were still really huge, seas big enough to overlap the cities break water were enough of a deterrent and kept us confined to the northern part of the city.



Above:
Popeye Village,
Anchor Bay.

The following day we decided to paddle over to Gozo, the Gozitans; although considered Maltese have their very own identity and although the two islands are very closely located to each other, they share in many ways a very similar yet separate history. Malta was made up of traders and soldiers, Gozo of farmers and fisherman. (Fishing was a dangerous occupation at times due to piracy). Where the Maltese will boast of having St Paul as a short term resident of their Island, Gozitans boast of having Ulysses as their long term inhabitant. Legend has it that Ulysses was kept prisoner in a little cave near Ramla I-Hamra bay for seven years by the nymph Calypso. In fact the whole of the islands are steeped in myth and legend. Other such legends include the medicinal qualities of Fungus Rock, which I pointed out to Jeff as we paddled past the fungus growing on a rock. The crusaders would use it as a styptic dressing for wounds and a cure for dysentery.

We managed to surf the residual swell as we paddled across the channel separating the two islands, we were heading towards the small town of Mgarr, which is also the ferry port for the island. We headed to the south, avoiding the ferry as it headed into port. Steep cliffs were once more to create a magical backdrop and the deep swell created some very interesting Clapotis. The west of the island is very exposed and there is a section of about six miles of coastline with no real escape from the water. This is where we had chosen to take to the sea in a double kayak. Jeff's visit was coming to an end and if we were to get to see as much of the island as possible we would have to speed up our progress, we felt that the double would give us this greater speed, I don't often get out in a double and it was fun to be able to paddle hard in advanced waters in close company. Sea turtles are often sighted around this end of the island, we were not to be so lucky this time, but we were to see many Yelkouan shearwaters bobbing around on the sea as we paddled past.

We paddled back across to Mellieha Bay, this was Jeff's last day, I mentioned this and he said that he felt he hadn't really had enough time to explore the islands properly, I told him not to worry, there will always be a warm welcome for him here in Malta. ♡

how quickly the kayak went together, I had come across these skin on frame boats whilst guiding on the coast of Maine and I always liked the concept but I hadn't seen them out in the surf before, I was impressed by the way it handled the waves, flexing as it rode clear of the breaking water. It became obvious to me that Jeff had a lot of experience surfing and later learned that Cornwall is a famous surfing destination.

Ancient temple

Tourism is now the island's main industry and the rest of the day was spent sightseeing. First we headed to the walled city of Mdina, known as the 'silent city', followed by a trip to Hagar Qim, where the ancient temple predates even the pyramids and is thought to be the oldest free standing structure known to man. With all of his research into the Phoenicians I figured this would probably keep Jeff occupied whilst the Levante - as the local's call the wind from the East - hammered the islands.

The next day saw us setting out across the Island to its capital city, Valletta. Valletta owes its existence to the Knights of St John, who built the city as a refuge whereby care could be supplied for the injured soldiers and pilgrims of the crusades. It was whilst travelling through the Mediterranean that Sir Walter Scott described Valletta as 'the city built by gentlemen for

“the blue caverns were numerous, providing ample opportunity to snorkel and take photos of fish”

Wild boys

Below: Ullswater.

Two lakes, three rivers, a cave and a campsite in the Lakes.
 Having only one week left of my holidays before having to return to school, my son Tom asked if he could take a friend canoe camping again. The answer was easy, yes but where to go.

Feature by: Steve Gorman. **I looked at heading up to the Tweed or down to the Wye, which I had previously paddled with Tom, 12, and Harry, 11. Then I thought about the Lake District. Having lived and worked there for quite a few years when I was a younger I knew I could stitch together a three day trip quite easily and as I had friends in the area the shuttle would be relatively easy. So a phone call to a friend, Dave, to find out what the rivers were like and to see if he could help with the shuttle and it was sorted.**

The plan was quite simple really. Drive to Hartsop near Patterdale and put in at the bottom of Brothers Water, paddle down Goldrill Beck into Ullswater, sail/paddle the length of the lake (12.5kms), paddle down the Eamont (Grade 2 16kms to cave) and finish at Armerthwaite (Grade 2/3 25kms to finish) on the River Eden. It looked a great journey on paper, which we hoped to do in three or four days, depending on weather and how the boys got on. The total distance we planned to travel was just shy of 60kms.

We arrived at around 15.00 unpacked the van then loaded the boats. Once we had finished sorting things out I met Dave and drove to the finish to make things easier at the end. This took a couple of hours, so I didn't return to the boys until just after 18.00.

We set off in the rain, however, this did not make too much of a difference to us as Goldrill Beck is tree lined, so quite well protected, in fact some people refer to it as a tree lined ditch! Due to the amount of rain that had fallen during the previous few days the river was full and flowing at a good rate, so progress was swift. The only real obstacles being low branches and fallen trees which needed some care and good boat control from the boys.

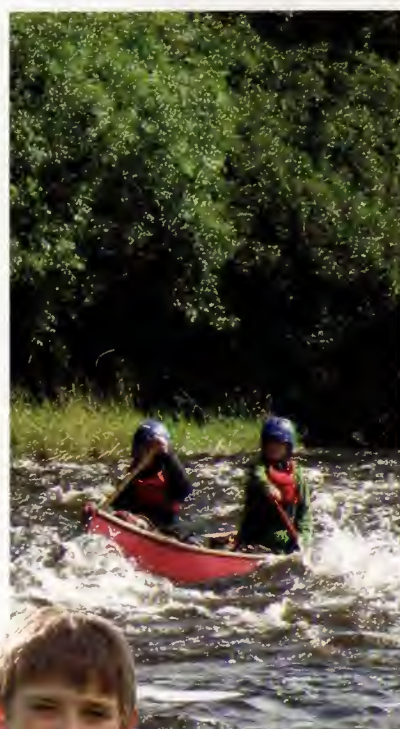
Camping spots were submerged

We entered Ullswater in the dwindling light of dusk, strong winds and horizontal rain. We looked for a camping spot which would be sheltered from the elements and was above the water line. This was not

that easy to do as the lake was very full and many of the wild camping spots were submerged. We eventually found a

“The river was extremely full, close to bursting its banks in places so again the tree hazard was going to be the main problem”

Below: The boys enjoying themselves.



Tom

Harry



Above: Steve at Lucy Falls.

place to pitch and set up the tents before I prepared food, sausages, fried eggs, potatoes and green beans, all very nice and enjoyed by all.

When we woke the wind had dropped although we still had quite heavy showers so I decided that we should continue and see how things went during the day. Breakfast over, pots washed and boats loaded we started our journey along the length of Ullswater accompanied by the occasional heavy gust of wind and rain. Just after passing the islands to the north of Glenridding we rafted the boats together so we could use the improvised sail to help us on our way. This worked very well and saw us shooting along, riding the occasional wave.

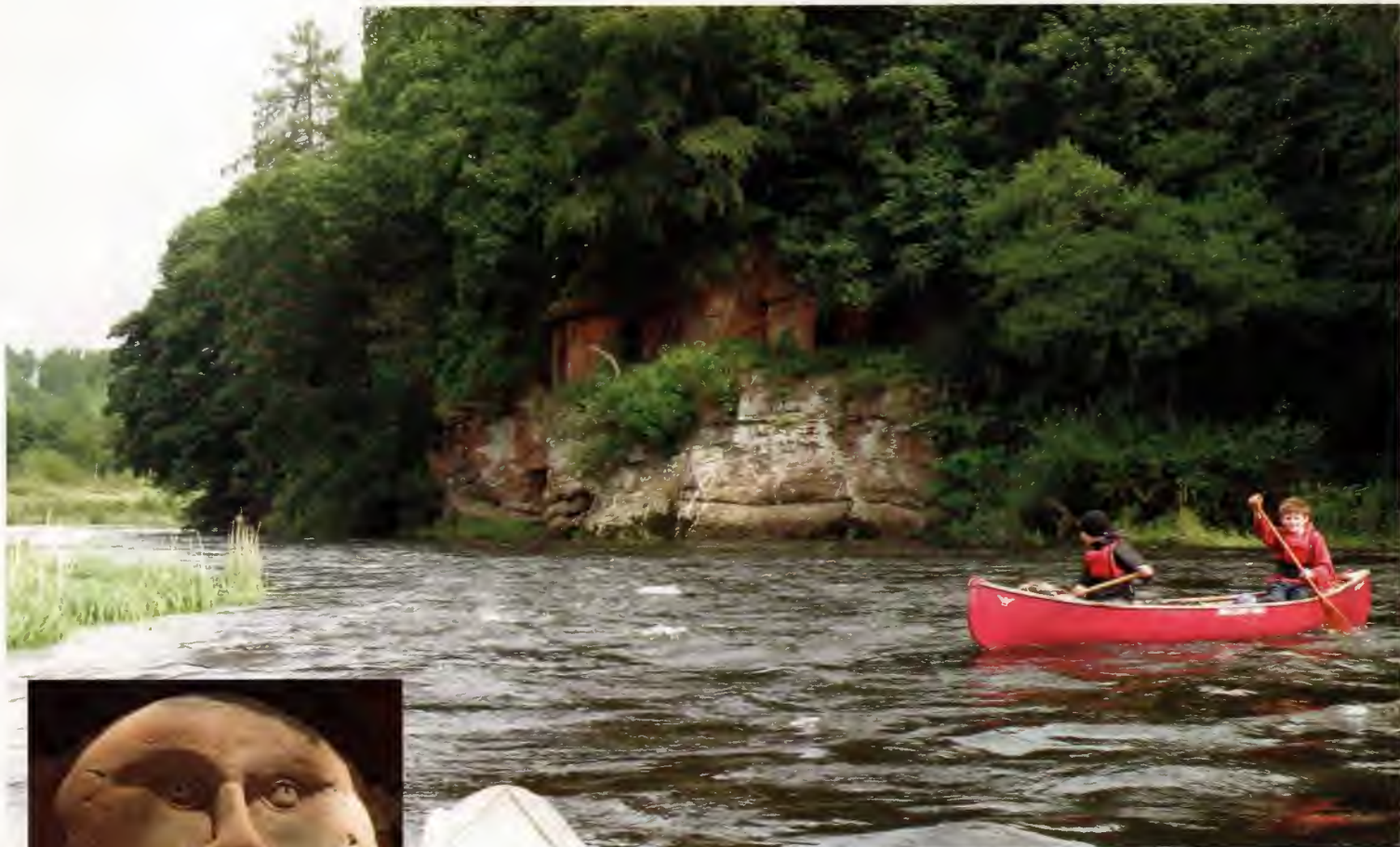
Thrill of surfing

The boys did very well and seemed to enjoy the thrill of surfing some of the waves that had formed. We eventually arrived at Pooley Bridge untied the boats and pulled them to the shore at the mouth of the River Eaumont so we could walk in to the village and get something hot to eat at the pub - well it was supposed to be a holiday!

The river was extremely full, close to bursting its banks in places so again the tree hazard was going to be the main problem, however, I also knew that the weirs we were to encounter would also be very big and need some care.

Below: Harry sailing on Ullswater.





Above: The caves at Eden Lacy.

Returning to the boats we saw four other people in two open boats heading down the river. They went under the road bridge at some speed so I told the boys they had to keep an eye out and try to read what

Below: The boys ready to start the final day.



Above: A sandstone head.

was happening well ahead of time.

We soon caught the other boats up as one of them had ended up perched in a tree with the occupants trying desperately to extract it. We pulled in to see if they needed a hand and waited to see everything was ok before continuing on our way. The Eamont has six weirs between Pooley Bridge and Brougham Castle. I went down each one first to check it out before the boys followed. We took on water due to the size of the standing waves but managed to stay afloat and in control, the others didn't. It was quite funny, certainly for the boys to watch first a boat, then two people swimming after it at each weir. I think it must have been their first trip in open boats. We had a short break at Brougham Castle before continuing on to our planned overnight camp at Giants Cave.

Well earned wee dram

The cave is on a right bend in the river some way up the side of a sand stone cliff and is huge. We eventually found the takeout which was harder than usual due to the amount of water and dense foliage, moved the kit from the boat to the cave and settled in for the night. The boys thought it was fantastic. Once we were sorted with wet kit hung up to dry I lit the BBQ and

cooked the evening meal. I slept by the fire whilst the boys opted to put the inner of their tent up inside the cave. I had a well earned wee dram and read my book whilst they went to bed tired but happy.

“We took on water due to the size of the standing waves but managed to stay afloat and in control of our boats”



Above: The sandstone heads and inscriptions.

The following morning after breakfast and the final loading of the boats we set off towards Armathwaite. We left relatively early as we had around 25kms to go with some excellent white water to look forward too. The initial section to Langwathby Bridge was nice but with no rapids and quite a strong head


wind. This didn't seem to upset the boys as they just kept talking and playing games as they paddled. The next section though was better with a great little bedrock rapped at Eden Lacy Falls.



Above: Giants Cave as we left it.

Classic Grade 2/3

This is a straight forward Grade 3 provided you get the right line, which has a bad undercut that runs nearly the width of the river. I took the boys down to inspect the fall and to see if they fancied doing it, they didn't! So I had to paddle both boats down whilst the boys stood at the bottom, camera in hand hoping I would fall out or in! From here the river settles down again until Lazonby and the start of the classic Grade 2/3 trip down to Armathwaite. We had lunch on a small beach opposite the Lazonby car park and then headed down river with the boys a little bit nervous about what they might find ahead.

Tom had been out to France with me and the rest of the family earlier in the summer so had visions of canoe eating rapids. The river in fact was quite easy as the rapids tend to wash out a little when the river is high. The only problem being that the wave trains can be quite big and bouncy breaking over the sides of the boat. We passed three fishermen during the day and all of them gave us a wave as we paddled past. The sun was out and the birds were singing in the trees as we approached the take out and the long portage to the road. I made two trips with boats and bags whilst the boys made three for the smaller bits of kit. The van and trailer were waiting for us so loading up was easy and before long we were ready for the off. The trip was excellent and may not have been to everyone's taste; however, I know that Tom and Harry will be talking about it for some time to come. Would we do the trip again? Definitely! 

“ I took the boys down to inspect the fall and to see if they fancied doing it, they didn't! ”



Rivers Access Campaign goes to Manchester and Brighton

September and October are always a very busy time of year and this year was no exception. The Rivers Access Campaign went to the Labour and Conservative Party Conferences as part of the Boating Alliance stand.

What is the Boating Alliance? The Boating Alliance is made up of the six national organisations representing different aspects of the UK leisure marine sector:

- The British Canoe Union
- The British Marine Federation
- The Inland Waterways Association
- The Royal Yachting Association
- British Rowing
- British Water Ski

It's a strong alliance that gets together for the party conferences to lobby for various issues as well as spreading the word about boating as 'one voice'.

Our six organisations have come together as the Boating Alliance to be the voice of the leisure marine sector on the key issues, which affect us all. Collectively we speak on behalf of watersports enthusiasts and waterways users, as well as the businesses, which support them such as leisure boats and hire fleets.



The organisations, which form the alliance, share the following objectives:

- To support watersports participation at all levels.
- To ensure access and navigation rights for boat users.
- To secure effective funding for the sector.
- To support the leisure marine industry, particularly in the current economic climate.

Whilst there we met many different MPs, interested and not so interested parties. We took every opportunity to get our message across. It was also very noticeable how the PPC (Prospective Parliamentary Candidates) were placing themselves. When the time comes and the flag is raised do talk to those who are PPCs as well because you never know who might be elected to parliament. We will be doing another mailing and lobbying push too prior to the general election.

Action in parliament

Our heartfelt thanks go to John Grogan MP who tabled this question on behalf of all canoeists.

Part 2: Oral and written questions from Thursday 29th October 2009.

Oral questions to the Secretary of State for Environment, Food and Rural Affairs.

Rivers: Canoeing

Mr Grogan: "To ask the Secretary of State for Environment, Food and Rural Affairs what plans he has to increase access to rivers for canoeists." [296318]

Huw Irranca-Davies: "We have been working, through our agencies, to provide better access to inland water for canoeists and other users. The Environment Agency's work on four pilot rivers aimed to increase understanding of access agreements and develop a toolkit for others to use and shows what can be achieved by agreements. Over time there is scope for voluntary agreements to significantly increase the amount of inland water accessible to all."

The non-answer! This shows that the thinking is out of date and out of touch! It has been admitted on many occasions that the Environment Agency's (EA) work on four pilot rivers aimed to increase understanding of access agreements and develop a toolkit for others to use and shows what can be achieved by agreements has in fact shown the opposite. They simply do not work.

The EA's work on four pilot rivers aimed to increase understanding of access agreements and develop a toolkit for others to use and shows what can be achieved by agreements is now over three years old! How much access to water for canoeists and others has been added to that in the intervening years.

Our answer is nothing and in fact two of the four pilot studies Rivers Teme and Wear have not worked at all and access has not been achieved.



BCU's Public Affairs Manager appointed to the Inland Waterways Advisory Council



The Inland Waterways Advisory Council (IWAC) is an independent statutory body created on 1st April 2007 by the Natural Environment and Rural Communities (NERC) Act 2006 to advise government, navigation authorities and other interested persons on matters it considers appropriate that are relevant to Britain's inland waterways.



Above: Tamsin Phipps.

Its sponsoring department is the Department for Environment, Food and Rural Affairs (DEFRA) and it also receives funding from the Scottish government.

There are seven new members who will begin their three-year appointments from January 2010.

The Waterways Minister Huw Irranca-Davies has appointed BCU's Government and Public Affairs Manager, Tamsin Phipps, Mike Cooksley, John Dodwell, Amanda Nobbs, Colin Powell and Alan

Stopher. The Scottish Minister Stewart Stevenson has appointed Ronnie Rusack.

Tamsin Phipps is the Public Affairs Manager for the BCU, an official for the International Canoe Federation and a volunteer for a local community narrow boat (the Falcon Adam). For details of other appointees see

www.defra.gov.uk/news/2009/090820a.htm.

All of these new members will replace those who are leaving IWAC at the end of the year. John

Edmonds said, "I am extremely pleased that Ministers in the UK and Scottish governments have appointed people to IWAC with a wealth of experience and expertise. Working together with our new members, I look forward to continuing a successful and productive future for IWAC."

This is the first time canoeing has been represented at this level.

'Waterways for Everyone'

The 'Waterways for Tomorrow' policy document (2000) as we have mentioned here before is being rewritten. The updated version, which has to go out for consultation, is to be known as 'Waterways for Everyone' (WfE).

Publication of the consultation draft of WfE has been delayed. The draft has been prepared and the plan was to publish it at the end of October so the normal three months consultation could be started. The start of the consultation has been embargoed for a while due to other government initiatives and policy statements due out.

The implication of this delay is that there will not be time for the final version of WfE to be produced before the general election. In some ways this is disappointing but there is an obvious advantage in being able to greet the new minister of whichever party with a draft that has been through consultation and which the new minister can promote as his/her own project.

We will however be taking more than a keen interest in the document and respond to the consultation. When the document is released we will notify you via our website www.riversaccess.org



Access volunteers

Feature by:
Andy Green.

The Canoe England Access Volunteer network is made up of Regional Access Advisers, Local Rivers Advisers and Local Coastal Advisers. The access and environment team recognises the importance of our volunteers and is committed to developing this network and ensuring that it is supported by Canoe England and that it is able to represent our membership and the organisation with confidence as well as feeling part of a team.

To help this process along we will be contacting as many access volunteers as we can, first of all to make sure that your contact details and the areas you represent are correct and then to find out what information, support and training you want. Once we have this information, we will start to develop guidance and briefing notes as well as any other requests that are within our ability to deliver. We will also be arranging sessions where you can meet us as well as each other.

When we have confirmed the areas that we have access volunteers for, we will try to recruit volunteers in areas where there are obvious gaps or where an access volunteer may need support.

We are aware that there are some volunteers who may not wish to represent us on specific bodies of water or geographical areas, but who may be able to represent us in other ways, for example on local authority local access forums or maybe even as an environmental volunteer, if this is you then please tell us.

Current Canoe England access volunteers

Although we will be contacting as many of our volunteers as possible, we are aware that our records are not as up to date as we would like, so if you are reading this and you haven't already heard from us, please contact me confirming whether or not you wish to continue in your role. If you do wish to carry on as an access volunteer can you please confirm your contact details and the area that you represent, and which of your details you are happy to be made public. For those not responding by 1st February we will assume you no longer wish to be an access volunteer.

“If you are reading this and you haven't already heard from us, please contact me confirming whether or not you wish to continue in your role”

New access volunteers

If you are not already an access volunteer and feel you would like to help, please let me know, giving the role you would like to help with and the area or function that you would like to volunteer for.

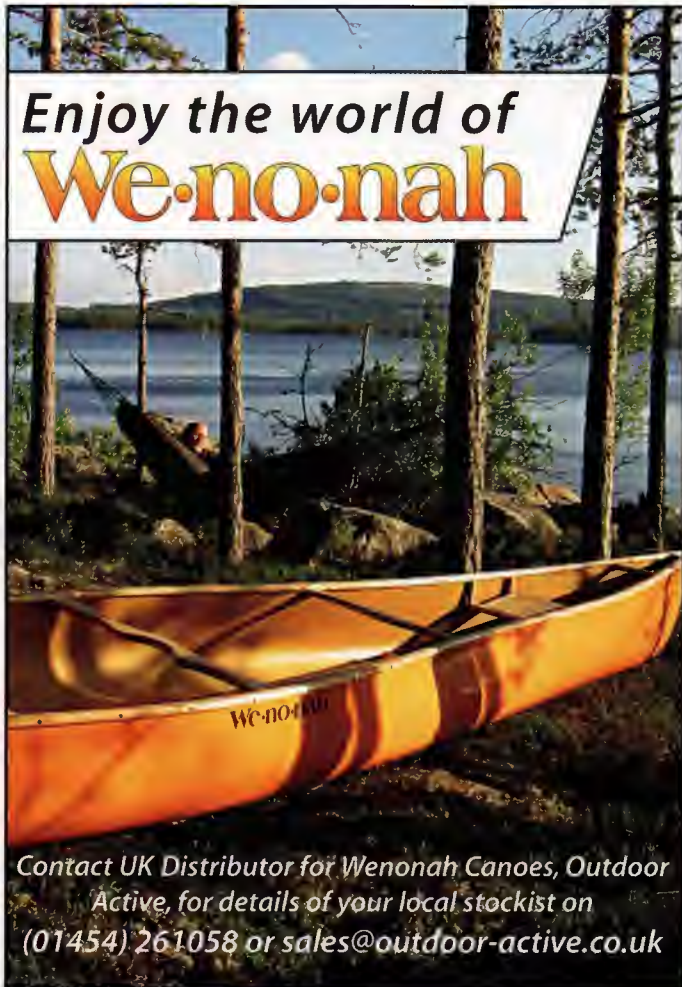
If you are contacting us by email please email Andy.Green@canoe-england.org.uk and put access volunteer in the subject window, if you don't have access to the internet, then send your details to the following address: Andy Green, Head of Access and Environment, Canoe England, 18 Market Place, Bingham, Nottinghamshire NG13 8AP.

Early next year we will get back in touch with everyone who has responded to find out what you want in terms of support and information from us, so in the meantime perhaps you can give some thought to this and that way we can hit the ground running.

Finally, we would like to take this opportunity of thanking all our access volunteers who have helped us in the past and in particular those retiring from these key roles.



Above: Mark Williamson, who retired in 2008, was an access volunteer with Tyne Valley Canoe Club.



**Enjoy the world of
We·no·nah**

Contact UK Distributor for Wenonah Canoes, Outdoor Active, for details of your local stockist on (01454) 261058 or sales@outdoor-active.co.uk



Kent Canoes

go to
www.kentcanoes.co.uk
for our products, courses and articles
01732 88 66 88
info@kentcanoes.co.uk
Kemsing Road, Wrotham, Kent, TN15 7BU

Hayling Trailers *Established 1983*
The UK's canoe & kayak specialist trailer builder

THE TWO KAYAK WIDE TRAILERS
From 1 - 5 layers high (2 - 10 kayaks)

4 kayaks with 2 GRP boxes
10 kayaks

FOUR POSTER (From 1 - 4 layers - up to 6 kayaks or 2 Open Canadians can fit on each layer)

The 6 trailers shown here are just a few of the options available. Each trailer is built to suit the customers requirements. Full details in the brochure

2 1/2 Layers and mesh box
3 layer - Open box, drop tail & PVC cover

THREE KAYAK WIDE TRAILER
max 7 high (21 kayaks)


15 kayak model with the aluminium Keepsafe
All boxes optional - GRP, Mesh & Aluminium boxes are lockable

THE MARK FOUR One Design (6 kayaks or 2 Canadians per layer 4 layers)

optional GRP 'Gearbox'

All models include lights & jockey wheel
All trailers are hot dipped galvanised
Full range of accessories including Security Wheel Clamps Number Plates & Straps
Mail order or collect direct

For free brochure price list & friendly professional service
Call 023 92 464176
Fax 023 92 463069
www.haylingtrailers.co.uk

 254A Havant Road Hayling Island Hampshire PO11 0LW

BURTECH Trailers
For outdoor pursuits





NEW!
The CUB 6 bike trailer

Burtech's New
C2 SIDELOADER

www.burtechtrailers.co.uk
Tel: 01492 641905

A look at Marine Conservation Zones

Feature by: Andy Green.
What are Marine Conservation Zones and what do they mean to canoeing?

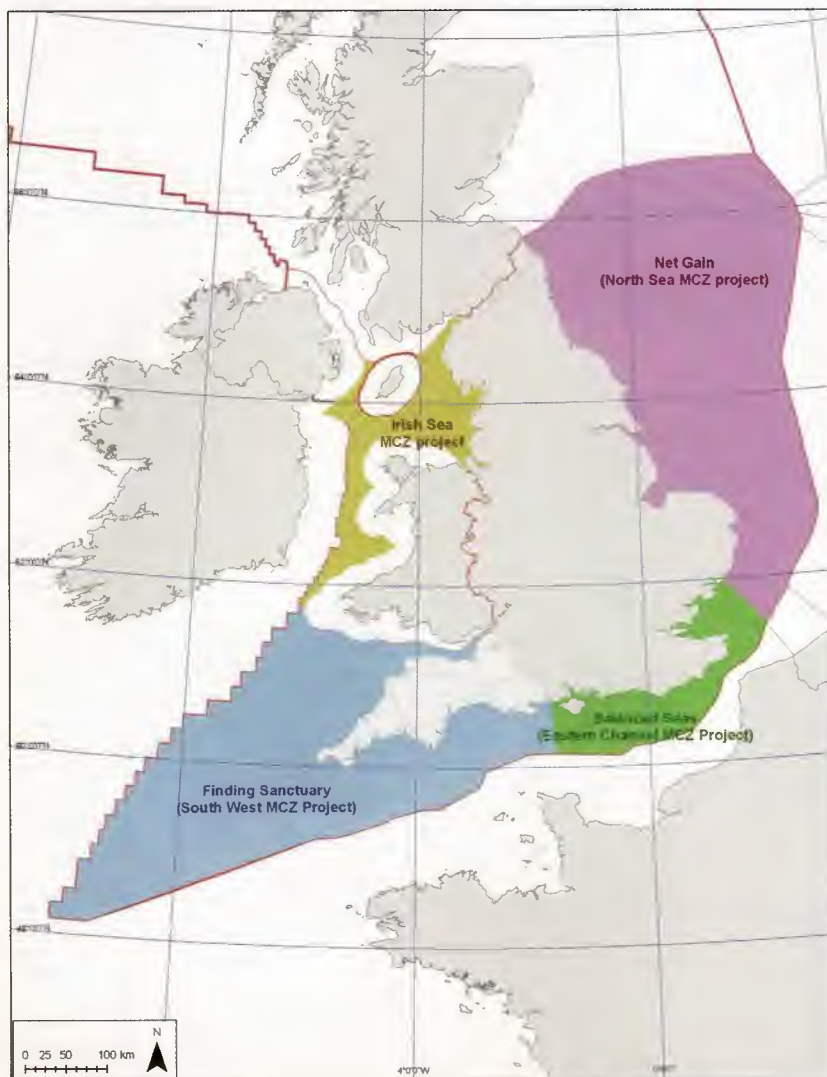
Marine Conservation Zones (MCZs) are being created by government as part of the proposed Marine and Coastal Act. MCZs will create a network of sites that will preserve marine habitats and species, they are also intended to support a profitable fishing industry and other commercial uses, as well as encouraging thriving tourism and recreation.

While most if not everyone who goes canoeing is concerned about the environment and while canoeing is widely regarded as an environmentally benign activity, there will always be the thought that environmental protection will mean a restriction to our activity. Canoe England believes that while there may be a few sites in which human activity is banned because they are very sensitive and very important, the vast majority of sites will operate on the least restrictive management philosophy, this means that if there is a sensitive habitat or species that is threatened, that methods of informing and educating the public will be used before restrictions on our activities are considered.

However, the least restrictive management process only works if all parties know what each other needs. Obviously the government has lots of expertise and knowledge where environmental needs are concerned, what we need to do is ensure that they know what we do, where we do it and how often we do it. To enable this, the Department for Environment, Food and Rural Affairs (DEFRA) has established four project areas, in the South West, South East, North Sea and the North West. These projects are responsible for identifying the MCZ areas and for ensuring stakeholder consultation. Importantly the projects have to operate in conjunction with a steering group, these steering groups must have representatives from all the stakeholders on them.

England's regional MCZ planning projects

Map showing the boundaries of the areas covered by England's four regional MCZ planning projects, of which Finding Sanctuary is the one focussing on the south west region. Projected to utm zone 30N.



“The Department for Environment, Food and Rural Affairs has established four project areas, in the South West, South East, North Sea and the North West”

The projects will collate all the ecological data and all the user evidence, they will then map it using computer technology and the results will be presented to the projects steering groups, who will then in conjunction with the projects experts develop least restrictive management principles for the identified MCZs in each project area, simple!

It is important that canoeing gets as much representation on the MCZ design process as possible and Canoe England is already involved with the projects in the South West and the South East. We will be contacting the other projects as they develop along with as many clubs and paddlers as possible, going back to the least restrictive management concept, if they don't know what we get up to, they can't plan for it. So if you find out about consultation events that you think we may not be aware of, please, email me at Andy.Green@canoe-england.org.uk, letting me know if you are able to assist if necessary.

Information and useful links relating to this process will be available on the environment page of the access section of the Canoe England website soon.

Copyright JNCC / Crown Copyright. All rights reserved (2009). SeaZone Solutions Ltd. products licence no. 042006.003. This map is part of a map series with accompanying notes

GET FOUND WITH FAST FIND

Your connection to the Global 406 MHz international search and rescue system

NEW Find out more: www.fastfindplb.com

IT'S YOUR Adventure...

urban • river • mountain

Snowdonia's Premier Canoe Shop
Mail Order
Competitive Guide for Centres
Schools and Clubs
10% Discount for BCU Members

WCA Approved Centre
Specialist Sea Kayak School
White Water & Open Canoe Skills

Llanberis - Snowdonia
Tel: 01286 879001

www.surf-lines.co.uk

Go to:
www.ukkayaking.co.uk or www.southwatersports.co.uk

For our products and courses contact:
01403 732389 or
adrian@ukkayaking.co.uk / adrian@southwatersports.co.uk

THE ULTIMATE PADDLING STORE

TOP BRANDS

- > Waterside Venue
- > Contract Services
- > Group Package Deals
- > Mail order

rotomoulded kayaks • open canoes • buoyancy aids • paddles, crash hats • bags, spray covers • roof racks etc.

Open Tues-Sat 9am-5pm
WEST MIDLANDS CANOE CENTRE
Sneyd Wharf, 401 Sneyd Lane, Bloxwich, Walsall, WS3 2LT

For a full price list on all our products visit
www.wmcc.co.uk
or call 01922 479279 for more info

canoe kayak trader

Try before you buy
at our waterfront site!

- Canoes
- Kayaks
- Sit on tops
- Clothing
- Accessories
- Canoe and kayak courses

Visit our new website..
canoe kayak trader.co.uk

The Leam Boat Centre, Mill Rd, Leamington Spa, CV31 1BH
Tel: 0845 456 9533

Photo competi

Send us your photos!

Send in your canoeing photos and you could win a £25 Voucher for Cotswold or WHSmith! Simply send a large photo (at least five Megapixels) along with your contact details and a few words about the photo to: Coral Jackson, British Canoe Union, 18 Market Place, Bingham, Nottingham NG13 8AP or email it to coral.jackson@bcu.org.uk.

More information, along with the terms and conditions are available at www.canoe-england.org.uk/about/photo-competition. The winners are announced on page 12.



Above September winner: Louise Turner – inlet gate HPP Nottingham.



Above: Jack Sharkey – Pico Mountain, Azores Archipelago



Above: Glyn Evans Hughes – Sileby Mill in Leicestershire, River Soar.

Below: Nigel Sargent – Loch Oich.



Above: Paul Jeffereys – Santa Pod.

tion



Above October winner: Jonathan Maddock – River Trewern.



Above: Andy Hall – River Nene.



Above: Sam King – Horstead Mill in Norfolk.



Above: Simon Yardley – Raglan New Zealand.



Above: Penny Spooner – River Washburn.



Below: Anne Dorber – Firth of Forth.



Above: Julie Rickard – Port Gaverne Beach, Cornwall.

COURSES THAT GET YOU OUT OF THE CLASSROOM...

ADVICE SESSION 23 JANUARY 2010
10AM - 12 NOON STOKE CLIMSLAND

FdSc ADVENTURE SPORTS COACHING

- Excellent for developing a range of skills & expertise
- Gain NGB leadership & coaching qualifications
- Links to industry & work based opportunities
- UK & overseas expeditions

Other courses available:

- Introduction to Adventurous Activity Leadership
- Outdoor Instructor Training Programme
- BTEC National Diploma in Sport (Outdoor Adventure)
- Advanced Instructor Training Programme



Call us to find out more 01579 372327,
email uni@duchy.ac.uk
or visit www.duchy.ac.uk

 CORNWALL COLLEGE GROUP

CHARITY BY STATUTE



CORNWALL'S COLLEGE
OF THE COUNTRYSIDE

The Canoe Foundation

The UK's canoeing charity, positively changing lives through canoeing.

The Canoe Foundation is the charity arm of the BCU, focusing on five key areas: Young People, Places, Equality, Heritage and International.

If you would like to apply for funding, or make a donation, then details and application forms are available from:

Mandy Delaney at mandy.delaney@bcu.org.uk
or telephone 0300 011 9502.



CANOE FOUNDATION

POSITIVELY CHANGING LIVES
THROUGH CANOEING

Canoe England Capital Grants

Everything you need to know



Ideal for anyone looking to develop their clubhouse or facility
whether small or large - either now or in the future.

A day of information and sessions
providing you with the opportunity to
share ideas and ask your questions:

- **Local Authority Planning** including Environmental Impact Assessments & Utilities
- **The Clubhouse** - new or extension. From site investigation to finished project
- **Sustainable buildings**
How to design into your building the minimum of revenue bills
- **Management, tendering and letting the contract**
- **Case Studies**
- **Partnership funding**
Where is it and how do we get hold of it?

Representatives available to
answer your questions from:
Canoe England, Sport England,
S&P Architects, and Ibex
Environmental

Venue: Sport England
3rd Floor Victoria House
Bloomsbury Square
London WC1B 4SE

Nearest Tube: Holborn

Cost: Free. Lunch provided

**Saturday 30th
January 2010
10.30am - 3.30pm**

Booking closes on 28 January
& is essential to gain access to
the venue and lunch

Please email cecg@canoe-england.org.uk to book your place

Sponsored by Canoe England, Sport England, S&P Architects, and Ibex Environmental

Canoe FOCUS

The official magazine
of the British Canoe Union
18 Market Place, Bingham NG13 8AP
Tel: 0845 370 9500
0300 011 9500
Fax: 0845 370 9501
E-mail: info@bcu.org.uk
www.bcu.org.uk
ISBN 0953-010X

President
Albert Woods

Chair
Brian Chapman

Chief Executive Officer
Paul Owen

Annual Subscription Rates
UK inland: £21.00; Overseas: £24.50
Free to BCU members
For subscription, please contact the BCU
on the above contacts

Publisher
Peter Tranter
peter@canoeofocus.co.uk
2b Graphic Design
49 Greenfields, St. Ives, PE27 5HB
Tel/Fax: (01480) 465081
www.canoeofocus.co.uk

Advertising Sales
Anne Egan: (01480) 465081
advertising@canoeofocus.co.uk

Contributors
We would like to thank the following: Andy
Goodsell, Fiona Jarvie, Dick Constable,
Glenn Summerbell, Matt Thornton-Brown,
Peter Hutchison, Julie Robertson, Tamsin
Phipps, Georgina Preston, Phil Benns,
Alison Ross, Ruth Holdway, Lesley Sleight,
Glyn Brackenbury, Clark Weissinger, Steve
Gorman, Andy Green, Howard Blackman,
Kimberley Walsh, Coral Jackson and Chloe
Nelson-Lawrie.

Front cover photo by:
David Leathborough
Focused on Adventure
dave@focused-on-adventure.com
m. 07985 453450

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 canoeist to canoeist dialogue: a paddler's magazine written by paddlers. Technical Information: Contributions preferably as a Microsoft Word file, which can be emailed to chloe.nelson@bcu.org.uk. 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 **7th Jan 2010**. Material arriving after this date cannot be included in the **February 2010** 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.



HandiRack™

The World's First Inflatable Roof Rack

- + Multi purpose, portable load carrier
- + The easy way to transport canoes & kayaks
- + Suitable for 4-door & 2-door cars*
- + Can carry loads of up to 80kg*
- + Just minutes to fit and inflate†
- + Take it with you where ever you go
- + Stores in the boot of your car
- + Unique patented design
- + Complies with ISO/PAS 11154

Award Winning Design

* Unsuitable for convertibles & cabriolets
† Subject to individual manufacturer's recommendations
HandiPump and 2 x 3metre HandiStraps included

Available @ £49.99 online, through authorised dealers
or by calling 0870 6000 929

www.handirackuk.com

PERFORMANCE KAYAKS

66 UPHILL WAY

UPHILL

SOMERSET

BS23 4TN

01934

613612

WWW.KAYAKS.CO.UK

EAST BARNBY OUTDOOR EDUCATION CENTRE



A residential centre running Open Canoe and Kayak, Sea and Surf courses at all levels.

Weekend courses from £125 and 7 day guided expeditions from £450. All inclusive of full board and lodging, equipment hire and fully qualified instruction.

WINTER 2009/SPRING 2010

- BCU 4 star training Canoe Feb 2010
- BCU 4 star training Inland Feb 2010
- BCU 4 star training Sea (inc Tidal Planning) Feb 2010
- Intro to whitewater canoe March 2010
- Intro to whitewater kayak March 2010
- BCU UKCC level 1 coach March 2010
- BCU White Water Saety and Rescue

For a brochure and details of all 2010 courses contact us at
EBOEC, East Barnby, Whitby, N. Yorks, YO21 3SA Tel: 01947 893333.
Email: east.barnby@northyorks.gov.uk www.outdoored.co.uk



Buy and sell your second hand boats on line with our
FREE e classifieds service www.brookbankcanoes.co.uk

Second Hand Boats www.aswatersports.co.uk

HOLIDAYS & COURSES

Outdoor Education Courses

High quality education and training in the Wye Valley area including:

- Foundation Degree Outdoor Education
- First Diploma Sport (Outdoor Education)
- Instructor Training Scheme
- National Award and Diploma Outdoor Adventure
- residential facilities available

For more information telephone: 01495 333681 or email: lorna.wheater@coleggwent.ac.uk Coleg Gwent Usk Campus, The Rhadyr, Usk, Monmouthshire NP15 1XJ



www.coleggwent.ac.uk

Canoe Canada's Northern Wilderness



- Expedition outfitting for lakewater & whitewater canoe trips in Temagami & James Bay watershed, including Missinaibi & Harricana rivers.
- Kevlar & ABS canoe rentals, trip food, gear rentals, shuttle service, maps & route planning.
- Comfortable lodging & organic cuisine for your pre/post trip stay.

Smoothwater Outfitters & Ec lodge
www.smoothwater.com • temagami@ontera.net
 Tel: 001-705-569-3539 • Fax: 001-705-569-2710

Cyclewise Training
 SMBA Qualifications
 Skills Courses
 Maintenance Courses
 Bikeability Training
 NEW Shop & Bike Hire
 Cyclewise Whistler Rec

Mountain Bike Specialists
www.cyclewisetraining.co.uk

Sea Kayak MILOS

Genuine hospitality, quality equipment and an amazing place to paddle. We offer: Day-trips, expeditions, courses and accommodation. Milos Island, GREECE
www.seakayakgreece.com

Training Expertise

Outdoor First Aid

Practical, scenario-based training
 Valid for BCU and outdoor NGBs
 Public courses (see website for dates)
 Bespoke watersports courses for groups.

FIRST AID

Call: 01344 466390
info@training-expertise.co.uk
www.training-expertise.co.uk

INEXPENSIVE SEA KAYAKING HOLIDAYS IN MALTA
 Weekend paddling breaks
 BCU 1,2,3 star awards. (new syllabus)

NEW Tunisia Expeditions Fall 2009

Rugged Coast Adventures Ltd. Tel: +356 7992 6734
www.seakayakmalta.com

GREECE SEA KAYAKING

HOLIDAYS AND COURSES

AFFORDABLE - ALL YEAR ROUND
 Apartments 40mtrs from beach
INSTRUCTION BY BCU COACH
www.greekislandactivities.com
 UK OFFICE Tel + 44(0)1546 603852

01497 820568

RIVER STROKES KAYAK SCHOOL

- Introduction
- Star awards/FSRT
- Improver/refresher
- Intro to moving water
- Classroom/changing/parking
- Multi-day courses
- Grade I-II river skills
- Rolling/confidence
- Modern equipment provided

www.Riverstrokes.co.uk

Ionian Explorers

We are holding the 2007 exchange rate of £1.4/€1 for 'The Ionian Ring' 6 islands in 6 days.

Join us for a unique kayaking experience in the crystal clear waters of the Ionian Sea.
 Email us at: info@i-explorers.com

i-explorers.com **ONLY £170 per person**

HOLIDAYS & COURSES

Interested in becoming a Paddlesport Coach?



Paddlesport relies on its vast network of qualified coaches to help people learn and improve within the sport. We have over 11,000 qualified Coaches within the BCU, for many of these this is their main profession, whilst others offer their skills as

volunteers within our club network. If this sounds interesting the 'BCU Level 1 Certificate in Coaching Paddlesport' is the first step on the Paddlesport Coaching Pathway. The qualification introduces new coaches to the concepts underpinning good coaching practice and helps them understand and coach technical and tactical elements required to coach all areas of the sport. The Level 1 course is 4-5 days long and appropriate for paddling and non-paddling coaches. The course is open to anyone, aged 16 or over, who is interested!

Next Step:

If you are interested, find a course and make contact with the provider they will be able to guide you thereafter.

Courses in Scotland:

<http://www.canoescotland.com/Default.aspx?tabid=129>
 Tel: 0131 3177314
 E-mail: General.Office@CanoeScotland.com

Courses in England:

<http://www.canoe-england.org.uk/coaching/course-dates/>
 Tel: 0845 3709500 (option 6)
 E-mail: coaching@bcu.org.uk

Courses in Wales:

http://www.welsh-canoeing.org.uk/coaching/course_dates.pdf
 Tel: 01678 521199
 E-mail: welsh.canoeing@virgin.net

Courses in Northern Ireland:

<http://www.canir.org.uk/?tabindex=43&tabid=3258>
 Tel: 028 90738884
 E-mail: office@canir.org.uk

www.ANDYTURTON.com
 kayak coaching - river guiding - world tours
 PROGRESSIVE KAYAKING FOR ALL ABILITIES

NORTH WALES & UK
 AUSTRIA
 SLOVENIA
 SWITZERLAND
 GERMANY
 AFRICA
 ECUADOR
 HIMALAYA

info@andyturton.com 07866 634 708
 PERFORMANCE COACHING & GUIDING WITH EASY LOGISTICS FOR INDIVIDUALS, GROUPS & FAMILIES

ACCOMMODATION

SOUTH ALPS:
 Fully equipped s/c accommodation for groups 2-20 in Briancon, L'Argentiere, Embrun and Vallouise. £50-75 pp per week.

Kayaking, climbing, sailing, mountain biking, canyoning, via ferratas, skiing....

Tel: 0033 6 60959566 or 0033 4 92230515
 Email: kate@hautes-alpes.biz
 visit www.hautes-alpes.biz

River Dart Totnes Devon
 Introduction to White Water in Canoes or Kayaks
 Accommodation and all kit provided
www.littleriverside.com
 01803 866257

River Tees Middleton in Teesdale
 County Durham
 Private Hostel - Self Catering for groups of 5 to 39. £12.50 pppn
 Five minutes walk from the Tees.
 Drying room, off street parking, secure boat storage, central heating
01833 640881

Keswick Independent Hostel
 River Greta access across road. 50 beds in dorms, linen included, central heating, hot showers, 10 mins walk to town centre. Instruction available. Groups or Individuals; £13/person/night weekdays and £14/night Fri, Sat.
www.vividevents.co.uk
017687 75351

Fort William
 Self-catering - Home comforts
 Excellent drying rooms - Twin and four-person bedrooms - Parking for trailers - Groups or individuals
 22 Beds
Tel: 01397 700451
info@fortwilliamholiday.co.uk
www.fortwilliamholiday.co.uk

Make A Career Out Of Your Sport



Former Reaseheath student James Bebbington, a member of the GB Freestyle Kayak Team, in action on the white water in Uganda

There's a big demand for qualified professionals who can operate safely and effectively in a range of outdoor sports

Our **Foundation Degree in Adventure Sports Management** could get you a dream job in this rapidly expanding industry. You will be encouraged to gain coaching awards in your chosen specialism.

- Two years, full time
- Ten week work placement
- Offers direct entry into a related top-up honours degree
- Significant bursary for tuition fees

APPLY NOW!

Courses Hotline **01270 613284** Email enquiries@reaseheath.ac.uk
Text **Adventure** and your name to **07624 803528**

(Courses for school leavers are also available - see our website for more information)



Reaseheath College, Nantwich, Cheshire CW5 6DF
www.reaseheath.ac.uk



ACCOMMODATION

Comfortable bunk-house accommodation

4.5 miles from New Bridge (Dart).
38 beds. Groups discounts.
Drying Room.
Free showers.
Wood burner.
Established 35 years.

www.dartmoorbase.co.uk
earle@clara.co.uk

River Usk (Oct/Mar)

Lovely s/c Cottage complex on the River Usk (LD37NZ)
Groups (10 to 25)
Short Breaks/drying room/logfires.
£15.00 pppn.
Tel 01874 730 460
cilwychcottages@hotmail.com

RIVER DART. O.S.SX706 696.
Camping Barn. At Holne. Sleeps 16.
Close to pub. 5 minutes to Newbridge.
Cheap and cheerful. Showers.
Woodburner. Tel. Katie 01364 631544

EQUIPMENT & SERVICES

Joel Watersports

Courses, Canoes & Kayaks
All at our Lakeside Shop
Top Barn, Worcester WR6 6NH
Tel: 01905 621734

www.joelwatersports.co.uk

EQUIPMENT & SERVICES



a real adventure...

- Free
- Ducoper
- Ocean Kayak
- Islander
- Old Town
- Primo
- Primo
- Primo

Around 100 canoes, kayaks & sit on tops in stock at our showroom on Marsh farm, Hilperton, Trowbridge
We supply all the major brands of canoes, kayaks, Sit on Top kayaks and equipment, and offer expert advice, see our website for special offers.

www.familyadventurestore.co.uk



Reed www.chillcheater.com



Superthermals, base layers, mid layers, outer shells
Call for Stockists and availability
Tel: 01271 815828

Outstanding opportunities for outstanding people

Seasonal Instructors

£18,562 pro rata incl of fringe

Fixed term contracts for eight months

Cheshunt

Playing your part at the Herts Young Mariners' Base in the beautiful Lee Valley Country Park, you will build confidence and self-esteem among young people from all walks of life.

Activities include kayaking, canoeing, sailing and climbing, so you will need an Outdoor Activity Coaching award in at least one of these areas, plus hands-on experience of all of them.

For an informal discussion, please contact Ron Hodgson or Stuart Cresswell on 01992 628403.

For more information about these posts, please visit www.hertsdirect.org/jobs or to apply please email your CV and covering letter to hcc.perm.recruit@manpower.co.uk quoting ref: 00565SCF.

Closing date: 6 January 2010.

we are an equal opportunities employer



The best start in life for every young person

THIS IS WORK?



We're looking for energetic, fun-loving Canoe & Kayak Instructors to share their passion for paddling at our stunning locations across the UK, France & Spain.

PGL is the UK's leading provider of residential activity holidays and educational courses for children.

Opportunities for paddlers of all abilities, from personally competent, to qualified BCU/UKCC Coaches. Excellent training & qualification opportunities including Apprenticeships
Competitive wage, bonuses, meals & accommodation package.
Flexible-length contracts on offer.

Join our free BCU/UKCC training courses!

Activity Instructor, Catering & Housekeeping vacancies.

WWW.PGL.CO.UK/JOBS

call: 0870 401 4411

PGL is committed to the principle of equal opportunities

All positions at PGL are offered subject to clearance from the Criminal Records Bureau which PGL will obtain and pay for on your behalf



Teach canoeing in the USA

BUNAC Summer Camp USA



The hardest job you'll ever love!

- ★ 9 weeks working with kids aged 6-16
- ★ 30 extra days to travel the USA & Canada
- ★ Low up-front costs & competitive in-hand salary
- ★ CV-enhancing experience
- ★ Professional and personal placement

Includes full support from BUNAC - the non-profit work and travel club.

www.bunac.org/canoe
camps@bunac.org.uk 020 7251 3448



Calvert Trust
Kielder

ACTIVITY STAFF REQUIRED FOR THE 2010 SEASON AND BEYOND

We need committed and hardworking staff to help run our busy activity programme taking disabled and able bodied guests on activities such as canoeing, climbing and sailing in the beautiful Northumberland countryside.

Ideally you will have a water sport qualification, preferably RYA Instructor, or lots of dinghy experience but other NGB qualifications such as SPA and BCU will be considered.

Closing date for applications January 6th 2010
On site interviews to be held mid January. Start date for post end January 2010

Phone 01434 250 232 or contact enquiries@calvert-kielder.com for an information pack

Best Tourism experience -
North East Tourism Awards 2008 - Gold, 2009 - Bronze

SITUATIONS VACANT

CLUB COACH PROGRAMME

The Club Coach programme will be helping us to develop a sustainable programme of support to developing and talented paddlers and will play an important role in helping us achieve an increase in the number and depth of paddlers in the Talent Pool in England.

This post will operate specifically within Leighton Buzzard Canoe Club. The remit will be to predominantly deliver technical coaching support based on the Long Term Paddler Development Framework and to support the voluntary coaching workforce to deliver an integrated programme.

We are looking for candidates with the ability to work to BCU level 3 Coach or higher within the Flatwater Racing disciplines and who can demonstrate a sound understanding of the skills required by a coach operating at Levels 3 and above. Successful candidates should be able to demonstrate current technical knowledge and experience of Flatwater Racing. In addition the coach should have experience of operating effectively in a club environment and understand the needs of young people and volunteers. The post will require travel so you should be able to drive and have access to your own car.

This Post is based on a 0.2 FTE. However, this is not a 9 to 5 position. Working hours are based around paddlers' availability which is predominantly before 09:30am, after 15:00pm and at weekends. A work pattern to reflect this is expected and a minimum of 4 weekend days a month are required.

Vacancy - Competition Development Coach (Flatwater Racing)
Leighton Buzzard - 0.2 FTE

Salary - £20,400 per annum (part time pro rata) plus pension scheme.



CanoeEngland
Something for Everyone

To apply, please send a covering letter and CV detailing how you meet the above criteria to: Kate Clark, HR Manager, British Canoe Union, 18 Market Place, Bingham NG13 8AP, or e-mail at kate.clark@bcu.org.uk
Closing date for applications:
5th January 2010

The British Canoe Union is an equal opportunity employer

SITUATIONS VACANT



Lead, encourage, motivate!

Join Acorn Adventure, the UK's leading provider of adventure camps for schools, groups and families.

We are looking for energetic team players to work as **canoe and kayak instructors** at our UK, French and Italian centres in 2010. You must be enthusiastic, reliable and friendly with a positive child-centred approach.

You will receive:

- Excellent training and qualification opportunities
- Full-board tented accommodation
- Weekly wages based on qualifications and experience

Positions available from April 2010 to September 2010.

Call **0121 504 2060**

jobs@acornadventure.co.uk

www.jobs-acorn.co.uk

paddlers wanted!



Looking for the best Training & Working Adventure?

Rewarding work and great fun instructing exciting adventure activities to 8-12 year olds, including Canoeing, Climbing, Caving, Archery... and many more.

Robinwood offers:

- ▲ Two great locations in the Pennines.
- ▲ An excellent staff training programme, including NGB qualifications paid for by Robinwood
- ▲ Great working conditions, with an average 3 days off per week
- ▲ Good quality staff accommodation
- ▲ Staff residentials and activity events, all organised and paid for by Robinwood.
- ▲ Great staff wages
- ▲ National Training Award Winner 2001

For further details:

bestjob@robinwood.co.uk

Tel 01706 814 554



INVESTOR IN PEOPLE



We've Got It All



Have You Got What It Takes?

Newlands Adventure Centre,
Stair, Keswick, Cumbria CA12 5UF
TEL: 017687 78463
WEB: www.activity-centre.com

Newlands Adventure Centre is looking for dynamic, exciting and inspirational activity instructors.

YOU GET

- Excellent NGB training
- Free Meals & Accommodation
- Stunning Location
- Average take home pay: £200.00 per week

YOU NEED

- 2 NGBs Minimum SPAM/Level 2 Kayak/Level 2 Canoe
- CRB Check
- Two References
- Driving Licence

INTERESTED

Have a look at our website for information on Newlands. Application packs can be requested online or by telephone.



ORKNEY ISLANDS SEASONAL OUTDOOR EDUCATION INSTRUCTORS REQUIRED FOR 2010

(Job Ref.ORK0448)

Grade: G2 - £14,534 to £15,749 pro rata (including Distant Islands Allowance)
Contracts from April to October 2010

A fantastic opportunity to work in the beautiful islands of Orkney. Much of the work will be based at the Hoy Centre, with a requirement for travel amongst the islands. In your spare time take advantage of the stunning cliffs, caves and coastal features that are waiting to be explored.

Applicants **must** possess a **valid first aid certificate, full driving licence (preferably with D1)** and have worked in the outdoor education industry for at least 2 years, with proven experience of instructing in land and water based activities.

Candidates will hold at least 1 NGB assessment & 1 NGB training from the qualifications listed: **Single Pitch Award, GNAS Archery Leader, BCU L2 Coach or UKCC BCU L1 coach plus 3*, WGL or Summer ML, Trail Cycle Leader Award, BCU L3 coach, RPIOL or APIOL.** Environmental activity experience is desirable.

All outdoor instructor posts include quality rent free accommodation, staff uniform and training opportunities.

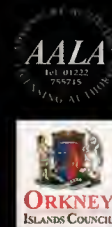
Closing Date: 5th February 2010

Further information is available from, and online applications can be made through <http://orkney.myjobscotland.gov.uk>

If you do not have internet access please contact Customer Services for an application pack at Orkney Islands Council, School Place, Kirkwall, Orkney, KW15 1NY, tel: (01856) 873535 or e-mail: customerservice@orkney.gov.uk

This post is subject to enhanced Disclosure Certification

For an informal discussion about this role, please contact Richard Croft or Ron Bulmer on (01856) 873535 ext. 2443 or email: richard.croft@orkney.gov.uk



Adventure International
 Energetic....Motivated....Team Orientated?
 If so Adventure International wants you!
 Come and experience one of the best
 training packages in the industry. No
 experience necessary. Short & long term
 contracts available. Begin March end Nov 2010.
Contact us for an application pack
 Tel : 0870 775111
 www.adventure-uk.com tracy@adventure-uk.com

Activity Instructors



2010 Vacancies

Sessional, Weekend and Seasonal Staff



Located on the River Soar, LOPC is a vibrant, friendly centre providing land and water based activities and courses to people from the local area and beyond.

We have 27,000 users per year, aged from 5yrs upwards of all abilities and background. Our users include:

- Activate After School Club
- Schools and colleges
- Holiday schemes
- Families and individuals
- Corporate training.
- LOPC also provides a diverse annual coach education programme for land and water activities.

During 2010, we need more enthusiastic, qualified instructors to join our friendly team to deliver activity sessions between May and September. In house training and NGB qualifications will be provided to successful candidates.

Ideally, applicants will hold a valid 1st Aid certificate, and at least one of the following current qualifications:

- BCU Level 2 Kayak or Canoe
- Single Pitch Award
- GNAS Community Sports Club Leader Award
- NSRA YPS Tutor
- BFA Activity Leaders Award

LOPC is a non residential centre so we can not provide accommodation.

For more information and application pack visit
www.lopc.co.uk/get_involved/jobs/. No C.V.s accepted. Successful applicants will be subject to references and an Enhanced CRB check.

Closing Date for applications: Monday 15th February
 Interview Dates: Week Commencing 22nd February



INVESTOR IN PEOPLE

Leicester Outdoor Pursuits Centre,
 Loughborough Rd, Leicester. LE4 5PN
 Tel: 0116 268 1426. Email info@lopc.co.uk

"Committed to Safeguarding Children and Young People."



TRADE

Somerset

PK
 66 Uphill way, Uphill Village
 Weston-super-mare BS23 4NT
 Tel: 01934 613612
 Email: performance@kayaks.co.uk
 Website: www.kayaks.co.uk

Devon

AS Watersports
 HAVEN RD, EXETER. 01392 219600
 Full range of equipment for all
 aspects of the sport. Playboating,
 Fun, Surf, Touring, Racing.
www.aswatersports.co.uk

Yorkshire

GO H2O
 FOR ALL YOUR CANOE & KAYAKING NEEDS
 IN NORTH YORKSHIRE
 Tel: 01765 635333 Mob: 07768 440914
 Email: john@g02h2o.co.uk Web: www.g02h2o.co.uk
 Steningford Water Mill, North Stalling,
 Ripon, North Yorkshire, HG4 3HQ

Essex

Nucleus Watersports
 The Essex Superstore
 Kayaks, Canoes, Accessories
www.nucleuswatersports.co.uk
Sales@nucleuswatersports.co.uk
 Tel: 01255 812 146
 204 Frinton Rd, Holland-on-sea,
 Essex, CO155SP

Greater London

CANOE RESCUE EQUIPMENT AND
 ACCESSORIES INCLUDING GREEN
 SLIME THROWBAGS

 MAIL ORDER
 SERVICE
 AVAILABLE
 CONTACT: SUZY, 2 VICTORIA CLOSE,
 EAST MOLESEY, SURREY, KT8 9SQ
 TEL/FAX: 0208 941 2714

Devon

AS Watersports
 HAVEN RD, EXETER. 01392 219600
 Full range of equipment for all
 aspects of the sport. Playboating,
 Fun, Surf, Touring, Racing.
www.aswatersports.co.uk

Outdoor Activity Instructors For Summer Season 2010

Grangewaters Outdoor Education Centre, Essex

- Salary: £12,642 - £17,192 pa. pro rata - inclusive of outer fringe (depending on qualifications).

Grangewaters is a local education authority residential centre based in South Ockendon, Essex. We have opportunities for outdoor activity instructors to work on multi-activity programmes. The activities we offer include climbing, sailing, high ropes, kayaking, archery, mountain bikes, canoeing, zip line, survival and much more. Our client base is varied and includes:

- Schools
- Youth Groups
- Colleges/Universities
- Groups with physical and learning difficulties
- Corporate groups

We are looking for dynamic, enthusiastic and self-motivated instructors who work well within a team. Qualifications within the outdoor industry would be an advantage but not essential as training will be provided.

Seasonal posts are available from April 12th 2010 through to October 29th 2010.

A Criminal Records Bureau Disclosure at Enhanced level will be required for this post.

For an informal chat please call Adrian Hodges on: 01708 855228/856422.

To obtain an application pack, please call Grangewaters on 01708 855228/856422 (normal office hours) or E-mail grangewaters@thurrock.gov.uk
www.thurrock.gov.uk/grangewaters

Closing date for applications: 15th Feb 2010

For full details on this and other vacancies in the Thurrock area and to apply online please go to: www.thurrock.gov.uk/jobs

Thurrock Council and its Partnership Organisations are committed to safeguarding and promoting the welfare of children and young people. We expect all staff and volunteers to share this commitment.

STUBBERS ADVENTURE CENTRE

Upminster, Essex

Vacancies for 2010 season Instructing staff

required for a busy multi activity centre that provides for a wide range of clients.

All activities are within 130 acre site with 3 lakes. Close to London

More details on web site: www.stubbers.co.uk

Applications with CV to Bob Edwards (Centre Director) at:

Stubbers Adventure Centre, Ockendon Road, Upminster, Essex RM14 2TY

Or email: bob@stubbers.co.uk

Charity No. 1080941



Behind the scenes

Tamsin Phipps

An excellent team of people support the work of both the BCU and Canoe England at the Bingham office in Nottinghamshire.

This hard-working team are mainly unknown to members. Many of you may have spoken to them or received mail from them at some time, so we thought we would unlock the mystery and show you who they are. They are a very important part of our organisation.

Tamsin is the BCU and Canoe England's Government and Public Affairs Manager and is responsible for the promotion of canoeing.

What is your role within the BCU/Canoe England?

My job title is Government and Public Affairs Manager. I work very closely with PR and marketing as well as the access and environment team. One aspect of my role is the promotion of canoeing, which highlights the need for access so I actually work across the organisation to support the work of other departments and teams especially the young people's programme.

How long have you worked for the BCU/Canoe England?

I have been employed by them for just over three years but acted as a consultant and volunteer for 18 years prior to that.

How did you first get involved in canoeing and the BCU/Canoe England?

I learned to canoe with the Guides at Longridge near Marlow let's say, a long time ago. I learned in an Espada! I canoed occasionally at college but really got in to marathon racing, white water and slalom when I was in the army. After leaving the army I joined Reading Canoe Club and have trained there ever since.

I have been involved with the BCU for over 20 years. It started through my work in the army and then as a volunteer on various things including the marathon racing committee once I left the services.

I was on the marathon racing committee for 19 years and sadly only resigned from it a few weeks ago.

My role as a volunteer in canoeing has not ended as I am still boating advisor in Berkshire for the Guide Association.

What is a typical day's work?

There is no such thing as a typical day. I could be anywhere in the country at a meeting, presentation or pressing the case for access.

What are the things you enjoy most about your role?

Meeting people and changing minds about the access to water for canoeing. I have met some really aggressive people whose views, by and large, have been turned around by the case we have for access. I really enjoy working with MPs and their researchers but I must say attending the Labour and Conservative party conferences to press the case was challenging and tiring!

What are the biggest challenges, within rivers access?

Overtuning some very archaic ideas about access and the presumption that access rights do not exist. I can do a lot of liaison and pushing and lobbying at the top levels in various organisations but it's teamwork and active lobbying by us all. By getting people involved in our sport and therefore understanding the case for access we will succeed. I am just part of the bigger canoeing team.

What is the biggest change you have seen since you started working at the BCU/Canoe England?

I guess it's the increasing recognition by the media that canoeing is a sport and should receive media coverage. Medals over the last two Olympics and in particular Tim Brabant's Gold has certainly helped this but so have the European Slalom Championships held at Holme Pierrepont earlier this year. The TV coverage of the event was excellent and so many people I know who are not canoeists watched it.

Where do you see canoeing in five years time?

My hope is that five years from now canoeing will be truly recognised for all the really positive benefits it brings to

society and to all those who take part in it. A particular aspiration is that canoeing will still be the most popular watersport and that the access situation will have been resolved in a way that mirrors the Scottish Land Reform Act 2003. If the access situation has not been resolved, then at least the Bill to do so is well and truly making its passage through parliament.

Do you Canoe regularly and, if so, in what discipline(s)?

I try to canoe four or five times a week but it does depend on work and other commitments. My particular discipline is Marathon Racing and I have a particular passion for the Devizes to Westminster Canoe Race. I hope to be on the start line for the 11th time next year!

However, I might end up spending more of my time on the river bank as my daughter is really keen on marathon and sprint racing and is now much faster than me, which is as it should be. However, I can never envisage a time when canoeing is not a main part of my life.

What other hobbies do you enjoy – sport or non-sport?

I am learning to play the flute and am working up towards taking exams (maybe!) I run a large active Brownie pack in my village and spend many hours a week on that, which I squeeze in between work and canoeing. I occasionally combine the two and take the girls canoeing or narrow boating. I am a qualified narrow boat skipper and am involved in the Thames and Kennet Narrow Boat Trust, which is there to keep young people afloat.

What are you most proud of?

The redevelopment and rebuilding of Reading Canoe Club. I was lucky enough to be helped by three others who kept me going even when it all seemed impossible. I now really enjoy watching my daughter and her friends canoeing at the club, which would not have been the case in the rotten old wooden, rat infested building we used to have.

Finally, can you give us one interesting fact about yourself, which we don't already know?

I am an arctophile – a collector of teddy bears, when time permits.

Below: Tamsin paddling a K2 (kayak double).



pyranha

One for the future paddling heroes out there!



Humphrey Jordan
9 year old kayak designer.

For kids who want to go on adventures like this...

Dear Pyranha,
I love your boats so much that I've done some kayak designs



only seat
stik



Easy to roll

Super manoeuvrable

REBEL



Stable

Lightweight

User friendly

The Pyranha Rebel is a versatile river runner designed especially for kids, to give them top end WW performance in a friendly package that is easy to get to grips with. The Rebel is designed to be the most responsive boat out there allowing young paddlers to unlock their full potential.

Available in two specs: **Rapid** **Club**
Visit the website for more information.





SIMON WESTGA-TH - ALPE DI BASSO ITALY

EVolution

THE EXTREM VEST



FIFTEEN YEARS. SIX VERSIONS. ONE NAME. Introducing the new Extrem Vest (EV) our most technical, high performance river vest yet. To learn more about its features, design story and why no other PFD can match its history check www.palmequipmenteurope.com/evolution.