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April 2010
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canoe focus

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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 it's 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 May 2010**. Material arriving after this date cannot be included in the **June 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.



Above: Blue Peter presenter Helen Skelton. Photo: Blue Peter.

Welcome to April Canoe Focus



It may have seemed to take a while to arrive, but spring is finally showing signs of life and I hope that you are enjoying getting out on the water in the milder weather.

Watersports Participation Survey results

Canoeing is once again the most popular and fastest growing watersport in the UK. The survey which is carried out annually and first conducted in 2002, was commissioned on behalf of; the Royal Yachting Association, the British Marine Federation, the Maritime and Coastguard Association and the Royal National Lifeboat Institute. According to the results over 1.2 million people over the age of 16 years take part in canoeing on a regular basis. Since the surveys were launched, canoeing has continued to see a steady increase in participation. This research backs up recent results from Sport England and Ipsos Mori's Active People Survey (3) which also demonstrates a significant growth in canoeing. The news is welcome but does not really come as too much of a surprise – canoeing is so diverse and inclusive, it offers something for everyone!

Blue Peter presenter Helen Skelton

Congratulations to the Blue Peter presenter Helen Skelton who successfully completed a 2,012 mile kayak along the Amazon River, a really fantastic achievement.

White water course progress

It is great to see progress on the Broxbourne white water course and to see that construction work is on track for a public opening in April 2011. For the latest photos see the feature on page 42.

Science in Sport

Further to the announcement of a new partnership with Nutritional sponsor Science in Sport, we are offering members the chance to win a selection of Science in Sport products – see details on the 'Member's Offers' page.

London 2012 tickets

The London 2012 organisers have recently announced a 'sign up' process allowing British fans to identify which Olympic and Paralympic sports and events they are interested in, to make sure they are in the best position to learn about when tickets go on sale, how to apply for them and what events – including test events – will be taking place between now and 2012. People can sign up any time between now and when tickets go on sale from spring 2011.

Visit www.tickets.london2012.com for more details.

As the competition season approaches I would like to give my best wishes to all of our Great Britain teams in the international arena.

Paul Owen
Chief Executive



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INUIT™ 13.5	12' 2" 371cm	23.5" 60cm	12.75" 32cm	55 lbs. 25kg	33.5" 85cm	19.5" 50cm	13.25" 34cm	7.5" 19cm	17" 43cm	11" 28cm	275 lbs. 125kg
INUIT™ 14.5	14' 7" 445cm	24.5" 62cm	13.75" 35cm	61 lbs. 28kg	35" 89cm	20" 51cm	13.25" 34cm	7.5" 19cm	17" 43cm	11" 28cm	350 lbs. 159kg



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Competition

April

Start	Finish	Discipline	Event
18-Apr		Canoe Slalom	Div 1 - Tryweryn
18-Apr		Wildwater Canoeing	Div A & B - Sprint - Bala - GB Team Selection - Youth Championship 4
18-Apr		Canoe Marathon	Brigg Hasler K1
18-Apr		Canoe Marathon	Ratho Marathon
18-Apr		Canoe Marathon	Maidstone Haslar
26-Apr	28-Apr	Surf	Santa Cruz, USA
29-Apr		Canoe 2012	North West - Hollingworth - Slalom
1-May	2-May	Surf	Cornish Open - Red River - England Open
1-May	2-May	Canoe Slalom	Div 2 and 3 - Bala Mill
1-May	3-May	Canoe Slalom	GB Selection - Holme Pierrepont
1-May	3-May	Wildwater Canoeing	Tour D'Ecosse
1-May		Canoe Slalom	Junior Selection Race 3 - Holme Pierrepont
1-May		Wildwater Canoeing	Div B - Sprint - Derwent Dash - Midland 3
1-May		Wildwater Canoeing	Div A & B - Sprint - Grandtully
1-May		Canoe Marathon	Elmbridge Grand Prix
1-May		Canoe Marathon	Wokingham Assessment
2-May	3-May	Canoe Slalom	Div 3 and 4 - Lodden
2-May		Wildwater Canoeing	Div A & B Classic - Awe - Youth Championship 5
2-May		Canoe Marathon	Worcester Hasler K1
3-May		Go Paddling	N. East - Fichdale, Durham - Down River Race
3-May		Wildwater Canoeing	Open - Tay Mass Start
3-May		Canoe Marathon	23rd Conex Canoe Race
4-May		Canoe Marathon	Harefield Summer Series Canoe Race
7-May	9-May	Canoe Sprint	World Cup 1 - Vichy, FRA
7-May	9-May	Canoe Slalom	ICF World Ranking - International Tatra - Liptovsky Mitulas, SVK
8-May	9-May	Canoe Polo	League Play-Offs
8-May	9-May	Canoe Sailing	Carsington - Billy No mates
8-May	9-May	Canoe Sprint	National Sprint Regatta, Holme Pierrepont
8-May	9-May	Surf	St Ives Bay - England Ranking
8-May	9-May	Canoe Slalom	Div 3 and 4 - Seaton Park
8-May		Wildwater Canoeing	Div B - Sprint - Nene 1 - SE Series 1
8-May		Canoe 2012	East - Cambridge CC - Sprint
9-May		Canoe 2012	Cumbria - Coniston - Duddon CC - Sprint
9-May		Canoe 2012	East - The Broadland Boat Club, Norwich - Sprint
12-May		Canoe Marathon	Lowport Summer Series 10km - I
15-May	16-May	Go Paddling	The Big Paddle - River Wye, Symonds Yat
15-May	16-May	Canoe Slalom	Div 1 and 2 - Holme Pierrepont
15-May	16-May	Canoe Slalom	Div 3 and 4 - Wagon Lane
15-May	16-May	Canoe Slalom	ICF World Ranking - KD Slovenska Cup - Tacen, SLO

May

15-May		Canoe Polo	Div 1 Youth - Banbury
15-May		Wildwater Canoeing	Div B - Sprint - Wagon Lane - NE Series 1
15-May		Canoe Marathon	Conway Ascent
15-May		Canoe Marathon	Longridge Grand Prix
16-May		Canoe Marathon	Trentham, NW Lightning - Canoe 2012 Event
16-May		Canoe Marathon	Hastings 1066
16-May		Canoe Marathon	Basingstoke Hasler K1
16-May		Canoe Marathon	Grand Dunk Marathon
16-May		Canoe Marathon	Royal Leamington Spa Hasler K1
20-May		Canoe 2012	South - Southampton - Sprint
22-May		Canoe 2012	North West - Manchester CC - Slalom
22-May		Canoe 2012	West Midlands - Trentham - Sprint
22-May	23-May	Canoe Slalom	Div 2 and 3 - Faimilee
22-May	23-May	Canoe Slalom	Div 3 and 4 - Orton Mere
22-May	23-May	Canoe Slalom	Div 3 and 4 - Rhug
22-May	23-May	Canoe Slalom	ICF World Ranking - Alpes Cup 1 - L'Argentiere la Bessee, FRA
22-May	24-May	Canoe Polo	European Cup - Essen, GER
22-May		Canoe Slalom	Div 4 - North Walls
22-May		Canoe Marathon	Nottingham Hasler K2
23-May		Canoe Marathon	Chester 1 Hasler K2
23-May		Canoe Marathon	Leukaemia Marathon
23-May		Canoe Marathon	Norwich Hasler and Assessment
23-May		Canoe Marathon	Tamar Hasler
29-May	30-May	Canoe Freestyle	World Cup 1 - Augsburg, GER
29-May	30-May	Canoe Sprint	World Cup 2 - Szeged, HUN
29-May	30-May	Canoe Slalom	ICF World Ranking - Alpes Cup 2 - Bourg St Maurice, FRA
29-May		Canoe Sprint	Linlithgow KR Regatta
29-May		Canoe Slalom	Div 1 and 2 - Holme Pierrepont
29-May		Canoe 2012	East - Herts Young Mariners - Cheshunt - Sprint
30-May	6-Jun	White Water Rafting	European Championships - ITA
30-May		Canoe 2012	East - Herts Young Mariners - Cheshunt - Slalom
30-May		Go Paddling	South West - Stithians Lake
30-May		Canoe Slalom	England Inter Regional Championships - HPP
30-May		Canoe Slalom	Pan Celtic Cup and England Championships
30-May		Wildwater Canoeing	Wavehopper - Dawson Lake
Jun TBN		Canoe Sailing	Weston
Jun TBN		Surf	The Gower - England Ranking
1-Jun		Canoe Marathon	Harefield Summer Series Canoe Race
2-Jun	5-Jun	Go Paddling	South West - Bath & West Show
4-Jun	6-Jun	Canoe Sprint	World Cup 3 - Duisburg, GER
4-Jun	6-Jun	Canoe Slalom	European Championships - Cunovo - Bratislava, SVK

June

Start	Finish	Discipline	Event
5-Jun	6-Jun	Canoe Freestyle	World Cup 2 - Plattling, GER
5-Jun	6-Jun	Canoe Sprint	National Sprint Regatta, Holme Pierrepont
5-Jun	6-Jun	Canoe Slalom	Div 1 and 2 - Abbey Rapids
5-Jun	6-Jun	Canoe Slalom	Div 3 and 4 - Stone
5-Jun	6-Jun	Canoe Slalom	ICF World Ranking - Merano, ITA
5-Jun		Canoe 2012	London Youth Games - Sprint and Slalom
6-Jun		Go Paddling	South West - Sibleyback
6-Jun		Canoe Marathon	Fal Hasler
7-Jun	13-Jun	Wildwater Canoeing	World Championships - Sort, ESP
9-Jun		Canoe Marathon	Lowport Summer Series 10km - II
12-Jun	13-Jun	Go Paddling	Eastern - Mepal Centre
12-Jun	13-Jun	Canoe Polo	Liverpool - Merseyside International
12-Jun	13-Jun	Canoe Slalom	Div 2 and 3 - Faimilee
12-Jun		Canoe Slalom	National Junior/Under 16 and Vet Championships - Faimilee
12-Jun		Wildwater Canoeing	Div B - Sprint - Lea - SE Series 3
13-Jun		Go Paddling	East - Blackwater Country Show, Maldon
13-Jun		Canoe Sprint	Kirkcaldy CC Regatta
13-Jun		Canoe Slalom	Div 4 - Faimilee
13-Jun		Canoe Marathon	Royal Hasler
13-Jun		Canoe Marathon	Pangbourne Hasler
13-Jun		Canoe Marathon	Burton Hasler K2
16-Jun	19-Jun	Canoe Freestyle	European Championships - Lienz, AUT
18-Jun	20-Jun	Canoe Slalom	World Cup 1 - Prague, CZE

June



Photo: Canoe Polo National Championships. 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



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Jersey Sea Kayaking Symposium | 29 - 31 May 2010
Desperate Measures, Nottingham | Mon - Sat: 9 - 6
| Sun: 10 - 5

photo | © skyakadventures.com

More details for 'Be Inspired' please

Quite disappointed with the February magazine. Normally it's a good read packed full of useful information. I usually like the access articles (be Inspired) but would like some more information on those occasional paddles, i.e. those rivers that can only be run at certain times, either through access agreements or because plenty of rainfall is required.

February's 'be Inspired' was a particular disappointment. The two-page photograph was very nice but contained no information on the river whatsoever (apart from the name). Not much use without get-ins, egress points, local access agreements, problems (weirs, trees etc) and portages.

As I said, a nice photograph but a bit useless.

Ken Clegg, Walsall Canoe Club

Coral Jackson, Marketing Assistant replies:

Hi Ken,

Thanks for your comments. We always like to hear reader's feedback and are sorry to hear you didn't enjoy February's issue.

'Be Inspired' was a new idea that the Canoe Focus team decided to try; it isn't meant to replace the access pages, and these will still remain in the magazine, as usual.

Be Inspired is all about showcasing the fantastic landscapes that can be enjoyed from the water and inspiring others to jump in a canoe and enjoy them too! If you are looking for more detailed information on where to paddle we have a collection of canoe trails available on our website at www.canoe-england.org.uk/our-sport. We have recently launched a Canoe England Facebook fan page too, so you can share information on canoe trails on there as well.

I hope you will continue to enjoy Canoe Focus in future.

Can you help?

Dear readers, Friar West, who helps to run the International Conservation Awareness Network (ICAN) group, has recently contacted us. To help raise money for the project, he is embarking on a charity sea kayak around the coast of Croatia and he needs your help!

Have you kayaked round this coast before? Do you have any advice that may come in useful? Or do you know of any books or websites that Friar could use? If you can offer Friar any help, please get in touch via Coral Jackson at coral.jackson@bcu.org.uk or 18 Market Place, Bingham, Nottingham NG 13 8AP and we'll make sure your message gets passed on.

Prize is lovely surprise

I am writing to say thank you for the Sony digital camera following the 2009 photo competition. It was a lovely surprise and really has started the New Year off very well! It is very much appreciated.

Kath Pigdon, Cumbria

Coral Jackson, Marketing Assistant replies:

Hi Kath,

Thanks for writing in.

You're more than welcome - thanks for the wonderful picture! We'll look forward to receiving more of your photos in the future.

Happy clicking!

Award money used for laptop and hand warmers

Thank you for all the effort you put into the Volunteer and Club Award evening - it really was excellent. We've decided to spend the prize money on a laptop for the club which we can use for storing the club website; storing club data; downloading and analysing videos of paddlers' technique, and using at our events.

We're also going to revamp the club website to make it more interactive and inclusive. Finally, and more immediately, we've bought ten packs of hand warmers (the gel ones that you click to activate) to give to junior paddlers if they get cold hands during or after training sessions. They have proved very popular!

Dom Murphy, Banbury Canoe Club

Julia Robertson, Volunteer Development Officer replies:

Hi Dom,

It's good to hear you have put the money to such good use so the hand warmers are a great idea!

Nominations for the next Club Awards will open later this year so keep your eyes out for more information in Canoe Focus and on www.canoe-england.org.uk/volunteers.

Green Party fighting for your access

I read the article, in February's issue, on the General Election with great interest. I am a keen paddler and have been a member for a few years now. I tried to persuade our MP to fight for the right to access, but to little effect.

I do, however intend to take things further and I am standing in the General election for the Green

Party in the constituency of Stourbridge. The BBC have filmed me, as I was paddling on the local canal, for the Politics Show and tell me that they will be broadcasting it in the near future as they are featuring Stourbridge as a National bellwether. The Green Party are fighting for improved facilities for all environmentally friendly sports such as canoeing and kayaking and I would love to see the BCU acknowledging the fact that the Green Party is fighting for small businesses and crafts which we both support.

Keep Paddling.

Will Duckworth

Tamsin Phipps, Government and Public Affairs Manager replies:

Hi Will,

You are indeed correct that canoeing is a truly environmentally friendly activity. The canoe is a traditional craft used throughout the world for exploring wilderness areas and quietly observing wildlife and flora. It causes no erosion, noise or pollution, and leaves no trace of its passing, not even ripples. Canoeing at appropriate water levels is an environmentally benign activity and causes no damage to fish stocks.

We thank you for your support and commend your efforts at getting your MP's involvement. The access debate is a cross party issue and we have had support from across Parliament. It will be interesting to see in the new government what support there is and from whom it comes.

One of the reasons we give for the advantages of increasing access to our inland waterways, over and above health and participation, is the benefit it brings to local and rural economies from employment to increasing income through tourism by expenditure in shops, bed and breakfast etc.

There are those who would like to suggest that canoeing is not environmentally friendly and we are aware (like all activities) that as canoeists, we have the potential to affect those environments that are so valuable to our experience. Canoeists are environmentalists and set out to protect the environment and to support this Canoe England has produced 'You, Your Canoe and the Environment' and are producing 'Canoeing on the Sea Guidelines'. We need to be aware of, and to protect, the special features of the environment we use, whether it is on a natural river, lake, the sea or on a man made canal/course

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



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How to enter

Members will be able to find the answer at the SIS online shop:

www.scienceinsport.com/acatalog

which has been especially setup to accommodate our members discount.

Please note that the Canoe England discount cannot be accessed at the usual online shop on the Science in Sport website.



Please send your answer, along with your name, address and telephone number to Coral Jackson Email: coral.jackson@bcu.org.uk Address: British Canoe Union, 18 Market Place, Bingham, Nottingham NG13 8AP. The closing date is Friday 30th April.

Canoe and kayak retailer discounts

To receive a 10% discount at a canoe and kayak retailer near you, visit the Members Area of the Canoe England website for more information. www.canoe-england.org.uk

10% DISCOUNT H2O Audio. Quote code: BCUMember20 at www.h2oaudio.co.uk.

15% DISCOUNT Cotswold. Quote code: C2114 at time of purchase. 20% off on selected dates; more details in the Members Area of the Canoe England website.

25% DISCOUNT Canoe Kayak magazine. Visit www.canoe-kayak.co.uk/store.

SELECTED DISCOUNTS Concept 2 Rowers, SUUNTO Watches and more. Visit the Members Area of the Canoe England website.

10-15% DISCOUNT Halfords. Discount applies to gift vouchers only. Call 08450 778 852 and quote code: BCUHAL09 and membership number.

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.

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.

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

Youth Freestyle Series 2010

The Youth Freestyle Series is back for another year with another five packed days of events throughout 2010. Whether you are a competition novice or a seasoned freestyle competitor, as long as you are 18 or under and have a fairly reliable white-water roll, the Youth Freestyle series caters for you! The modified scoring system allows everyone to score points for anything from front surfs/side surfs/paddle spins up to loops and Mcnasties.

Each event consists of paddling workshops followed by a fun freestyle competition and where sites (and time) allow a river running race.

There are five events in the series, which can be entered separately, or you can enter the whole series. If you enter three or more events your best three results will be combined to give a series ranking. This year there will also be a Youth Freestyle Club Trophy – so make sure you bring your friends along from your local canoe club.

In 2010 we see another new venue as the Welsh event moves from Llangollen to the new white water course in Cardiff.

Visit www.youthfreestyle.co.uk to find out more information and to enter online (pre-entry only).



Above: Enjoying the Youth Freestyle Series

The dates for this year's series:

25th April 2010:

Nene white water course, Northampton.

16th May 2010:

Washburn, Yorkshire.

11th July 2010:

Boulton Weir, Maidenhead.

15th August 2010:

Cardiff white water course.

12th September 2010:

Holme Pierrepont white water course, Nottingham.

Canoe England and GB Canoeing on Facebook

Canoe England and GB Canoeing have launched their official fan pages, on the social networking site, Facebook. Fans of Canoe England and GB Canoeing will be able to access all the latest news, pictures and videos throughout the year. They will also be able to upload their own content.

Marketing Manager Chloe Nelson comments, "Facebook is used by millions of people in the UK, young and increasingly not so young, to connect to their friends, organise events, affiliate to fan clubs and worthwhile causes. By leveraging the social tools of Facebook, it is intended that Canoe England can help engage, inspire and support people to take part and continue a lifelong relationship with canoeing."

Andy Maddock, GB Canoeing's Slalom Programme Manager, comments, "The Facebook fan page adds an extra dimension to allow people to follow what is going on in the lead up to the 2012 Olympic Games. Complimenting the GB Canoeing website, this will give another window on the exciting sports of canoe sprint and canoe slalom as we enter the second half of the 2012 Olympic cycle whilst also keeping updates on our preparations for 2016 and beyond."

To celebrate the launch, Canoe England is offering an exclusive 20% E-Shop discount, to the 1,000th person to register as a fan. Visit www.facebook.com and search for 'Canoe England' or 'GB Canoeing'

In brief

Marathon racing launch new website

Marathon racing have just launched their new website at www.marathon-canoeing.org.uk.

Night time kayaking safer

This new adhesive 'glowing' strip is now available to improve visibility when kayaking at night, or in poor light conditions. The Glowsafe tape can be stuck to paddle blades, shafts or kayak decks with great effect. This tape is charged with just ten minutes of natural or torchlight and under normal conditions, the 'charge' will provide up to 20 hours of visibility. The glowing tape can also be more easily picked up by anyone searching with a spotlight, making any evening or night expeditions safer. Available from Expedition Kayaks.

Grandtully goes electric

From Easter, caravans at Grandtully will be able to connect up to an electrical supply. Grants from LEADER and Perth and Kinross Grants Direct have enabled the work to go ahead. At the same time they have installed a water standpipe at the far end of the site. Campervans will also have access to electric points along the main drive.

The electrical sockets are controlled from the main building and need to be booked in advance so the appropriate outlet can be switched on for you. Until a specific booking is made, all the points will be 'off'.

Power is limited at each outlet so it is important to make sure you are using proper low-power appliances in your caravan – high power domestic appliances will not work. The breaker will trip out if you are taking more than six amps from an outlet, so it would be wise to check your caravan/campervan installation.

Further details are on the campsite page of www.canoescotland.com

Safeguarding and Protecting Children 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: 07740 820 113

(For BCU individuals who have received an allegation against them with respect to child protection and require support).

NSPCC Child Protection Helpline

Tel: 0808 800 5000 (24 hour).

Childline: 0800 1111.

In brief

Directory updates

Canoe England Accredited Canoe Clubs (P.30)
South

Banbury & District Canoe Club hold Top Club status.

Canoe England Regions (P. 32)

Jersey Surf Kayak Club Secretary

Rob O'Brien, 24 Greenvale, La Petite Route des

Mielles, St Brelade, Jersey, JE3 8FZ

Tel: 01534 742 246 or 07797 796 478

Email: jerseyurfkayakclub@jerseymail.co.uk

Cumbria Development Team (P.33)

Regional Team Treasurer

Paul Wilson, Thorn Farm, Stainton, Penrith,
Cumbria, CA11 0ES

Email: paul@wilson-norris.freeserve.co.uk

Eastern Development Team (P.36)

LCO Bedfordshire and Luton

Gary Denton. Mobile: 07795 561 741

London Development Team (P.44)

RCO London

Adrian Green. Please do not use the address

published to contact Adrian. Email

rco.london@bcu.org.uk or Phone 01403 734 424

North West Development Team (P.52)

RCO

Ian Bell, 60 The Channel, Barbow Way,
Wallasey, CH45 3NX.

South West Regional Development Team (P.64)

Regional Team Vice Chairman

Peter Thorn. Email: peterthorn7@aol.co.uk

West Midlands Development Team (P.71)

There is a new LCO Herefordshire

Dave McEaney, Flat 2 Park Lodge, Walford Road,

Ross-on-Wye, Herefordshire, HR9 5PU

Email: david.mceaney@yahoo.com

River and Coastal Information Service (P.90)

East Lyn – South West

Peter Thorn. Email: peterthorn7@aol.co.uk

Rivers Information Service (P. 89, 91, 101)

Frome – Bristol – Winter Bourne down to Eastville
– South West

Chew – Bristol – South West

Coastal Bristol Area – South West

Quentin F Nichols. Telephone: 0117 965 7436

Email: qnichols45@yahoo.com

River and Coastal Information Service (P.100)

Wharfe – Otley to River Ouse, Yorkshire

Kenneth Reece has stepped down as Local River

Advisor. Please contact Customer Services for river
information.

Approved Centres (P.129)

North West

Girlguiding UK Waddow Hall are a Canoe England

Approved Centre

Waddington Road, Clitheroe, Lancashire BB7 3LD.

Tel: 01200 423 186. Fax: 01200 423 186.

Email: waddow@girlguiding.org.uk.

Website: www.waddow.org.uk

Photo competition winners

We are pleased to announce that the winner for January's Photo Competition is Charlie Painter. For February, the winners are Jonathan Maddock in the Adult category, and Carl Sunderland in the Under 18's Category.

Charlie and Jonathan will each receive a £20 Cotswold voucher, whilst Carl wins a £25 WH Smith Voucher.

Congratulations to all the winners! Please turn to page 54 to see all the photos.

Obituary

John Brand 1931 – 2009

John Brand was a man with many interests, an architect by profession, spending his working life in the service of Essex County Council and Colchester Borough Council.

An early involvement with the Scouting movement instilled a love of the outdoors which he carried with him into his adult interests of back packing, camping, cycling, jogging swimming, mountain biking and canoeing. Indeed he and his wife Stella spent a delayed honeymoon paddling from Colchester to Maldon.

Although actively involved with more than one local canoe club where he competed successfully in their racing events, John also developed a keen interest in the skin covered kayaks and baidarkas of the Inuit and Aleut peoples and it was in this respect that our paths met. An article written by the late John D. Heath, with the two becoming friends, inspired this interest.

In 1959 a Scottish student, Kenneth Taylor, brought a sealskin covered kayak to Scotland from west Greenland and my first rather basic drawing of that craft became the first plan in 'Project Eskimo', an undertaking intending to publish plans and information on all the skin-on-frame craft of Arctic origin extant in Great Britain at the time. Although a number of people contributed to the project, those most closely involved were Brian Skilling, the founder, editor and publisher of 'Canoeing Magazine', through which the information would be disseminated, Charles Ranshaw and most importantly John Brand.

Why was John so important? Well, although a number of people assisted in the kayak surveys, it was John who took the data and converted it into a plan, representing what he considered would have been the shape of the original craft before it suffered the contortions inflicted by inappropriate storage conditions etc. Such an exercise involved both substantial skill and knowledge, not to mention time and effort. The visual quality of the finished product reflected John's considerable drafting skill and architectural background.

Apart from John's involvement in surveying, recording and drafting the lines of Arctic craft John built replicas for his own use and he was the first that I know of in this country to build and paddle a replica Aleut baidarka, the Greenland kayak being a more popular here. John thought very highly of the Aleut model and considered it under valued in the United Kingdom, a view gaining in prominence today.

Later, John extended his surveying activities to Europe, assisted by Stella and was to publish much of his research in the three volumes of 'The Little Kayak Book' utilising an unusually long landscape format which was well suited to the



Above: John in his younger days.

kayak plans contained therein. The first of these was professionally printed, while the last two were composed entirely of John's beautifully hand written text, drawings and sketches. These unique books are much sought after by skin-on-frame enthusiasts today.

While I knew John for many years, corresponded on occasion and spoke on the telephone, I only actually met him once. That was at the National Maritime Museum, Greenwich at a symposium on the history of canoeing, organised jointly by the museum and the British Canoe Union, at which both he and John Heath gave presentations. John Heath, who was a personal friend of my own for some forty years, told me at the time that he was really there in support of John Brand's presentation and the work he was doing in recording the Arctic skin-on-frame craft extant in Great Britain. Such was 'Granddads' respect for his English counterpart.

There is no doubt that John Brand made a tremendous contribution to the study of skin-on-frame craft. Unfortunately, in many respects he was a man before his time. His efforts to establish a kayak research group in the early 1980s did not get the support it deserved, with very few coming forward to support the valuable work he was engaged in. This was most frustrating and he did lose interest in the end. Had he been 40 years younger, undoubtedly he would have had the support of the growing number of enthusiasts who are building replicas of a whole range of Arctic craft in these islands today. To them the legacy of information in his 'Little Kayak Books' is a truly valuable source of information through which he will be remembered for a considerable time and justifiably so!

John Died on 9th December 2009 after a long battle with Alzheimers and is survived by Stella, his wife for 55 years, his son Russell and daughter Carna.

Duncan R. Winning OBE.
Vice President, British Canoe Union



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In brief

Charity kayak to raise money for RNLI

Four kayakers are aiming to cross the English Channel in kayaks to raise money for RNLI.

The kayakers, three BCU qualified male kayak coaches and a mother at the Eagle Canoe Club in Norwich, have started training for the arduous challenge. They want to raise up to £5,000 and are preparing a schedule to encourage the public to support them on their unorthodox crossing of the busiest shipping lane in the world.

Claire O'Hara started learning the sport last July and it was her idea to kayak the crossing between Dover and Cap Gris Nez. Shaun Dean, Simon Allen and Oliver Quinton will join her in the challenge.

Canoeing named most popular watersport

A recent independent survey of adult participation has revealed that canoeing is the most popular and fastest growing watersport for the seventh year running. Of the 12 boating activities measured, canoeing has seen the biggest increase in participation with the survey demonstrating that 1,262,478 people over the age of 16-years participate at least once a week.

These positive results back up data released from Sport England's Ipsos Mori's Active People Survey (3), which demonstrated an increase in participation of 45% between October 2008 and October 2009. The survey showed that 62,900 adults take part in 30 minutes of moderate intensity canoeing at least once a week.

Paul Owen, Chief Executive of the BCU commented, "The survey confirms what we already know, that canoeing is a fantastic activity with numerous benefits and is enjoyed by so many, which is why it continues to be such a popular and rapidly growing sport and recreation. It is anticipated that more people will be introduced to canoeing through our national 'Go Paddling' initiative that runs throughout the spring and summer."

Charity paddle for Parkinsons

In order to raise funds to support patients and provide services, an outdoor water challenge to raise funds for the Young Parkinson's Network (YPN) will be held in August on Ullswater Lake in the Lake District. Captain Harry Hawthorne, who has Parkinsons himself, along with his team will participate in the event over two days.

They are looking for people to help them bring this dream to life by joining them to support Harry Hawthorne and his TeamP4P canoe the length of Ullswater and back.

YPN provides support, advice and information to younger people diagnosed with Parkinson's, their carers, families and friends and to health/social services professionals. Visit: www.paddle-for-parkinsons.org

CANI Paddlefest a great success

Canoe Association of Northern Ireland Paddlefest 2010

The annual Paddlefest was held at the Share Centre on Lough Erne, Lisnaskea, County Fermanagh. Lough Erne is actually two loughs; the upper and lower, which link with the Erne Shannon canal system to provide over 150 miles of paddling also providing the location for the Lough Erne canoe trail.

More than 130 paddlers made the journey to the west of Northern Ireland for the weekend's activities which started with a choice of night paddle or an evening talk by Paul Ralph from Marsport Kayaks. Paul gave a presentation on sprint and marathon paddling focusing on the Devizes to Westminster race. This was followed by an evening of traditional Irish hospitality... Guinness and live music.

Saturday was a day for honing skills and trying something new in paddlesport.

Sessions ranged from water skills to kayak mending, paddle making and traditional Greenland rope games, the last of which led to many strange contortions and some chafed parts.

Support for the day's activities came from a team of local volunteer coaches and a number of guest coaches including Ray Goodwin amongst others. Ray also presented a highly entertaining talk on a 10-day trip he took through the Canadian

wilderness. More music, lots of craic and Guinness followed the presentation!

Sunday morning gave paddlers the opportunity to take a trip on Lough Erne with the chance to get top tips and handy hints along the way. Others took part in the freestyle, slalom, sprint and polo sessions. Sunday was due to finish with a Coastguard safety display including the Irish search and rescue helicopter but due to an incident elsewhere the helicopter didn't make it.

Paddlefest came to an end with a raffle with prizes donated by the retailers and manufacturers who attended the event. The raffle proceedings will be going to the charity of choice of Stephen Chapman, a CANI member who sadly lost his life a short time ago.

CANI would like to thank all the manufacturers, retailers, coaches and the Share Centre for making this event a success. Next year's event will be on the 11-13th March and all are welcome.



Above: Paddlers taking part in the activities.

Sport England Satisfaction Survey

Over the next few months Sport England will be conducting their second annual sport satisfaction survey. The research aims to establish how satisfied you are with the quality of your sporting experience(s), including those within canoeing.

Sport England has commissioned Ipsos MORI, a leading market research company, to undertake the research. Over the next month or so you may receive an email from Ipsos MORI, inviting you to take part in this year's survey. It should take around 15 minutes to complete, via an email link, and if you choose to participate, you are guaranteed anonymity; you will not be identified in the results and nor will you be contacted for unrelated sales or marketing purposes.

If you are contacted by Ipsos MORI, to take part in the survey, the BCU and Canoe England recommend you accept; the research will help to further develop canoeing and identify areas of improvement for the next few years.

If you have any questions or concerns about the research, you can contact sportenglandsurvey@ipsos-mori.com

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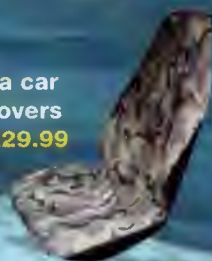
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In brief

Goodbye and good luck

Nigel Timmins, Team North SDO, retired from Canoe England at the end of March 2010. As a result, his work phone, on 017684 80084, will no longer take calls after the 31st of March.

He is, however, still remaining as the BCU Child Protection Support Officer. His new number for this service is 07740 820113.

Nigel will still be working part time so we are sure those in the north will still see him. Canoe England would like to take this opportunity to wish Nigel an enjoyable retirement and best wishes for the future

New boats for Halifax CC

Members of Halifax Canoe Club are celebrating a grant, which will help more of its member's race in canoe slalom. The club has secured a grant of £7,200 from the Sport England's Small Grants Programme, which has funded the purchase of a fleet of new slalom kayaks and canoes for the club. The eight kayaks and two canoes have now been delivered and have gone straight into use in canoe slalom training sessions.

Les Ford, the club's slalom coach explains, "Having the latest designs of boats will mean our paddlers can be much more competitive in races and hopefully improve their performances and results. We are already seeing improvements in training after only a few weeks. So we hope we'll have some good performances and success once the racing season starts."

The club is increasing the amount of canoe slalom coaching available to its members both in training at the club and on race days, as well as providing the opportunity for all its members to take up slalom racing.

Oakwood Youth Group complete safety course

During February, six young people from Oakwood youth group braved the snow and sleet to participate in their BCU Foundation Safety and Rescue Course. The young people all from a special needs school in Salford completed the training course despite the freezing temperatures. Congratulations to all.

Canadian canoe artist to visit Leeds

On the 27th April Becky Mason is coming to Leeds to run a day's coaching and to give a slide show on her adventures as a canoeist living in Canada. Becky will be bringing her skills to bear at Roundhay Lake in Leeds during the day followed by a slide show in the evening. Visit www.yorcie.org.uk for more information.

Mersey paddles

The River Mersey from Stockport to Carrington provides 18 miles of river touring and is available all day, every day, via the canoe trail set up by DEFRA as one of the access demonstration projects. A guide is available at www.stockport.gov.uk.

If you want some company for your paddle there are some organised events too.

Sunday 6th June 2010

Mersey Memory Paddle in aid of Alzheimers Society.

An 18-mile tour of the full length of the trail from Stockport to Carrington. The river is suitable for kayak or canoe with three weirs to shoot or portage, one compulsory portage and many rubble weirs or rapids. First time river paddlers should not go alone but with an instructor or guide. There are



Above: Heaton Mersey ingress. Photo: Chris Hawkesworth.

toilets at the start and finish and two pubs on the way. Local companies can provide canoe hire.

Sunday 3rd October 2010

Mersey Descent Race and Mersey Mini Tour.

A nine-mile race from Burnage Rugby Club to Trafford Metrovik Rugby Club. One big weir to shoot or portage, one to portage and a dozen rubble weirs to shoot. Classes for canoe, river racer, K1 and K2. No understern rudders. On the same day, but don't get in the way, a nine-mile tour. You do not have to stand and watch, you

paddle off first and watch the racers go by. First time river paddlers should not go alone but with an instructor or guide. There are toilets and refreshments at the start and finish.

Visit www.madcc.co.uk and find event information via the calendar.

Yorkshire news

I start this article with some very exciting news. The Regional Development Team, on behalf of all paddlers in Yorkshire, has purchased a piece of land on the bank of the river Ure in Ripon. As far as we are aware, we are the first region to take such a bold step. For years we have had to negotiate and haggle for access to England's rivers. Actually owning a piece of riverside land gives us that access. Now I am not saying that this solves all our problems on the Ure, but it is a significant step forward and puts us in a position of strength.

Yorkshire for our part has turned a dream into reality. Imagine the negotiating strength we would have if paddlers could purchase a piece of land on every river in England. I would like to thank Chris Hawkesworth and Ken Harrap for their vision and help in purchasing the land. We have had a magnificent response to the fundraising effort. The RDT team and I are overwhelmed by the generosity of both individuals and clubs within our region. However, we have not yet raised the full amount needed and are still seeking donations.

If you wish to help the cause, please go to www.yorcie.org.uk/ripon for more details.

We also have some good news from some of our clubs. Halifax Canoe Club has received a grant of £7,200 from the Sport England's Small Grants programme (see above) and White Rose Canoe Club in Leeds have also been successful in gaining a grant for over £6,000 to purchase a set of polo kit to set up a youth team. These are just two examples of how local Top Clubs are benefiting from funding.

You will have seen in the last Canoe Focus some of our region being recognised in the Volunteer and Recognition awards. Congratulations from all in the region to Kingston Kayak Club – Club of the Year 2010, and also to Siobhan Terrington – Young Volunteer.

We are currently reviewing our regional development plan, and would love to hear from clubs to see what improvements you would like to make to help take paddlesport forward in the next decade.

Robert Wright – Chairman, Yorkshire Regional Development Team rdtchair@yorcie.org.uk

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In brief

EA workshops held

The Environmental Agency (EA) held a series of workshops across the Midlands from Telford to Northampton. The workshops allowed clubs and Canoe England the opportunity to give the EA feedback on current issues, particularly access. Thanks to all the clubs that took the time to provide vital and useful input to the days.

Develop white water skills

Building on the success of last year's event, the East Midlands Regional Development Team will be running a white water development day at the Nene White Water Centre on 13th June. The team are developing a programme for the day including 'Go Paddling' and Canoe 2012 events. Contact Jim McCarthy: jim.mccarthy@dsl.pipex.com for more information.

Team Central development

The volunteers in the Regional Development Teams are doing a brilliant job. Each region has taken a detailed look at how it can most effectively contribute to paddlesport development, and has done this with reference to the Canoe England Whole Sport Plan. Interventions have been identified and goals set within regional plans. Great example of volunteers delivering at the local level to meet local needs within a national framework. Big thank you to all our regional volunteers - the Paddlesport Development Officers look forward to supporting you and working with you across an ever-expanding range of activities.

Paddlesport skills

The East Midlands Regional Coaching Team continues to expand its influence in opportunities for coaches to engage in further Continuing Professional Development (CPD). The team is very active. It offers coach awards and foundation modules on a regular basis and has recently piloted innovative modules for coach CPD. Additionally four of the team have trained to be providers of the Fundamental Paddlesport Skills workshop, an essential area of coaching activity.

Newark CC open weekend

Newark Canoe Club is holding its annual open weekend on 15-16th of May. It is a season opening event, supported by Desperate Measures. Come along and meet the members and have a go if you think you're up to it. For more information visit www.newarkcanoeclub.org.uk

Have a go at canoe polo!

Pleasley Vale Canoe and Activity Club is kick starting the season off with an exciting open day on the 22nd May. Over the last five years the club has been developing the opportunity for canoe polo onsite and they can now boast about their permanent outdoor pitch. Members of the club have made it from swimming pool lane buoys that were donated from a local pool. For more information on the day visit their website or contact Dale Smith.

Broxbourne Club of the Year Award

At the recent Active Broxbourne Sports Awards, Herts Young Mariners Cheshunt Olympic Preparation Squad (HYM COPS), were very pleased to be awarded the Broxbourne Club of the Year Award, and the icing on the cake was for Etienne Stott and Tim Baillie of Team GB being there to make the presentation.

This young club are making great strides in the slalom and sprint racing and were recognised for their achievements over the last year. Not resting on their success, the young paddlers are now making progress in wild water racing, and recently won the Dick Grieve Trophy in the Essex Winter Series of marathon races.

The Club of the Year was not the only award that HYM COPS took away on the evening. Catherine Robinson for the second year running won the Disabled Sports Performer of the Year award. Despite Cerebral Palsy, Catherine competes in

many disciplines in paddlesport, often against able-bodied competitors in her age group where there are no Paddleability classes.

In 2009 she impressed the GB Paracanoe Team Manager, and has been invited to train with the GB Paracanoe Squad. Her aim is to represent GB in the Canoe Sprint World Cup event in Vichy, France and in the Canoe Sprint World Championships in Poznan, Poland. Should Paracanoe Sprint Racing become a demonstration event for the 2012 London Paralympics and a full event for the next Olympic Games in 2016, it is hoped that we will see Catherine representing her country.



Above: Herts Young Mariners Cheshunt Olympic Preparation Squad.



Above: Catherine Robinson.

School Sport Partnership

Within East Staffordshire, paddlesport has enabled schools to provide greater variety and challenge to the extended curriculum as part of the five hour target. Paddlesport tends to appeal to young people who may not necessarily be engaged through team games and therefore extends provision by enabling a wider range of young people to get active.

The School Sport Partnership, along with Burton Canoe Club, have established a series of after school sessions that provide an introduction to canoeing and kayaking. Young people are then invited to join the club where a full programme of activities and opportunities are available to them. Holy Trinity Primary School have established a link with Burton Canoe Club who offer a session after school on Mondays for Year 5 and 6. The session is part funded by the partnership, which means pupils only pay a nominal fee. At the end of the course, pupils are offered a reduced package which allows them to join the club.

The partnership has recently secured continued funding to support more young people accessing the wide range of activities paddlesport has to offer. If your school is interested in exploring these opportunities please contact Stuart Briggs on email: stuart.briggs@canoe-england.org.uk or Claire Dawes by email: c.dawes@esssp.org.uk



Above: Pupils receiving coaching.

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In brief

Scout and Guide paddleathon

Eighty members of the 2nd Malden Scout Group and 28th Wimbledon Guides combined in a 12-hour paddleathon to raise money for the Joshua Deller Trust. Joshua suffers from Neuroblastoma, a very rare and often fatal childhood cancer. Members of his family joined the cubs, scouts and guides to complete over 11,000 lengths of the Wimbledon College Pool, a total of 275km. Anyone wishing to donate visit: www.justgiving.com/2ndMaldenScoutGroup

Marathon canoeist living the dream

Living the Dream is a charity set up in the London Borough of Barking and Dagenham to help talented athletes by helping to buy specialist equipment and assist in the cost of training. The largest grant of all has recently been awarded to 21-year-old Leanne Brown, who is the current Under 23 National Marathon K1 Champion, she was given a new K1, to help her continue to train and compete. Leanne has represented the borough on numerous occasions at the London Youth Games, at national and International level winning numerous medals and trophies along the way. Visit: www.livingthedreambandd.org.uk

Hastings Clubmark

Congratulations to Hastings and District Canoe Club for completing and being awarded Clubmark Status.

Hengistbury Head re-opens

After fighting what seemed to be a losing battle, Hengistbury Head looked set to close its doors in August, as Bournemouth Borough Council made their decision to cease opening the centre.

Then it was approved that Brockenhurst College would take over the outdoor centre from the 1st September. The College will invest £100,000 to undertake repairs and maintenance to the building following the grant of a 25-year lease. Initially open to students, Brockenhurst College will open to the public from Easter 2010.

New London region

On the 1st November 2009, Canoe England agreed a mandate that allowed the London region to split from the South East region. The new London region encompasses all Canoe England and members whose registered address falls within the administrative area of Greater London containing all 32 London boroughs. The new region already has its own, dedicated PDO, Clive Whitton, and RCO, Adrian Green and falls into the general Southern region. A temporary board has been nominated, with an aim to formally constitute the new region with full and open elections and a basic regional development plan has been drawn up. The elections are to be held on 5th July, venue TBC. Visit: www.canoeLondon.btik.com

Enjoying the experience of polo

The first mention of canoe polo in Britain is attributed to the activity of Oliver J Cock, MBE, who invented this version of the game in the late 1940s. Oliver Cock went on to become coach to the British slalom team in 1948.

It is, therefore, appropriate that 10 local youngsters from Shepperton Slalom Canoe Club, fresh from the after school Paddlepower Programme, have been competing in the six-week canoe polo tournament organised by Tandridge Kayak and Canoe Club at Oxted.

The youngsters and their parents have thoroughly enjoyed the experience of learning and trying to apply canoe polo rules and tactics and developing paddling skills in this way. Huge cheers go up when the ball occasionally makes it to the goal.



Above: The youngsters enjoying their experience.

Especially valuable and fun have been the play sessions in the side-pool between games. Here, the children have gained water confidence and learned capsize and other water skills, taught by the excellent Tandridge coaches.

Many thanks from Shepperton Slalom CC to Tandridge CKC for this great opportunity.

Paddle for fun, fitness and competition

A new series of Harefield mini-marathon canoe races starts on Tuesday April 6th at 7:00pm from the Coy Carp (Coppermill Lock), Harefield (postcode UB9 6HZ) and then every first Tuesday of each month through till September.

Races cover distance of 6.5 miles for experienced paddlers in racing boats to 1.2 miles for newcomers to the sport and cost just £1 per person per race.

Prizes will be awarded to fastest paddlers in each group, most improved paddlers and team prizes for best club and best school. All competitors will receive a certificate with their times.

Contact Neal Underwood on 07951 770241 or email nealunderwood@sky.com. Details are available on line at www.thesharks.org.uk

Paddle your own boat

A team of Southampton Special Olympic paddlers have been inspired to aid their training with building their own boats. A partnership between Southampton Day Services, Southampton City College and Southampton Canoe Club was supported by Canoe England, OTARS charity, Workmobility and the Sport for the Disabled Trust, to run a five day course for four students and three helpers to construct their own kayaks.

Neil Harley, one of the paddlers, said: "I enjoyed this week because it was cool and fantastic. My favourite part was making and sanding it down, moulding it and using all the materials. It helped with training because it will make me go faster."

Ken Cast, Marine Skills Manager at Southampton City College, added: "I am pleased to say we have successfully broken new ground and the students thoroughly enjoyed their time with us. I felt they gained a new dimension within their training

regime and capabilities. I am extremely proud of them and that we at the College can provide such training."

For more information please contact Team South SDO James Hives james.hives@canoe-england.org.uk



Above: Students building their boat.

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Dates for your diary

Go Paddling Days

Team	Date	Venue	
TEAM NORTH			
NORTH EAST	3rd May	Finchdale down river race, Durham	
	20th June	Ovingham Goose Fair, Tyne Valley CC	
	TBC	River Tees Festival	
	26th December	Finchdale down river race, Durham	
CUMBRIA	25th April	Carlisle CC	
	May or June TBC	Lazonby (Carlisle CC)	
	11th July	Ullswater	
NORTH WEST	4th May & 1st June	Liverpool Canoe Club	
YORKSHIRE	24th April & 10th July	Manvers Waterfront Club	
	13th, 14th, 15th July	Yorkshire Show Ergo Challenge	
	3-4th July	Cliffhanger Sheffield, Sheffield City KC	
	11th July	Waterfront, Sheffield City KC	
	25th Sept	Riverside, Sheffield City KC	
	2,3,6 and 9th May	Sheffield Museum, Sheffield City KC	
TEAM CENTRAL			
EAST MIDLANDS	1st May	Slea Paddlers	
	8th May, Boston CC		
	15th 16th May	Newark CC	
	13th June 2010	Nene Whitewater Centre	
	17th or 24th April TBC	Holme Pierrepont Canoe Club	
	15th 16th May	Lincoln CC	
	1st May & 2nd May	Loughborough canal festival, Paddleplus	
	22nd May	Pleasley Vale Canoe and Activity Club	
5th 6th June	Leicester Waterside festival, Paddleplus		
WEST MIDLANDS	3rd May	Upton Warren OEC	
	9th April, 4th June and 6th, 20th, 27th August	Edgbaston Watersports	
	8th May	Royal Sutton & Coldfield CC	
	8th May	Walsall CC	
	16th May	Trentham CC	
	22nd May	Upton Warren- Youth Paddlefest	
	1st, 7th, 8th May	Shropshire Paddlesport Clubhouse	
	18th Sept	Burton CC	
	EAST	29th, 30th May	Herts Young Mariners Base, Cheshunt
		13th June	Blackwater Country Show, Maldon, Essex
17th, 18th July		Bedford River Festival - Viking KC	

Team	Date	Venue
TEAM SOUTH		
LONDON	July TBC	Danson Festival- 2 days
SOUTH	18th, 19th June	Hampshire Youth Games
SOUTH EAST	1st, 2nd May 2010	Navy Days - Gun Wharf Keys - Portsmouth
	May TBC	Chichester Canoe Club - Hunston Project
	September TBC	Chichester Canoe Club - Hunston Project
SOUTH WEST	1st Sun of April to Oct	Sibleyback Lake, Cornwall
	8th May	Exeter CC
	30th May	Stithians Lake, Cornwall
	2nd- 5th June	Bath & West show
	6th June	Sibleyback Lake, Cornwall
	27th June	Tamar Lake, Cornwall
	3rd,4th July	Sibleyback Lake, Cornwall
	16th July	Wimbleball Lake, Somerset
	26th Sept	Roadford Lake/ Wadebridge CC
	2nd Oct	South West Show

Team	Date	Venue
TEAM NORTH		
NORTH EAST	11th April	(SPR) Humbledon Outdoor Centre
	18th April	(SPR) Morpeth Paddlesport Club
	19th June	(SPR) Hexham CC
	4th July	(SLA) Tyne Valley CC
	July TBC	(SPR) Newburn Canoe Club (subject to tides)
	18th Sept	(SLA) Hexham CC
	3rd Oct	(SLA) Morpeth CC
CUMBRIA	25th April	Carlisle CC
	June TBC	Coniston (Duddon CC)
	June TBC	(SPR) Windermere
	June TBC	(SLA) Carlisle CC
	11th July	Ullswater
NORTH WEST	29th April	(SCA) Hollingworth Lake
	22nd May	(SLA) Manchester CC

Canoe 2012 events

Team	Date	Venue
TEAM NORTH		
YORKSHIRE	23rd May	(SLA) Sowerby Bridge, Halifax
	10th July	(SLA) Manvers Waterfront Club
	1st September	(SLA) Sheffield CC
EAST MIDLANDS	13th June	(SLA & SPR) Nene Watersport Centre
	TBC	(SLA & SPR) Lincoln CC
WEST MIDLANDS	16th May	(SPR) Trentham CC
	22nd May	(SLA & SPR) Upton Warren- Youth Paddlefest
	18th Sept	(SLA & SPR) Burton CC
EAST	8th May TBC	(SPR) Cambridge Canoe Club
	9th May TBC	(SPR) The Broadland Boat Club Norwich
	29th May	(SPR) Herts Young Mariners Base, Cheshunt
	30th May	(SLA) Herts Young Mariners Base, Cheshunt
	17th, 18th July	(SLA & SPR) The Bedford River Festival
	5th September	(SLA & SPR) Dereham Canoe Group
	TBC	(SPR) St Peters High School B.O.C
TEAM SOUTH		
LONDON	5th June 2010	(SLA & SPR) London Youth Games
	TBC	(SLA) Meridian Flatwater Slalom Series
	TBC	(SPR) Meridian Wavehopper Challenge
SOUTH	20th May	(SPR) Southampton CC
	18th, 19th June	Hampshire Youth Games
	4th December	(SLA) Winchester CC
SOUTH EAST	June TBC	(SPR) Surrey Youth Games, Wey KC
	11th July	(SPR) Sea Cadet Paddlesport Regatta - Wokingham
	18th July	(SPR) Longridge CC
	July TBC	Dorney Lake- Bell Boat Champs
	October TBC	(SPR) Wey KC
October TBC	(SLA) Yalding - Kent	
SOUTH WEST	11th April 2010	(SPR) Sutton & Bingham Canoe Club
	19-20th June, 18th July	(SLA) Frome Canoe Club
	30th August	(SPR) Bude CC



2010 National Bell Boat Championships Canoe 2012 Event

Dorney Lake is to become the home of the National Bell Boat Championships, the 2012 flatwater canoeing host venue will run this event over 200 meters on Saturday 31st July 2010.

It is envisaged that around 70 volunteers will be needed to run this event. A training day for volunteers will be run on Sunday 27th June at the lake.

Nigel Weare, Community and Aquatics Development Adviser for Dorney Lake Trust, is hoping that Bell Boat clubs and centres around the country will use this event to market their activities to a new racing clientele.

"We have linked with Windsor and Maidenhead Voluntary Action, in order to provide volunteering opportunities for local people in advance of 2012, as an increase in general volunteering is a legacy aim for LOCORG. This will help us create a sustainable infrastructure for future years to ensure the continued success of the Bell Boat champs, as local people take ownership of and pride in the event", said Nigel.

Dorney Lake Trust runs four Bell Boats at the lake for schools and corporate groups.

Anyone interested in getting involved, as a volunteer or as a competitor, should contact

Nigel Weare at the Eton College Rowing Centre, Dorney Lake, off Court Lane, Boveney, Berkshire SL4 6QP, 01753-832756.

Canoe 2012 events



Canoe 2012 Events- Something for everyone Local Sprint and Slalom Events

A Canoe England initiative designed to develop and widen the pathways into our Olympic Discipline Events.

Canoe 2012 Events are aimed at those already involved in Paddlesport who would not normally have the opportunity to try the Olympic disciplines of sprint and slalom. The initiative will be reaching out to clubs, centres and paddlers from across the community providing local, accessible events tailored to the needs of the participants, providing something for everyone.

To find out more and to find dates of an event near you, visit www.canoe-england.org.uk or contact Your Regional Paddlesport Development Officer



Don't Forget National Go Paddling week



1st - 9th May 2010

A 9 day week of Paddlesport inspiration!

National Go Paddling Week?

The aim of the week is 'to help and inspire people to go paddling' and this will be achieved by your Club/Centre providing a positive and welcoming paddling experience within a managed environment, a Go Paddling day.

Each club/centre will be encouraged to provide both a taster event at a time which suits your club/centre. All Canoe England are asking, is for your club/centre to run a follow up a session preferably during the week of 29th May – June 6th or just as soon as possible after your Go paddling day.

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



Designed around the BCU Long Term Paddler Development Programme, **Cross Stream Challenge has something for everyone.** It aims to develop and challenge boat handling skills, strokes and moves, whilst blending Slalom, Freestyle, Polo, Wild Water and Flat Water Racing as well as Surf. Its flexibility in delivery focuses on the paddler- not just the boat- enabling paddlers to develop skills based around a predetermined course in a managed and measured environment

The challenge will fully open the doors to our sport for all paddlers, providing an opportunity to experience the many different disciplines and helps coaches spot where an individual is most motivated.

For more information contact your Home Nation.

Let the challenge begin

Cross Stream challenge can be purchased at www.bcushop.org.uk

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For more information contact your Home Nation.



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Paddlepower Passport (Equivalent to BCU 1 Star)

Four progressive levels based on 24 topics which can be grouped into Safety Awareness, Paddling Skills, Varied Experiences and Supporting Knowledge



Paddlepower Discover (Equivalent to BCU 2 Star)

Following on from Passport with a further four levels taking the young paddler to equivalent of 2 Star standard



Paddlepower Explore (Supporting levels 7-9)

Explore takes the paddler on an extensive journey exploring the great variety of Paddlesport- participating in events and journeys in competitive and non-competitive disciplines



Paddlepower Expedition

For more information contact your Home Nation

Paddlepower resources can be purchased at www.bcushop.org.uk



Participation

Contact the Participation Team

The aim of the Paddlesport Participation Programme is to develop and support sustained improvement to the quality, extent and availability of paddling opportunities within the foundation stages of paddlesport in England. If you want to help improve participation in canoeing, contact your local PDO, who will be able to offer you the support and advice you need.

TEAM NATIONAL



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PDO Eastern
Jeff Toser
Office: 0845 1576819.
Mobile: 07912 597986.
Email: jeff.toser@canoe-england.org.uk

TEAM NORTH



SDO Northern
Position Vacant
We are currently recruiting for a Team North SDO. If you have any queries in the meantime, please contact Kimberley Walsh.



PDO North East
Ray Hudspith
Mobile: 07715 993535.
Email: ray.hudspith@canoe-england.org.uk



PDO North West/Yorks
Gareth Field
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Email: gareth.field@canoe-england.org.uk

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length: 354 cm | 11' 8"
width: 60 cm | 23.6"
height: 28 cm | 11"
weight: 16 kg | 35 lbs

material: PE superlinear
capacity: 45-85 kg | 100 - 190 lbs
cockpit: 72x40 cm | 28"x15"

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Slalom C1

The new C1-Slalom boat with up to date design. It's made from Polyethylene, which makes it very durable and ideal for clubs and beginners new to the sport of Slalom. Comes with moulded seat and adjustable thigh braces as standard.

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height: 25 cm | 9.85"
weight: 17 kg | 37.49 lbs

material: PE superlinear
capacity: 45-85 kg | 100 - 190 lbs
cockpit: 65x50 cm | 28"x15"

£ 519



Polo

Once again much boat for less money from Robson. The advanced characteristics of this boat, especially its extreme manoeuvrability, make it a real choice for all Polo players. Optionally it can be equipped with a drain plug and handles for increased leisure value.

length: 294 cm | 9' 8"
width: 58 cm | 22.8"
height: 31 cm | 12.2"
weight: 16 kg | 35 lbs

material: PE Superlinear
capacity: 50-90 kg | 110-200 lbs
cockpit: 72 x 40 cm

£ 519



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BUCS Canoe Slalom

Nottingham 13-14th February

The British University and Colleges Sport (BUCS) Canoe Slalom Championship is the annual event that enables students from across the country to compete directly against each other, in a number of different classes, putting to the test all the skills they have developed from club trips, river running or polo or pool based training. Four hundred students braved the horrible weather conditions at the weekend's event, from 20 universities coming from afar a field as Stirling.

Feature by: Traditionally held at the Teesside White Water Centre, the event's venue was moved this year to the National Water Sports Centre at Nottingham in order to accommodate the extensive work going on at Teesside. This brought about huge benefits to both the organisers and competitors – as the white water course is gravity fed it can run at the same river level all day long, whereas the course at Teesside is dependent and restricted by the tidal timings. This meant that the organisers could lift entry restrictions to all participants, they would now be able to enter more than three categories, increasing the water time per competitor and giving more exposure to traditionally under represented classes such as C1 and C2. This year saw a huge amount of interest from outside parties, namely national slalom squads offering their services as judges for the event in return of timed competition runs.

Photos by:
www.stillsport.com.

Favourites for the title, would come in the form of the local universities, Loughborough, second place in 2009, Nottingham, fourth in 2009 and Nottingham Trent, third in 2009, whom not only boosted excellent club paddlers as a direct results of exposure to the Holme Pierrepont course, but could call upon the skills of GB slalom team and Premier division paddlers. Also considered as a hot favourite due to their past years' efforts were, Newcastle, winners from 2009. Finally the last contender would be Durham, with a disappointing fifth place finish in 2009 compared to the third place podium of 2008 – they would be on a charge.

The weekend was kick started by the men's kayak and mixed team's categories. The quality of the competitors in the men's category was strong; positions throughout the standings were tightly compacted, with penalty points costing racers dear. The top three positions were fought over by students from the two



Above: James 'Jason' Bailey, Men's K1, Nottingham Trent University.



Above: David Bainbridge, Men's C1, Nottingham Trent University.

Nottingham Universities, respectfully. Ultimately the win was taken by the narrowest of margins, Under 23 GB team member, James 'Jason' Bailey from Nottingham Trent University beat Johnny Akinyemi, the 2009 African Canoe Slalom Champion, by 0.1 seconds. The surprise package of the category came in the form of Tommy Power of Nottingham University, with a storming second run, he put himself on the podium in third place; perhaps rekindling a return to the sport.

The second event of the day saw dominance from the Nottingham Universities once again, with only Loughborough, who are traditionally strong performers in the mixed team

“The quality of the competitors in the men's category was strong; positions throughout the standings were tightly compacted”

throughout the standings were tightly compacted, with penalty points costing racers dear. The top three positions were fought over by students from the two

om Championships



Above: Stephanie Smith, Women's K1, Nottingham Trent University.

event, separating the two. A mixed team is made up of three paddlers negotiating the slalom course at the same time; these paddlers are a mixture of men and women. Women are allowed to paddle either kayaks or Canadian canoes; the men however are restricted from competing in kayaks. The team of Chynoweth/ Spencer/ Shaw came away with the win for Nottingham University; Loughborough claimed second place with the team of Burgess/Wilson/Corrie and third place went to Rounce/ Ibbotson/Smith from Nottingham Trent.

Day two saw a whole host of different classes taking on the challenging slalom course but unfortunately under the same

An Interview with...

Paul Ramsdale caught up with three successful members of Nottingham University, shortly after they won the BUCS Canoe Slalom Championships. Sarah Chynoweth – GBR U23 team member, Johny Akinyemi – African Slalom Champion and David Bainbridge – European and World Freestyle Champion in C1.

What course are you currently studying?

SC: Third year mathematics.

JA: Third year philosophy and theology.

DB: Third year mechanical engineering.

Did you enjoy the championship weekend?

SC: I did enjoy the event. I think it's great to see all the team spirit and it's a good way to get more people interested in slalom.

JA: I was really impressed with the BUCS Champs this year, there was a good standard of competition and as is always the case with the BUCS champs it was great weekend which was enjoyed by all. I am not sure how much some of the people who swam enjoyed it though – it was freezing.

DB: I enjoyed competing in the event and trying C2 for the first time.

David, do you see any benefit in participating in canoe slalom to aid your freestyle skills?

DB: There is definitely some benefit of freestyle paddlers going slalom racing as cross-discipline training. Freestyle is less about forward power in each stroke than slalom. Instead, freestyle is about maintaining a constant high power output through your core muscles. It was good to perform a sustained, powerful slalom run to develop my power strokes.

How does BUCS Slalom Championship help you for the upcoming canoe slalom season?

SC: With the GB slalom selection being held on Nottingham and no Premier division races there beforehand; it was good to have a race practice on the venue this year.

JA: The race is great preparation for the coming season as it is the first chance for me to see how my paddling has improved over winter training in race conditions. I was really pleased with my result; however the race has highlighted a few areas, which I need to work on before the upcoming domestic and international season.

What do you think made the Nottingham University team so successful?

SC: I think that Notts Uni was successful because even though our team was small, we had a lot of strong paddlers. This is because our uni is an ideal location so many paddlers want to go there. It was also very nice to win for a change and not to come fourth again. It was a very pleasant surprise!

JA: We had really capable paddlers on the team and moreover it felt like we really worked as a team this year. Everyone seemed really eager to win and took the race seriously whilst at the same time enjoyed it. Good old Paul Tuffin and his organisational skills helped too!

DB: Probably the high number of nationally and internationally ranked paddlers from a variety of disciplines... and the close proximity to Holme Pierrepont!

Thank you all for your time, best of luck in your upcoming seasons.

Competition



Above: Rounce and Ibbotson, Men's C2, Nottingham Trent University.



Above: James Money Penny, Men's K1, Sheffield Hallam University.



Above: Seth Ashworth, Men's K1, Derby University.

dismal weather conditions. Kayak women (K1W) C1, C2 and the blue ribbon event of the men's team would wrap up the championship weekend. Impressively over half the field that took to the water with only one blade in their hand and made it down the rapids up right with smiles on their faces – these classes always make for fantastic viewing and they didn't disappoint this year.

At the business end of the results it would be the only entrant from Stirling University that took the win, Robert Philips was over two seconds clear of second place, which was closely fought over by Marvin Rounce from Nottingham Trent and Gareth Wilson from Loughborough where Marvin came out on top by the smallest of margins, 0.1 seconds.

The Canadian doubles (C2) category saw the dominance of Nottingham University amongst the big points, by having crews in positions third, fourth and fifth places. Ibbotson/Rounce of Nottingham Trent took the win from Wilson/Sims of Loughborough, Marshall/Tuffin of Nottingham rounded off the podium standings.

The women's kayak event was just as closely fought over as their male counterparts the day before. It would be Hannah Burgess from Loughborough University that would take the win over Nottingham University students Sarah Chynoweth in second and Alice Spencer finishing third. Hannah's win was made all the more impressive, as a few days later she found out she had raced with a small hairline fracture in her wrist!

The last event of the championship epitomised the dominance of Nottingham University by taking both first and second positions; third place was taken by an unlucky Nottingham Trent team who were quick enough for the win, but picked up a 50 second penalty on their run.

Hurried calculations were made straight after the event in time for prize giving; the top five were as follows, Nottingham University won with 1,584 points, Loughborough University were pushed into second with just a 34 point difference finishing with 1,555, rounding off the podium was Nottingham Trent University with 1,471. Fourth place went to Manchester University with 955 points and finishing in fifth place, Newcastle University with 913 points.

Thanks

Talking to John Little, one of the many organisers of the event, he was quick to thank all those individuals involved, "The success of the event is entirely due to a small group of extremely dedicated volunteers who gave up their weekend – mainly 'The Friends of Durham Uni Canoe Club' – an alumni group of former Durham University Canoe Club paddlers but also in particular Anne Hounslow and Colin Woodgate who manned the jury and shared the benefit of their experience with us very graciously!" John went on to give confidence to all those competitors that didn't manage to get down the HPP course upright, "Hopefully the new course at Teesside will be open in time for the 2011 BUCS slalom!"

“Hannah's win was made all the more impressive, as a few days later she found out she had raced with a small hairline fracture in her wrist!”



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The value of parents

The parents of paddlers can be some of the most valuable volunteers in our sport. Otherwise known as the taxi drivers, many parents are lured into volunteering as a result of the many cold and dark nights spent watching their loved ones paddling. After all, how better to spend that time but to keep warm and busy by volunteering to help the local club?

For many clubs, parents provide invaluable help through the time they volunteer while, for many parents, they remain with the club long after their 'little ones' have grown up and moved on.

What roles can parents take on?

There are many different ways in which parents can volunteer, from becoming a coach, to helping with administration or selling refreshments. It is worth looking at the skills they can bring to the club and their background in employment. For example, an accountant could take on the role as treasurer; or a parent with a background in communications may volunteer to edit the club newsletter or website.

As a club, how do we recruit parents as volunteers?

Just ask! Research shows that most people do not volunteer because they have never been asked. Clubs can also use the Paddlesport Rewards Scheme to help recruit and reward volunteers. It is free to register and volunteers receive a certificate after completing 10 or 25 hours of volunteering at your club. After 50 hours, volunteers receive a special gift from Canoe England.

As a parent, how do I get involved?

Some clubs have a volunteer coordinator who will be able to talk to you about the opportunities available at your club. Remember, if you want to help just ask – you'll be welcomed with open arms!

What's in it for me?

Volunteering in paddlesport can offer a variety of benefits. Primarily, new friendships and a warm welcome! It can enhance your current skills or career opportunities; provide new challenges or recognised qualifications. Volunteering can increase confidence as well as your health, while others just enjoy the simple satisfaction of helping out. In case that isn't enough, you can also be rewarded for your first 10, 25 and 50 hours by registering for the Paddlesport Rewards Scheme and logging your hours. More information can be found on our website.



Above: Alan Fisher.

Alan Fisher started volunteering for Kingston Kayak Club when his two sons joined the club. Now, over 20 years later, Alan is still volunteering long after his sons have moved away from the area.

Why did you choose to volunteer at Kingston?

When my sons started at the club, my wife Paula and I just started to help out. I don't think we really thought of it as volunteering, it was more 'OK, if my boys are going to benefit from this, then, we will assist'. Our involvement just sort of grew and grew.

What volunteering do you do in the club?

I work in the building trade so I am currently the Buildings Officer but I also run the tuck shop. Our clubhouse is 150 years old and whilst it is well constructed it has all the maintenance issues associated with old buildings, so it keeps me busy.

The tuck shop is run every Monday night for paddlers and at our organised events in Hull. Whilst we can't compete with McDonald's, we do great trade with paddlers and spectators!

Between my wife and I, we have also organised club marathon races for many years and been the logistics team at the Humberside Canoe Association training weekends. That really involves sorting out the camping for about 100 people, getting all the booking forms sorted and general trouble shooting on the actual weekend.

I also use my van to help move the kit to and from the Hull International Polo competition. It's the first time I've really thought about my roles like this, and I now understand why each year flies by!

What do you enjoy the most about volunteering?

The company is great and we have been around the country. When the boys were paddling, it was good for the whole family to be together. The club have never become clique and whilst not everybody agrees on everything, it is always dealt with in a way that ensures no-one is undermined.

What impact has volunteering had on your life?

Well, without knowing, it sort of becomes your life. It doesn't take over, you just seem to get so much back that you sort of get engrossed in it. Many of us have been in the club for years and are good friends.

Why did you continue volunteering after your sons left the club?

It is really about us seeing how much our two boys got out of the club that meant we still wanted to be involved so that others could also enjoy it.

What would you say to other parents who are thinking about volunteering at a canoe club?

We have met some brilliant people, all of whom put in a huge amount of time and effort so others can enjoy themselves. Just the little things and offering to assist really make a difference to the club. It is also great seeing the youngster's progress through, some even to be selected for GB squads and some now have their own families. I have absolutely enjoyed volunteering at Kingston otherwise I would not still be here!

Club rises from the ashes

In September 2009, Holme Pierrepont Canoe Club suffered a devastating arson attack destroying 74 canoes and kayaks as well as the club's entire stock of paddles; buoyancy aids and spray decks. In all but name, the club had been wiped out. However, with help from its dedicated volunteers and strong support from the community, the club have proved they are not defeated yet.

In the words of club member, Ian Law, "the club still had its members and volunteers, who under the leadership of the chair, Dawn Scott, met on the evening of the arson attack to quickly pull together and implement an emergency recovery plan." Through the hard work of these volunteers and members, the club were back on the water in less than four days for their Saturday morning session. "This would not have been possible without the hard work of the volunteers who contacted a range of local organisations for support. Special thanks goes to both Desperate Measures and Lakeside Adventure Centre," explained Ian.

Desperate Measures provided a fleet of demo boats on long term loan; Lakeside Adventure base provided more boats for club use; while William Davis Ltd, a local building company, promptly supplied two shipping containers on loan to provide storage pending construction of a new club compound.

Members and volunteers worked tirelessly behind the scenes to resurrect the club with Paul Tuffin and Bob Day volunteering for the unpleasant dirty task of cleaning the site. Weekly support to transport the loaned boats was organised courtesy of Bob and Laura Bellamy, Kevin Nunn, Sally Goodall, Liz Middleton, Barry Chapman and Chris Buxton.

In the meantime, club treasurer Nick Tuffin had to deal with insurance matters as well as liaise to agree new storage for the club. Club members Mark Robertson, along with Ian organised a sponsored river trip down the Trent to raise funds alongside two colleagues from Toyota Motor Manufacturing. Along with a £250 donation from Toyota, the club raised a total of £1820.

Through the hard work and admirable club spirit, Holme Pierrepont Canoe Club have come through the worse and is testament to exactly what can be achieved by a group of enthusiastic and passionate volunteers.



Above: Dawn Scott, club Chair, sponsored trip paddlers, Ian Law, Mark Robertson and Kevin Nunn.

In brief

Keep updated – visit the website

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@canoe-england.org.uk



Above: The fire damage after the arson attack.

Women and Girls
in **Paddlesport**



Skills swap

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

With five days to Christmas they packed up the GB Canoeing minibus, punched numbers in the Sat Nav and off they went.

Destination: the River Dart.
Reporting for duty: Britain's leading junior women's slalom athletes; European junior team medallists from 2008 and 2009 Beth Latham, Emily Woodcock and Natalie Wilson accompanied by coach Craig Morris and Olympic boat designer Stu Morris. Waiting at their destination was resident expert, former Freestyle World Champion and all round boating legend Deb Pinninger.



Above: Beth.

The brief: enjoy a fun break from hardy winter slalom training and improve white water river running skills. The River Dart Country Park presents a quite beautiful scene in winter, a great backdrop for two fun packed days of slides, slabs, boofing and ledges amongst icicle-ridden granite.

Deb Pinninger tells the story:

It all started back in November, when I was up in Nottingham visiting the BCU slalom headquarters, trying to get a few pointers on how I could move forward with slalom paddling. I got chatting to a few of the very helpful coaches, who were enthusiastic and also extremely helpful with guiding me in the right direction. The simplest suggestion was to move location! Which unfortunately given my university commitments wouldn't be able to happen until later in the year. However, one suggestion was to do a skill swap with the girls slalom team. I'd teach them some general white water skills, river running and playing around in the boats and in return they'd shed some light on the slalom techniques that I am desperately lacking.



Above: Beth and Natalie.



Above: The minibus.



Above: Emily.

Above: Nat hydrating on snow.



Above: Beth.

It was set, the girls would come down and spend three days with me at the River Dart in Devon. The plan was to really have fun and build on some white water confidence and skills at the same time. It was fun for me to learn that none of these girls had ever really run a proper river before and certainly nothing like the section of water or the terrain that is found on the Upper Dart. The river was particularly low when the girls joined me, but this didn't matter as what was important for us and their learning experience was really about getting out on some steeper terrain and learning what it was all about and a few new skills, along with building some confidence on this type of white water.

Lucky Tour Rapid

The first day was really interesting, as given the low water we decided to hike in with our kayaks, across a steep icy forest in to an area where the river actually gets compressed at Lucky Tour Rapid. Even in low water, we could run this section of river and have fun on the little drops and jumps. Day one was a great exercise for just becoming familiar with the new plastic boats and the different terrain. On day two we stepped it up a gear and the girls led the whole

section of the river, which was really fun to watch, from behind. They would sit looking a little confused in the eddy scouting for the line as the river descended off downstream and perhaps around the corner, all of this very unfamiliar to them. It was fantastic to see them slowly rise to the challenge quickly building their confidence and going with their instincts and realising that their slalom skills and understanding of white water, were totally transferable to running steeper white water.

All in all the trip and the coaching was very enjoyable, the girls were very receptive and are obviously used to technical paddling so they were able to progress and adapt very quickly. I am looking forward to next time and hopefully having some more water.

With a short slalom session wetting Deb's appetite, it is hoped the girls can welcome Deb on to a slalom training camp in the very near future.

Many Thanks to Deb Pinniger, Stu Morris, Cheez at Dagger and Palm for the loan of the boats and spray decks and to the River Dart Country Park.



Above: From left to right: Natalie, Emily and Beth.





Be inspired!

Burntroot Lake,
Ontario in Canada

In a state of w

The Middle Fork of the River Salmon, Idaho, USA

What a night – I can certainly say it was one the coldest in a long time. With pretty much all of my clothes on, I got up and out of my sleeping bag and started moving, put some water on and had a cup of tea! So far my 3 season sleeping bag was not keeping me warm, surely it cannot be this cold for the next eight days?

Feature by: Steve Brooks. **We had a pre-season permit to kayak one of the best multi-day trips in North America, the Middle Fork of the Salmon. However, the Forest Service road into Boundary Creek was still full of snow, so we had to run an extra 14 miles on Marsh Creek, as the alternative was to fly into Indian Creek. That would have meant losing 25 miles of the Middle Fork and some of the best rapids and not forgetting the hot springs. Oh the hot springs, that was something on all of our minds.**

The winter season had not been so great in that part of Idaho though enough snow had fallen to prevent us driving to the put in, instead we had to haul our kit down to a tiny stream that brought us onto Marsh Creek. Snow lay around us, with icicles hanging from the trees and bushes. With our boats full of food, fuel, warm clothing, adequate sleeping bags and the necessary equipment required by the Forestry Regulations the five of us set off.

The first 14km of Marsh Creek was nice and chilled, with chilled certainly being the order of the day – I could hardly feel my hands with the water temperature around four degrees and snow still covering the banks. I kept on looking at John and his pogies, thinking why did I not have a pair and just being thankful the sun was out!

We camped just below the confluence – we were now on the Middle Fork of the Salmon. With time drawing on we made dinner, drank some tea and as the sun dipped behind the canyon walls the temperature too started to dip, only one thing for it, to our sleeping bags.

That day we would finally be able to use our river guide and it certainly made it easier to work out where we actually were, as we had

“Chilled certainly being the order of the day – I could hardly feel my hands with the water temperature around four degrees and snow still covered the banks”



White water



Above: Enjoying the hot springs at Trail Flat Camp.

Left: Log jam at Pistol Creek.



Above: Chilling at Veil Cave and Waterfall.



Above: Ute near 'Impassable Canyon'.



Above: John close to Tappan Canyon.



Above: Shannon, Ute, Nancy, John and Steve at the take out.

sacrificed the GPS for a litre of fuel. Around the corner was Dagger Falls, a Class V drop but with our boats laden down and the temperature on our minds we decided to portage. The river kept us ticking over with some Class III+ action, plus Velvet Falls (one huge hole that covers most of the river). I came through the hole and looked back upstream expecting Ute to get "the surf of her life", however, she was right behind me with a smile on her face (I was not sure if it was relief or the smiles of adrenaline) but we were both glad to be sitting upright in our kayaks laden down with all our kit! Our next camp (Sheepeater) came quickly but what a place. We had our own natural hot pool all to ourselves. Wow, we were thawing out and what a way to do it!

Blockage

We portaged around Pistol Creek Rapid where the whole width of the river was blocked by wood and debris caused by a slide out of Lake Creek. The blockage had altered the rapid and the river was now making a tighter turn leaving several trees standing in the flow of the river while the banks had been cut right back.

Below: First nights camp above Dagger Falls.

This is pretty much how the first half of the expedition went, Class III+ with a couple of Class IVs in the day and another





“Our next camp (Sheepeater) came quickly but what a place. We had our own natural hot pool all to ourselves. Wow, we were thawing out and what a way to do it!”

amazing campsite with hot pools in the evening – one of them even had a hot shower carved out of the rock. However, the last hot pool

proved just a bit too hot as Ute passed up the opportunity. I managed to last for about a minute, whilst Shannon struggled and John just sat in one place not moving – only Nancy managed to spend anytime in the pool!

The ‘Impassable Canyon’

During the last couple of days we headed towards the third deepest canyon in the US – the so-called ‘Impassable Canyon’. It was given this name as it was impassable not to canoes and kayaks but to mules and horses! The weather had changed considerably, it was now hot and the river was now cooking us down, however, it was rising fast! Haystack Rapid was big and bouncy and we later stopped and hiked up to Veil Cave and Waterfall – a spectacular overhanging waterfall grotto. A little further along and the rim gave us some spectacular views of the canyon. Now the river started to give us a pushy feeling where everything started to run high. Redside and Weber had huge holes to be avoided. We finally stopped at Otter Bar and made the most of our last camp.

On our final day on the river, we planned to spend the whole day in the gorge due to the high water levels where we kayaked through the heart of the canyon. Unfortunately, the last two major Class IV drops were pretty much washed out because of the high water. We headed for the end of the canyon and the confluence of the Main Salmon and our eight-day journey on the Middle Fork of the Salmon was at an end – we were happy, sad and excited all in one.

Happy we had such an amazing trip, sad that it was at an end and excited by the prospect of a greasy breakfast in Stanley. We were also excited at the prospect of the Payette River system and further north, where the Lochsa River called to us. Idaho – the white water state – bring it on! ✓

Left: The team arriving at Lake Creek just above the huge log jam of Pistol Creek.



Above: Nancy running Devils Tooth Rapid.

Above: Ute running Devils Tooth Rapid.

Raising the ba

Maltese canoeing took a leap forward when the Malta Canoe Racing Club was opened on Sunday 30th November 2008 at the club's premises in Msida. The club is the first local canoe sub-discipline to break out in its own right, raising the bar with regards to flat water kayak racing.

Feature by:
Chris Camilleri,
President of the Malta
Canoe Racing Club.

During the club opening, Malta Olympic Committee President Mr. Justice Lino Farrugia Sacco commented on how local kayak racing has been developing over the past few years with a rise in local athletes and better results in both local and international competitions. He also expressed his confidence in the young athletes who set up the club, both as athletes as well as founders of the MCRC.

The Malta Canoe Racing Club aims to provide local and foreign athletes with the training grounds needed to reach world-class standards. Members are provided with Olympic class racing single (K1) and double (K2) kayaks as well as the use of a K4 and surf skis. For those who are new to the sport, more stable Espadas and long boats are available. These boats allow paddlers to focus on their technique and gain confidence on the water. Mini kayaks, which are built specially for children are also available at the club. These kayaks are the smaller and more stable versions of the Olympic Class K boat and are a great way of introducing young athletes to the sport. Training programmes are offered for all levels, from beginners' courses right up to the elite level.

The club also contains gym equipment, which allows athletes to train immediately after a kayak session, with the advantage of no time being wasted in travelling from one place to another. The Paddlelite kayak ergometer situated at the club acts as an accurate measure of performance, especially in longer sprints such as 1,000m and 2,000m distances as there is currently no straight course on the water. It also allows paddlers to analyse and improve their technique in a controlled environment as well as train all year round.

The sheltered Msida Marina allows athletes to train in almost any weather conditions, as local weather is generally quite warm, even during the winter months. On the water training is continuous and is quite appealing to those countries where winter training is done indoors. This aspect has already generated interest amongst foreign clubs and athletes alike.

“On the water training is continuous and is quite appealing to those countries where winter training is done indoors. This aspect has already generated interest amongst foreign clubs and athletes alike”

During this time the club has been accredited with Clubmark – Bronze Level

Nearly a year on from the opening,



the club now has 21 members enrolled and are currently working on a project to introduce kayaking to schoolchildren. The plan is to train the trainers, those being the teachers and in turn the teachers would take care of coaching the school children in a specially integrated programme for extracurricular activities offered to the students. The club are currently conducting a pilot programme with just one school in order to identify areas for further development and to consolidate their strong points. The response was amazing and they now have eight teachers taking up the coaching course and around 24 children to start the programme. They are however tied down with one limiting factor – the children's kayaks (only six) are in need of constant repairs. They would like to make an appeal to clubs who would be willing to donate children's mini kayaks and/or any K boats. The plan is to have a racing season on a national basis between schools, which would include 200m sprint relays, and also 500m sprints for children.

Any queries with respect to training in Malta should be sent to maltacanoeracingclub@gmail.com. ♡

r for kayak racing



Above: Group photo after some September 200m sprint races.



Above: Walking down to marina before training.



Above: At the finish line in the Med games.



Above: Training together.

London 2012 canoe slalom

Broxbourne White Water Canoe Centre is

Canoe slalom GB team member Laura Blakeman visited the site last week and saw progress being made in construction work, with the start pool completed and the facilities building clearly taking shape. The venue is on track to be completed later this year.

Feature by: Chloe Nelson. **The Broxbourne White Water Canoe Centre in Hertfordshire is being built by the Olympic Delivery Authority (ODA) and will host the Canoe Slalom events during the Olympic Games.**

Photos by: LOCOG. **After 2012, the venue will be owned, funded and operated by Lee Valley Regional Park Authority (LVRPA) as a sporting and leisure facility for canoeing and white water rafting, as well as a major competition and training venue for elite events.**

Start pool of the course

The completed start pool of the course was visited by Laura Blakeman who won Gold in both the 2009 European and World Canoe Slalom Championships in the women's K1 team event. Laura was joined by Charles Walker MP for Broxbourne, Shaun Dawson LVRPA Chief Executive and Lord Iveagh from the East of England Development Agency (EEDA) to see the progress being made across the site.

GB Canoeist Laura Blakeman said: "It's great to see the progress being made on this fantastic new canoeing venue, particularly the completion of the Olympic starting pool where I hope to compete on home soil in 2012. It was having local canoeing facilities that helped me in the early stages of my career so I'm delighted that after the excitement of the Games in 2012 this new venue will leave a lasting sporting legacy for a new generation of canoeists of all ages and abilities."

Paul Owen, CEO of the British Canoe Union said: "It is fantastic to see the progress on site, nearly one year on and to see that the project is on schedule for a public opening in Spring 2011. The fact that the site will be open from next year gives members of the public the chance to experience the course before the London Games – a truly unique opportunity. We hope that the

“We hope that the world class facility combined with an ‘early’ opening will help to raise the profile of what is already the UK’s most popular and fastest growing watersport.”

Paul Owen, CEO of the BCU

world class facility combined with an ‘early’ opening will help to raise the profile of what is already the UK’s most popular and fastest growing watersport.”

The ODA started construction work on the venue in July 2009 and over 100 people are now



Above: Artist's impression of how the completed Broxbourne site will look.

working on site. The canoe course embankments and the landscaped features of the venue are well progressed with the main structure of the venue facility building nearing completion. Concrete works will begin on the canoe courses in the Spring.

Some public use in 2011

The construction of the Broxbourne White Water Canoe Centre is due to be completed for Games training and testing before the Games with some public use in 2011. For the Games, temporary seating will be installed around the venue for spectators. After the Games, the spectator seating will be removed and the venue will be a major leisure attraction for canoeing and white water rafting as well as a venue for future international competition and sports development opportunities.

Anyone keen to find out more information on the development of the venue and how it will be used before, after, or during the Games can visit a dedicated information point, located a 20-minute walk away from the site, at YHA Lee Valley in Cheshunt, part of the Lee Valley Regional Park.

Salom venue takes shape

on track to be completed this year



Above: Shaun Dawson and Laura Blakeman.



Above: Laura Blakeman inspecting the course.

The venue is being built on a 10 hectare site, covering an area equivalent of 25 full-size football pitches, and will include:

- An Olympic standard 300m competition course (including a boat conveyor).
- A 160m intermediate/training course.
- Finish lake area of 10,000m² (1 hectare/2.5 acres).
- A facility building and pumping house, containing a reception, café, changing rooms, administration offices, spectator viewing facilities, storage and water pump/filtration plant.
- Landscaping works.



Above: The facilities building.



Above: Greg Hitchen.

Quickfire questions!

I would describe my character as...

Fun and friendly.

When I am not working I...

Like to go out cycling.

The last book I read was...

Heroes, Villains and Velodromes by Chris Hoy.

The last film I watched was...

The Hangover.

My ultimate goal is...

To coach a paddler to a Gold medal at the Olympics.

I relax by...

Going to the gym or going out with friends.

My favourite food is...

Curry.

My favourite drink is...

Coke.

My favourite TV Programme is...

Top Gear or Match of the Day.

My favourite car is...

McLaren F1.

My favourite subject at school was...

P.E.

My favourite place, in the world, is...

Croyde in Devon.

On my iPod, I am listening to...

The Arctic Monkeys.

If I weren't a Regional Club Coach I'd be...

Really don't know, hopefully something to do with canoeing.

In 10 years time, I'd like to be...

Still trying to make a positive difference in canoe slalom.

An interview with Reg Greg Hitchen and



An excellent team of people support the work of the Bingham office in Nottinghamshire.

This hard-working team are mainly unknown to the paddling community, so we thought we would unlock an important part of our organisation.

You both work as Canoe England Regional Club Coaches, tells us a bit about your roles.

Greg: Mainly I work at HPP offering coaching support to the club paddlers that I work with but we find ourselves travelling all over the country to training camps and to offer race support. Recently I have started working with the canoes on the England Under 16 training squad, which has been a great experience.

Neil: We've just had our first race weekend; race day at Bala. Here's how it went:

6am:

Leave Nottingham.

8.30am:

Arrive at Bala... Time to have a strong coffee! Look at the course and meet up with the paddlers.

10.00am:

First group course walk (there are three paddlers in a group) working out the best lines for each athlete.

11.00am:

Second group course walk.

11.45am:

Third group course walk.

After that, it's race time, which involves making sure the paddlers are relaxed and ready to race. We video each run and then review each run with the paddlers. Races finish around 4pm then it's off to prize giving to see the paddlers pick up their trophies. Quick review with the paddlers then off to the B&B for dinner. Then it's time for a good night's sleep before the next day's racing!

You've both worked as Regional Club Coaches for a few months now. What's been the biggest challenge in your role, so far?

Neil: The Club Coach Programme has been a really good programme, in the past six months. We have been working hard to set up a national Under 16 team, to focus on performance.

Greg: The biggest challenge I find is how you can best maximise the use of time that we have with the paddlers, as most of them don't live locally.

And what's been your biggest highlight?

Greg: It's really great when you see the paddlers that you have worked with achieving their goals and really enjoying themselves.

Neil: Seeing people improve, week by week.

What do you enjoy most about your role, and in particular working with clubs?

Greg: I really love being able to put something back into the sport to help others, like people helped me when I was competing.

Neil: Working with highly motivated kids and seeing them improve and having fun.

Is coaching really that important... Can't you just jump in a canoe and get paddling?

Greg: From a paddler's perspective coaching is massively important. I certainly found that being coached when I was a beginner made the whole experience much more enjoyable and allowed me to progress much quicker.

Neil: Coaching is really important at all ages and levels, from beginners right through to Olympic champions.

ional Club Coaches d Neil Buckley

both the British Canoe Union and Canoe England at the

members. Many of you may have spoken to them or received the mystery and show you who they are. They are a very

Is being coached just for beginners, or can even the most experienced paddlers still benefit from a coaching session? What sort of coaching sessions are on offer?

Greg: Coaching plays a massive role at any level. You only have to look at the athletes competing in the Olympics. One of the great things about our jobs is that we get to work with different paddlers of different abilities.

Neil: All paddlers need good quality coaching input; from a beginner at Holme Pierrepont for the first time, to Campbell Walsh wanting to go 0.1 seconds quicker upstream.

Sport England research has recently revealed that participation in canoeing is increasing! How do you think we can continue this trend in the future – what, do you think, clubs can do to get even more people into canoeing?

Greg: As long as newcomers to the sport have an enjoyable experience and are able to take the pathway that they want to take. I also think that the quality of coaching that clubs provide will play a big role.

Neil: I think the BCU need to pay more attention to the top end of the sport (the Olympic disciplines). The better they get, the more TV coverage canoeing gets, which in turn will increase the numbers into our great sport. You only have to look at British cycling; they won eight Olympic Gold medals in Beijing and since then over one million more people have tried cycling!

And what about retaining those newcomers to the sport? How difficult is it to retain beginner's interest, once they've tried canoeing – aren't they put off by the technical aspect of paddling?

Greg: I think most people are put off by the cold weather! In slalom people seem to enjoy the challenge of mastering all the different techniques but I think often it is about the coach making the whole experience fun and enjoyable.

Neil: yes, this is where the coach plays a massive part; if, as a coach, you make each session fun and challenging a newcomer will always come back for more!

There is just less than 800 days to go until the London 2012 Olympic Games. How do you expect the games and the increased coverage of canoeing in Britain to affect the sport at a club coaching level?

Greg: Hopefully this will give more people the opportunity to see how great the sport of canoe slalom is and then go and experience it for themselves.

Neil: If (or should I say when!) we win four Gold medals, then canoe slalom will be back to its heyday. Come on Team GB!

And finally, what do you think is next for canoeing and, in particular at a grassroots level – how do you see the sport developing in the next five years?

Greg: Looking at how much the sport has changed over the last five years it is massive! So in five years time I really don't know, but I certainly think that being able to double up in the events that you compete in should hopefully see an increase in the number of people competing in canoes, especially the women.



Above: Neil Buckley.

Quickfire questions!

I would describe my character as...
Upbeat.

The last book I read was...
Inside the Postal Bus.

The last film I watched was...
Old School.

My ultimate goal is...
To be happy.

I relax by...
Cycling.

My favourite food is...
Thai.

My favourite drink is...
Gin and tonic.

My favourite TV Programme is...
Gavin and Stacey.

My favourite car is...
Aston Martin DB5.

My favourite subject at school was...
P.E.

My favourite place, in the world, is...
French Alps.

On my iPod, I am listening to...
It's always on shuffle!

The person I most admire is...
My mum and dad.

I get really angry about...
Stupid questions and forms!

If I weren't a Regional Club Coach I'd be...
National coach of Scotland.

In 10 years time, I'd like to be...
On a beach in Thailand.

One thing you don't know about me is...
That would be telling – my mum might read this!

Something for everyone

Canoe Polo National Championships

Canoe polo is an exciting paddlesport which can be enjoyed by paddlers of all abilities, from those just starting out to those who have paddled for years and fancy something different.

Feature by: Nicky Cresser. **The National Championships have been seen as the pinnacle of the British canoe polo calendar, with each team striving for the title of Champions of Britain, but there is another side...**

Photos by: Glenn Summerbell.

The National Championships is making a fresh start this year with a new venue on the river Tees in Stockton and there are going to be some innovations to make the event more accessible to clubs who have never tried the sport before. There will also be some improvements to for the teams who have supported the event in the past, but have not attended recently.


Canoe polo is a very sociable game with all of the camaraderie team sports bring and we are going to be emphasising this at the championships this year! We have a cafe and bar on site serving food and drink all day and we're having a barbecue and party on Saturday night, which is the perfect opportunity to catch up with old friends and have a few drinks. There will be suitable accommodation close by, whatever your budget.

We're also trying to reduce the barriers of getting started by having an investment league for people new to the sport. We are



able to provide referees and all the kit for you to borrow. We'll carry out a briefing on Saturday morning to introduce the basic rules and have referees who will be able to give you pointers throughout games. We are aware that starting out can be a little daunting, but by having a league especially for like minded people to come and have a bit of fun, we might be able to introduce some more people to the sport in which Britain excel.

On the flip side of this there will be members of the reigning world championship winning teams vying for top honours. This is the perfect place for newcomers to see the highlight of our sport on the showcase pitches.

Deadlines for entries are coming up, with entries closing at the end of April, so if you have any questions about taking part or would like an application form, please email nicky.cresser@hotmail.co.uk. 



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Concerns on the Environment Agency's approach to access

The campaign is not just about lobbying MPs even though that is a major part of the work but attends meetings and liaises with an extremely wide variety of people and organisations to look at ways in which the access situation can be improved.

One organisation we work with is the Environment Agency (EA). Whilst having a lot of respect for the work they do, we do have major concerns about their access policy and approach to access.

As part of the 'Waterways for Everyone' (DEFRA Consultation), which was an open public consultation, we have felt it very necessary to comment on the EA policy.

Waterways for Everyone (the draft document) set out how waterways and their surroundings can contribute to a wide range of public benefits. These include creating space for recreation and healthy activity both on the waterways and alongside, acting as a catalyst for regeneration, encouraging more people to holiday at home, encouraging green transport and creating green jobs and volunteering opportunities.

The consultation also says as part of its introduction:

"Across Britain we can now see examples of just how our rivers and canals can improve the quality of our lives. But in many places the potential is still unrecognised. This policy statement aims to build on the success of Waterways for Tomorrow by demonstrating how millions more can enjoy the benefits of our rivers and canals."

Then goes on to state:

"Our aim is widen interest and participation in the traditional water based activities as well as developing new opportunities and new benefits."

However, we have to comment on the last statement as the EA access policy is in fact a non-access policy as far as canoeing and indeed



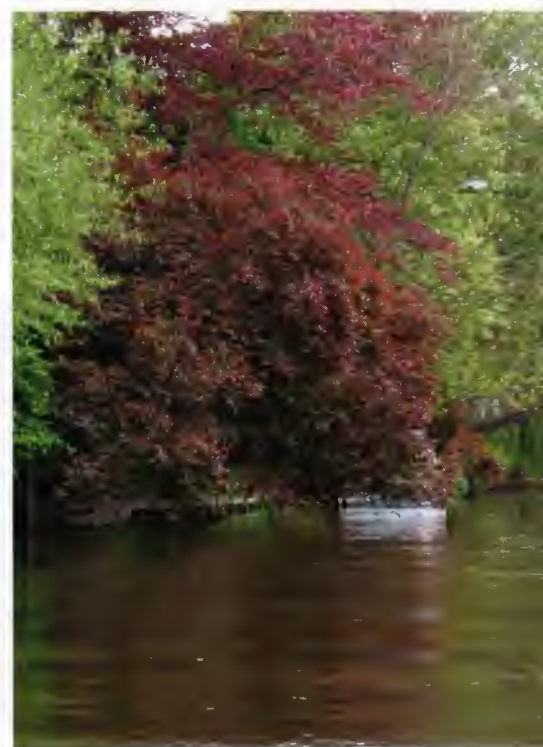
other existing and potentially new watersports are concerned.

Time and time again we are informed about the wonders of the EA access policy. The EA access policy is in fact a barrier to widen interest and participation in all water-based activities.

EA policy statement:

"The Environment Agency will promote sustainable increased access where it will not adversely impact on existing uses and users, or the economic and conservation value of the site, and associated area, now or in the future. Subject to resources, we will encourage access where managed solutions can be found to remove adverse impacts."

The EA policy is not openly inclusive insofar as implying existing users and uses can take



ment cess

precedent over new recreation uses and users. The policy pays little or no regard to patterns of usage that can change as new sports emerge or traditional ones evolve. Access must be dynamic and adapt to these changes.

Furthermore the EA access policy clearly does not fit into the stated aims of DEFRA and Waterways for Everyone www.defra.gov.uk/corporate/consult/waterways/wfe-consultation-document.pdf as commented above!

In any revision of EA policy, a fresh start could be with the opening statement to strip out the caveats and simply state - the Environment Agency will promote sustainable increased access.

However, Waterways for Everyone does not aim to address lakes (except those that are part of through navigations) and smaller unregulated rivers, which may be navigable by small unpowered craft such as canoes. In this respect the strategy can be viewed as addressing less than 4% of the inland waters in England and Wales.

That said the overall scope of the strategy is welcomed. A response to the consultation has been drafted and will be posted on the Canoe England web site www.canoe-england.org.uk.

More information www.riversaccess.org



Environment Agency strategic planning studies for water related sport and recreation

In January and catching many people by surprise on timing and content, the Environment Agency issued a consultation paper for craft identification and registration on the River Wye. The BCU response to the consultation will be posted on the Canoe England web site www.canoe-england.org.uk.

The EA has presented three options for views, opinioned on the advantages and disadvantages of each scenario. The complete document can be viewed at www.environment-agency.gov.uk/research/library/consultations/114670.aspx.

A) Voluntary craft identification applying to commercial canoe operators, rowing clubs and pleasure trip boat.

There has been a long standing call, mostly from the angling sector, for canoes used by the commercial operators to be identifiable. The EA say it could help them investigate some of the alleged breaches of the order/byelaws and ensure that everyone is using the river in a safe and responsible way; and conversely those who breach the order/byelaws may not be part of a voluntary craft identification scheme.

B) A formal craft registration scheme

Going beyond voluntary identification, and presented as an advantage is a chargeable licensing scheme for all types of vessel that could apply to all or part of the River Wye and to the upper rivers and tributaries.

Disadvantages as stated include:

It will very likely require new bylaws that are costly and take time to implement. Policing and significantly, craft owners would not receive any additional benefit from paying to register, as there is no navigational infrastructure to invest in.

C) Do nothing

The advantages are no additional costs or need for extra resources and people would be able to freely exercise their right to navigate the River Wye. The only disadvantage is it being harder to identify those responsible for alleged breaches of the order/byelaws

The timing of the consultation has been a matter of interest. It comes at a time when there is an ongoing inquiry into access to water by the National Assembly for Wales and changes in regional boundaries for the transfer of responsibilities between Environment Agency regions. The Wye Navigation Advisory Committee meets in April and more may be known then.



A welcomed facility to help all paddlers

New and improved egress on River Lune – Killington Road Bridge

Two years ago, on a grey and wet afternoon, a small group of paddlers were struggling up the steep bank, kayak on shoulders, trying to egress the river Lune at Killington Road Bridge.

We had noticed that there was a working party on the bank, doing some autumn clearance work on the Killington Reserve, owned by the Yorkshire Dales National Park. Paul, a reserve warden, came over and asked "who is in charge?" The reply was, "Who wants to know?" A stilted and hesitant conversation ensued, as if another one of those landowner challenges was about to kick off.

Paul Wilkinson is the Yorkshire Dales National Park Warden for the Killington Reserve and was very keen to make contact with the canoe/kayak fraternity, with a view of discussing egress arrangements! He was open, friendly and interested in supporting all users of the reserve – a breath of fresh air to discuss access with.

To cut a long story short, after two years of hard work from Paul, a pledge of a working party from Cumbria canoeists and an offer of joint funding resulted in an improved egress facility. The steps have been professionally installed, where they are now a well used and extremely welcomed facility to help all paddlers to leave the river safely and arrive at the take out, next to the parked cars, on the road at Killington Road Bridge.

A big thank you must go out to Paul Wilkinson for his hard work and negotiating skills with his 'lords and masters' at the National Park. A big thank you to the Yorkshire Dales National Park for agreeing the facility and for installing it so professionally - at no expense to 'Cumbria canoeists'.

If all paddlers could note the preferred egress point is directly beside the road bridge, river left, which saves paddlers from a long, greasy and slippery drag through the reserve and protects the reserve from environmental damage of hauling boats along its banks and path.

Congratulations to all those involved in this simple and effective egress project, which has resulted in a 'win-win' situation for all stakeholders involved in access and egress on the River Lune.

Article by Mike Sunderland
Local River Advisor for the Lune
mikesunderland@tiscali.co.uk



Thanks

I would like to take this opportunity to thank Mike and Cumbria canoeists for helping to carry out this work, as well as Paul Wilkinson and the Yorkshire Dales National Park for enabling it to happen. This is a great example of what can be achieved by local volunteers and the wider community. If you have any examples of similar access projects that you or your club have been involved with please let me know at andy.green@canoe-england.org.uk

Access volunteers

A request for access volunteers, I would like to find out what information and training you would like to have available to help you carry out your role. If you can send me your suggestions to andy.green@canoe-england.org.uk and I'll see what we can do to help.

Andy Green, Head of Access and Environment

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Marine Conservation Zones - what are they?

The Marine and Coastal Access Act introduces a new national designation for marine protection – Marine Conservation Zones (MCZs). Together with existing designations, such as Special Areas of Conservation and SSSIs, MCZs will help to create a UK wide network of Marine Protected Areas. I think MCZs provide an excellent opportunity to conserve our seas but we must ensure they are planned properly and that they don't unnecessarily restrict us.

What is interesting and positive about the process for identifying MCZs is that sea and surf kayakers' views and interests are being taken into account in these decisions. It is unlikely that sea and surf kayakers have too much too worry about – MCZs will probably focus on protecting seafloor habitats from the most damaging activities. However decisions

on where the MCZs will be and what protection levels they will have, are still to be made. It is therefore important that we know how we can influence these decisions now, before they have been made.

Four regional MCZ projects have been set up to work with both leisure and commercial sea users to make recommendations to government about where these MCZs should go and what level of protection they should have. These projects are Balanced Seas, Finding Sanctuary, Irish Sea Conservation Zones and Net Gain, and between them they cover the inshore waters of England and the offshore waters of England, Wales and Northern Ireland. Together they form the Marine Conservation Zone Project, which Defra, Natural England and the Joint Nature Conservation Committee have set up.

Each MCZ project brings representatives for boating and watersports, fishing, sea angling, conservation, science and other sea-user and interest groups together on a regional group. These groups are responsible for making the MCZ recommendations to government in June 2011 and the final decision lies with Ministers.

In the South West, Andy Green, the Access Officer for BCU represents sea and surf kayakers' interests on the Finding Sanctuary Steering Group and I act as his substitute for

the meetings. I want to help the project engage with as many sea and surf kayakers as possible in the south-west, as I realise how important it is to make sure our interests are taken into account before decisions have been made.

The regional MCZ projects want to work with you to ensure that the best result is achieved for everyone involved. They are collecting information about which areas we and other sea users visit, so that they can create maps of commercial and leisure activity for each region. Accurate information about where we visit is essential, as this is the information that Andy and I will use to stand up for our interests during the negotiations. If we don't know which areas are important to you, it will be more difficult for us to avoid them when planning MCZs.

You can get involved by making contact with your MCZ regional project and spreading the word to help ensure as many people as possible take advantage of this unique opportunity.

Peter Thorn

South West – Finding Sanctuary

Share your information using our Interactive

Map: www.mczmapping.org

Web: www.finding-sanctuary.org

Email: info@finding-sanctuary.org

Tel: 01392 878 327

Surf and sea kayak representative on the Finding Sanctuary Steering Group: Andy Green (Head of Access and Environment for Canoe England)
Email: andy.green@canoe-england.org.uk

South East – Balanced Seas

Web: www.balancedseas.org

Email: balancedseas@kent.ac.uk

Tel: 01227 827 839

North Sea – Net Gain

Web: www.netgainmcz.org

Email: info@yhsg.co.uk

Tel: 01482 382 007

Irish Sea – Irish Sea Conservation Zones

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Photos: Rob McIntyre

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Below: Phil Hemsley – Holne Weir on the River Dart.

Above February Adult Winner: Jonathan Maddock – Menai Strait.



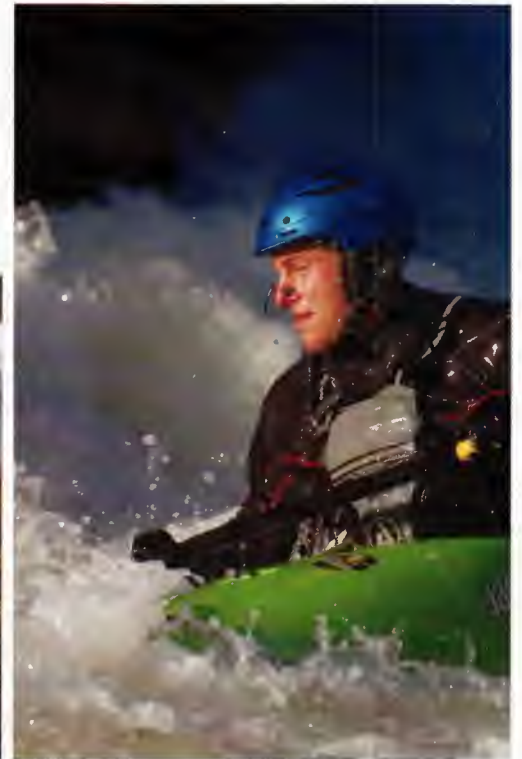
Above: Jack Barker – Snowboating!

Above January Adult Winner: Charlie Painter – Nene White Water Centre.

tion



Above February U18 Winner: Carl Sunderland – Trentham Lake.



Above: Richard Hampson – Upper Dart.



Above: Andy Hamilton – River Wye.



Above: Simon Robinson – Hatfield Water Park.



Above: Duncan Smalley – Uninhabited Isle Therese, Seychelles.



Above: Jason Pink – Sampzon Road Bridge.



Above: Steven Holland – St Herberts Island.



Above: Nick Goodall – River Severn at Jackfield Rapids.



Above: Ben Brown. Photo: Carolyn Cooper.

Quickfire questions!

I would describe my character as...

Optimistic.

When I am not canoeing I...

Run trickimages.com and go surfing.

The last book I read was...

The monk who sold his Ferrari.

The last film I watched was...

Valentines Day!

My ultimate goal is...

Olympic medallist, and eternal youth.

I relax by...

Watching scrubs/family guy, reading, drawing, making Pimp My Kayak videos!

My favourite food is...

Steak, rare please with avocado, rocket, tomato and mozzarella salad, balsamic dressing.

My favourite drink is...

Sanpellegrino (Italian lemonade).

My favourite TV programme is...

Family Guy.

My favourite car is...

My trusty Skoda Fabia VRS - brilliant car.

My favourite subject at school was...

Art and PE.

My favourite place, in the world, is...

Either St. Ives in Cornwall or Seville.

On my iPod, I am listening to...

Mumford and Sons, Yeah Yeah Yeahs, Passion Pit.

The person I most admire is...

Ivan Lawler.

I get really angry about...

X-Factor.

One thing I'd change in marathon racing is...

Get it on the TV with good commentary and bring in mixed K2 - me and Lani would rock it!

If I hadn't got into canoeing I'd be...

A surf bum.

In 10 years time, I'd like to be...

Surfing everyday or maybe coaching.

One thing you don't know about me is...

Sometimes when I am alone, I dream of a world without a headwind at every April regatta! (I hear it's flat on Dorney Pond)

An interview with Ben Brown

Since winning Silver at last year's Marathon World Championships, Ben Brown has been busy preparing for another season. We caught up with him to find out what's in store for this year... and a few other secrets!

This winter's seen some of the lowest temperatures for 20 years; how's winter training been?

Although it's been cold this winter I've managed to escape most of it on training camps; I spent six weeks paddling in Australia before going to St. Moritz for two weeks high altitude, cross-country skiing. The weather at home would have made it difficult to keep paddling sessions high quality and consistent, although it can be done you can't beat a bit of sun!

It's important to make good use of the winter and get a big block of endurance and strength training behind you. It's good to know you've made the best of the time; it gives you more confidence when it comes to the big races.

Haven't you ever thought "it's too cold for canoeing; I'll take up an indoor sport!"

I think we've all had moments when you're struggling back upstream, it's so cold you're not sure if your fingers are still attached, you put your paddles down and mutter to yourself 'I HATE THIS SPORT!' Crossing the line second at the Worlds makes it all worthwhile though!

How did you first get into canoeing and, in particular, marathon racing?

Mum and Dad bought my first boat when I was 8 and I joined Elmbridge CC shortly after, made a heap of new friends and just went for the social really! At Elmbridge we just race; here, there and everywhere! Marathon racing is the best for kids, there's a race nearby almost every weekend in the summer, and the divisional system is an easy way to track your progress.

Marathon was a natural progression at Elmbridge as they really encourage you to race races. I grew up watching Ivan Lawler, Steve Harris, Steve Baker... these guys were world champions and I trained with them every Saturday!

Like many marathon canoeists you also take part in the sprint racing competitions; how do you split your time between the two?

I spend all my time training for sprint. It takes priority because marathon is not in the Olympics yet. But that training also brought me my marathon results, last year; I was training for the K1 500m at the Under 23 Europeans, five weeks after that I came second at the Marathon Worlds. The training I did in between was all paddling; I did some long paddles, but the main target was to refresh my racing mind, and learn how to get the best outcome from the marathon race. It wasn't long before I got that back.

I prefer marathon because I get my best results in marathon; I love to win medals, and I love the tactics of the racing. Sprint is a different mindset for me; the challenge is bigger and so are the rewards, the Olympic Games are the ultimate calling! Sprinting allows me to be a full-time athlete; I get sent on training camps and get great coaching.

What's a typical training day like?

Up at 6am, down a pint of water, three eggs on toast and coffee! Then down to Eton to train on Dorney Pond (it's not a lake!) followed by a trip to Starbucks then back for another paddle session; come home, eat heaps of food followed by a gym session in the afternoon and then a 40 minute run.

Diet is a key part of training. I love to focus on what I am eating and make sure its high quality food; I have a low sugar, no milk and high protein diet; carbohydrates are minimal.

Where's the best place you've ever visited through the sport?

Australia is amazing. I've been three times; once for the marathon worlds and twice for training. The people are really friendly, and I love the good weather. One of my favourite European locations is Seville. The training there is very good, and the city is beautiful.

Do you get nervous before a race?

I get excited for races, I don't get too nervous as it distracts from the task at hand. I just focus on executing the same movement I've done thousands of times and making sure the result is the best I can produce.

What do you do the night before a big race? Any rituals?

I normally just chill out, on my own. I can't go to bed unless everything is ready though; kit packed, drinks made, paddles and accreditation by the door!

I always listen to my iPod just before racing, so people know not to come and talk to me. Stretching and arm whirling is good too, preferable next to your boat and in view of other competitors.

Marathon racing is the ultimate endurance test. How do you stay focused for so long?

It's not too difficult. You have a goal for the race so every lap, every turn, portage, wash manoeuvre, lead change, has to have a positive outcome that will take you closer to your goal. If you mess up (I fell in on the portage at the Worlds!) the goal remains the same but you have to catch up!

You have to believe in your ability as an athlete, all the training you've put in and, if you've trained hard then you can perform at your best.

Do you have any advice for budding marathon canoeists?

Be good at sprinting too; it's no good being amazing at portaging if you're not in the front group to start with. All the best marathon paddlers are good sprinters as well. Do as much training as possible in a group so you can learn to move around, avoiding trouble. Learn to read the group and make use of other athletes to get you to the finish. I can't give you anymore of my secrets... that's enough! Oh, one more thing, train hard.

The World Championships are in September; who is our biggest competition?

Marathon has been dominated by the Spaniards for a while now. I managed to beat one of them last year and it made me realise that they're nothing special, they're all beatable!

And which of your team mates should we look out for?

The whole sprint team has upped their game. We went through a lot last year and have come back stronger. Everyone will be good this year, but look out for Lani Belcher, Rachel Cawthorn, Jonny Schofield and Tom Hide, as well as Paul Wycherley and me!

In marathon, we're capable of putting at least one good K2 together. Tim Pandal and John Simmons were good at the nationals and are capable of a top five at the Worlds. All our best marathon results have come from our top sprinters, so look out for Lani Belcher and Jonny Tye (he's small but hardcore!)

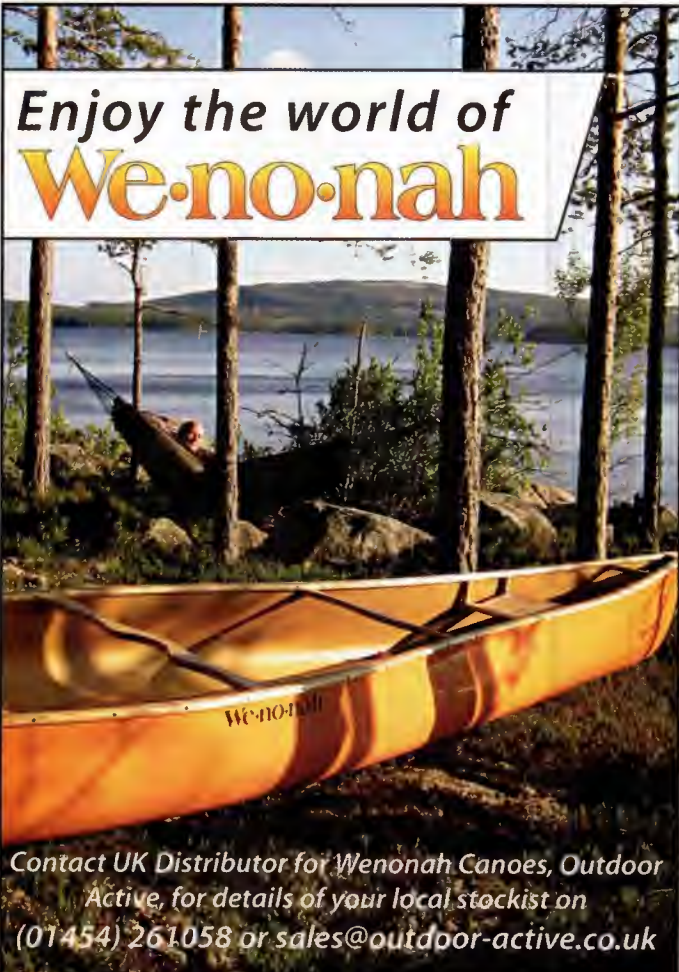
And finally, what's next for you?

I am looking forward to a season with a coach that I trust. It's been a while since I got some good results, but I've had a brilliant winter with Ian Wynne and I am looking forward to getting my best sprint results this year.

I am not sure I'll do the Marathon World Champs. I have to look at the bigger picture; 2011 is the qualifying year for the Olympics and needs to be spot on. Then again, I've had my best sprint seasons following my best marathon seasons so we'll see!



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Chapeaux! Paddling the Gulf

As we drew our canoes further up the stone slipway to avoid the wash from an inter island ferry an amiable Frenchman asked us where we had come from and upon being told cried out Chapeaux! A plaudit usually reserved for cheering on Tour de France cyclists!

Feature by: David Truzzi-Franconi. **What we had done to earn this appreciation was launch at the Pointe de Conguel at the tip of the peninsula that encompasses the Bay of Quiberon like a protective arm,**

Paddlers: Simon King, Steve Seinet-Martin, David Truzzi-Franconi, Paul Jordon. **shielding it from the ravages of the Cote Sauvage and the Bay of Biscay in the Atlantic Ocean and on into the maw of the infamous Gulf of Morbihan where the tide runs at 10 knots and boats run backwards with the force of the current!**

In actuality, the late afternoon tide took us into the bay as we described a languid arc enveloped in blue the sky and sea merging into one. After some 10 miles of this idyll we beached at Kervillen, which lies at the northern end of the bay and pitched our tents. An early start was decided upon, which was nearly thwarted as we found the gates to the site locked at 07.00 hours! Luckily an observant night watchman had spotted four 16-foot long canoes being pulled towards the exit and unlocked one section of the gate for us! We trundled down a steep ramp negotiated rocks and mounds of seaweed and were afloat and heading along the coast by 07.30 hours. We watched with increasing interest the standing waves that popped up suddenly like an arcade game along the line of a submerged ridge. Using the last of the tide we came off at the Plage de Locmariaquer in order to reconnoitre the entrance to the gulf.

Checking our nemesis

A temporary shelter was erected to provide some shade as we rested, swam, watched the locals pick over the rocks and seaweed for shellfish and rake the sands for cockles and clams, and then wandered over to check our nemesis.

We finally launched at 16.00 hours and giving a wide berth to the shoals off the Pointe de Kerpenhir, dropped down into the mouth past vast concrete channel markers. Even at this state of the tide, the pull of the water was strong and we paddled hard to make headway in the choppy confused water at the entrance, staying clear of the yachtsmen also making a similar passage inland.

Once we had gained ground we could relax and enjoy our surroundings again and with the wind and tide behind us look for a wild campsite. Our first stop was a small island called Le Grand Hueric,

“The tents were pitched on the edge of a meadow waist high in grasses and wildflowers and teeming with black and white butterflies”



Above: Crossing the Bay of Quiberon.



Above: Navigating in the gulf.

ling the Bay of Quiberon and into ulf of Morbihan in Brittany



Above: Dave cooking.



Above: Moored at Vannes.



Above: Simon near Vannes.

“ This whole area is famous for the abundance of megaliths, burial chambers, stone circles etc that occur on the mainland ”

however, it contained no level ground above the high water mark, only some raucous gulls and the young of a raptor screeching for food – we left them to it.

Across the channel lay another possibility the singular Sept Ile. It had a few locals fishing who departed as the tide rose over the causeway that connected it to the mainland and we had it to ourselves. The tents were pitched on the edge of a meadow waist high in grasses and wildflowers and teeming with black and white butterflies, we relaxed with a glass of wine to the sound of cicadas coming in pulses over the field.

We left the next day two hours before high water in order to arrive at high water and so reduce the impact of the notorious currents and whirlpools that occur between the Islands of Gavrinis and Berder. This whole area is famous for the abundance of megaliths, burial chambers, stone circles etc that occur on the mainland (Carnac) and the islands (Gavrinis).

The Island of EL Enroc lies immediately behind Gavrinis and was once part of the mainland. It boasts two stone circles of some 60 stones each, one of which is partially submerged. The view from



Above: Launching from Ile Aux Moines.

Gavrinis confirmed our suspicions and even at high water there was still a lot of movement, eruptions and upwellings, discs of slowly revolving water surrounded by chop rather like the engraved 'thumbprint' decoration on the support stones in the burial chamber that sits on top of the island.

We headed into the by now rather subdued maelstrom. The tide is reputed to run at eight knots through here, so timing your approach is all-important. We paddled hard across a large tract of water hoping to reach Ile Aux Moines (island of the monks) before the tide fully turned and eddy hop along the shore, battle past two headlands and head down the eastern side of the island with the tide behind us. We then cruised from inlet to inlet in brilliant sunshine stopping at Kergantelec.

Paul went inland to scout for the campsite and returned 30 minutes later to say the site was 200 yards away! We soon found out why he had taken so long – it was over half a mile uphill – quite a slog with the fully laden canoes! The island was very quiet as we were still off-season, with some perseverance we found a small bar and restaurant and drank Lancelots Bier Blanc in the evening sunshine whilst the swifts screeched overhead.

We decided to spend two nights on Ile Aux Moines and thus paddle unencumbered, next morning on the water you could see a line where the tide ran, sight the bows high to allow for drift and attack! That evening we decided to eat out and were lucky enough to chance upon La Charlemange, a haunt of bohemians and fishermen stuffed with nauticalia and bric a brac. We sat under a row of seagull outboard engines suspended from the ceiling like Swords of Damocles not a good aid to the digestion.

A clear sky greeted us the following morning and once more we set off into the 'birthplace' of Lancelot of Arthurian legend, son of King Benoic of Brittany, our aim being to paddle to the second largest inhabited island in the Gulf.

Instead of the direct route we would sweep southwards using the tides and cover 11km to reach Les Tamaris campsite passing a string of small islands en route including one called L'Oeuf! After lunch and a swim we headed west into the freshening afternoon wind where we rounded the final headland and made the sheltered bay our campsite. A warm sweet smell of seaweed greeted us and the rows of Tamarisk waved as we attached our trolleys and trundled up the beach.

That evening I cooked dinner for us. It was basically a ratatouille (peppers, aubergines, courgettes, tomatoes) cooked with the contents of a tin of anchovies and some fresh garlic and basil, followed by fresh coffee to complete another wonderful day.

The island was to be used as a base for forays further into the gulf. Our first venture took us to an area near Sene called the Marais about four miles away in the eastern corner of the gulf. This area is a bird reserve although when we arrived the tide was in and the waders had flown! However, it was full of mullet and so shallow you could see their dorsal fins snaking through the water and smaller silver fish skittering over its surface.

Ancient walled town

Our next exploration was that of Vannes and its ancient walled town where the many half-timbered buildings look like drunks holding each other up, it is named after the Vennetes who also settled in Veneto in Italy.

That evening in our search for a pre dinner drink we had found La Fontaine, which opened on Friday and Saturday evenings only. It was full of locals chatting, with an eclectic mix of world music playing in the background. As we drank, the patron would push saucers of saucisson or cheese towards us. Simon and I decided to return later and sample the local spiced rum – it was smooth and almondy and said by the patron to be the islands doctor!

Saturday was a busy day: paddle to the mainland near Vannes, pitch tents, unload canoes, bus to station, TGV train to Auray, a long wait and then a coach that mooched its way through the sultry heat to Quiberon our starting place, collecting Steve's van and nipping back to Vannes, loading the canoes on the roof and driving in for our last evening as we walked along the river to the wailing of a Breton pipe band. Our last meal was in a traditional creperie set in an old vault, savoury gallettes and our last drink of Breton Beer.

The drive back was long and uneventful and found us once more on the Eurostar. A thought entered my head – three of us paddled across the channel in October at an average speed of 2.5mph and now we were cruising at 186mph 150 feet below the channel in a van with four canoes on its roof!

Chapeaux! ♡

“A thought entered my head – three of us paddled across the channel in October at an average speed of 2.5 mph and now we were cruising at 186mph 150 feet below the channel in a van with four canoes on its roof!”

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PADDLER **MAT ALLEN** PHOTO **JAKE WOLLAND**

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- 2 More 'V' in front deck**
 - sheds water better and gives improved directional control after resurfacing.
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- 4 Knee recesses lowered**
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