

canoe

focus

Features

Sardinia, Canada,
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Girl Guide relay, National Go Paddling
Week, Getting to know the girls...



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material from you. Very few contributors are
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Above: New Parliamentary Under-secretary in DEFRA, Richard Benyon, hands over the parchment at a recent 100 Mile Canoe Relay by the Girl Guide Association. More information on page 22.

Welcome to June Canoe Focus



The international
competition season
has begun and I'm sure
you've already started
supporting your

favourite teams. As always, we've got
lots of talented athletes representing
GB this summer and I'm confident
we'll be celebrating lots of medal
success in the coming months. Good
luck to all our GB teams!

A minister in DEFRA responsible for access

As I'm sure you're all aware, we've had a change of
government since the last issue of Canoe Focus and we
were pleased to welcome Richard Benyon, as the new
Parliamentary Under-secretary in DEFRA.

Before taking on his most recent role, Richard worked as
Shadow Minister for the Environment, Fisheries and
Wildlife; a role which involved working closely with the
Department for Environment, Food and Rural Affairs.

I'd like to pass on my congratulations to Richard and will
look forward to working with him, in the future.

National Go Paddling Week

Last month's National Go Paddling Week was a great
success. Over 30 clubs and centres from around England
got involved; all offering beginner and intermediate
canoeists the chance to get on the water and give
canoeing a go. We saw lots of people, of all ages and
abilities, taking part and I'd like to take this opportunity
to welcome them into canoeing.

We've put together a montage of some of your Go
Paddling photos, on pages 34 and 35.

The BCU and Rolls-Royce

We've been delighted to announce our partnership with
Rolls-Royce this month.

The partnership is part of the FTSE 100 and British
Olympic Association initiative, which is working with 33
national governing bodies and FTSE 100 companies, to
share best practice and help improve business delivery
and performance.

We've already been busy working with Rolls-Royce on
various projects, and will look forward to continuing our
relationship with them.

British Indoor Kayak Championships

Planning for the 2010 British Indoor Kayak
Championships has already begun and we're confident it
will be another great event, for everyone to take part in.

This year's championships will be held at Lee Valley
Athletics Centre, in Edmonton, north London on 20-21st
November. More details, including registration
information, will be released over the coming months.
Keep checking the BCU website for all the latest news
and information.

The Facilities Inquiry

It was very pleasing to hear that the findings of the
recent Facilities Inquiry agree with our sentiments that
access to UK waterways must be improved.

The panel echoed our thoughts that, by removing
current restrictions and opening up high quality water
and waterside recreation, more of the population
would be able to enjoy their local water facilities.

The full report can be found at
www.facilitiesinquiry.org.uk/report.

Finally, I'd like to sign off by wishing you all a pleasant
summer, full of lots of exciting and enjoyable
canoeing!

Paul Owen
Chief Executive

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Susan Hicks.

Competition

June

August

Start	Finish	Discipline	Event
16-Jun	19-Jun	Canoe Freestyle	European Championships - Lienz, AUT
18-Jun	20-Jun	Canoe Slalom	World Cup 1 - Prague, CZE
19-Jun	20-Jun	Canoe Slalom	Div 3 and 4 - Orton Mere
19-Jun	20-Jun	Canoe Slalom	Div 3 and 4 - Alva
19-Jun	20-Jun	Canoe Slalom	Div 3 and 4 - Langham Farm
19-Jun	20-Jun	Canoe Slalom	Scottish School Championships
19-Jun	20-Jun	Wildwater Canoeing	World Cup 1 and 2 - Socia, SLO
19-Jun		Canoe Marathon	Worcester 5km
19-Jun	20-Jun	Canoe 2012	Cumbria - Windermere - Sprint
20-Jun		Go Paddling	North East - Tyne Valley - Ovingham Goose Fair
20-Jun		Canoe Marathon	Derwent hasler
20-Jun		Canoe Marathon	Shropshire Paddlesport Hasler K1
20-Jun		Canoe Marathon	Macclesfield Adelphi
20-Jun		Canoe Marathon	Leighton Buzzard Hasler
20-Jun		Canoe Marathon	Dart (Totnes)
25-Jun	27-Jun	Wildwater Canoeing	World Cup 3 and 4 - Sondrio, ITA
26-Jun	27-Jun	Canoe Slalom	Div 3 and 4 - Sowerby Bridge
26-Jun	27-Jun	Canoe Slalom	Div 3 and 4 - Ogmere
26-Jun	27-Jun	Canoe Slalom	Div 3 and 4 - Shepperton
26-Jun	27-Jun	Canoe Slalom	World Cup 2 - La Seu d'Urgell, ESP
26-Jun	27-Jun	Canoe Marathon	World Cup 1 - Tyn nad Vlatvou, CZE
26-Jun	27-Jun	Canoe Polo	European Cup - Mechelen, BEL
26-Jun		Wildwater Canoeing	Open - Conwy Ascent - Welsh Seires 2
26-Jun		Canoe Marathon	Chester Ring Race
26-Jun	27-Jun	Surf	St Ives Bay - England Ranking
27-Jun		Canoe Sprint	Strathclyde Park Regatta
27-Jun		Go Paddling	South West - Tamar Lake
27-Jun		Canoe 2012	North East - Tyne Valley - Slalom
27-Jun		Canoe Marathon	Hereford Hasler K1
27-Jun		Canoe Marathon	Wey Hasler
27-Jun		Canoe Marathon	Southampton Hasler
2-Jul	4-Jul	Canoe Sprint	European Championships - Trasona ESP
2-Jul	4-Jul	Canoe Slalom	World Cup 3 - Augsburg, GER
2-Jul	4-Jul	Wildwater Canoeing	World Cup 5 and 6 - Lofer, AUT
3-Jul	4-Jul	Canoe Sprint	National Sprint Regatta, Holme Pierrepont
3-Jul	4-Jul	Canoe Slalom	Div 2 - Washburn
3-Jul	4-Jul	Canoe Slalom	Div 2, 3 and 4 - Cardington
3-Jul	4-Jul	Go Paddling	South West - Plymouth Blue Mile
3-Jul	4-Jul	Canoe Polo	Hull International
4-Jul		Canoe Marathon	Lower Exe & Estuary
4-Jul		Canoe 2012	North East - Tyne Valley - Slalom
6-Jul		Canoe Marathon	Harefield Summer Series Canoe Race
10-Jul		Canoe 2012	Yorkshire - Manvers Waterfront Club - Slalom
10-Jul		Go Paddling	Yorkshire - Manvers Waterfront Club
10-Jul	11-Jul	Canoe Sailing	Ullswater
10-Jul	11-Jul	Canoe Slalom	Div 3 and 4 - Marple
10-Jul	11-Jul	Canoe Slalom	World Championships - Juniors - Foix, FRA
10-Jul		Canoe Polo	Youth Training - Banbury
10-Jul		Canoe Freestyle	National Championship Series - Boulters
10-Jul		Canoe Sprint	Royal Junior Sprint Regatta
11-Jul		Canoe Slalom	Prem - Cardiff Bay
11-Jul		Canoe Freestyle	Youth Freestyle - Boulters
11-Jul		Wildwater Canoeing	Div B - Sprint - Chester Dee
11-Jul		Go Paddling	Cumbria - Ullswater
13-Jul	19-Jul	White Water Rafting	World Championships - NED
13-Jul	15-Jul	Go Paddling	Yorkshire Show Ergo Challenge
14-Jul		Canoe Marathon	Lowport Summer Series 10km - III
17-Jul	18-Jul	Canoe Polo	Club Championships
17-Jul	18-Jul	Canoe 2012	East - Bedford River Festival - Sprint and Slalom
17-Jul	18-Jul	Go Paddling	East - Bedford River Festival
17-Jul	18-Jul	Canoe Slalom	Div 1 - Washburn - Yorkshire Water Champs
17-Jul		Canoe Marathon	Reading 5km
18-Jul		Canoe 2012	South West - Frome Canoe Club - Slalom
18-Jul		Go Paddling	South West - Wimblesall Lake
18-Jul		Canoe Slalom	Div 4 - Frome
18-Jul		Canoe Marathon	Camel Hasler K1 Fowey
18-Jul		Canoe Marathon	Runcorn Hasler
22-Jul	25-Jul	Wildwater Canoeing	European Junior Championships - Kraljevo, SRB
24-Jul	25-Jul	Canoe Slalom	Div 2 and 3 - Howsham Weir
24-Jul	25-Jul	Canoe Slalom	Div 4 Short Course - Howsham Weir
24-Jul		Go Paddling	York River Festival Canoe Race
24-Jul	25-Jul	Canoe Marathon	World Cup 2 - Brandenburg, GER
25-Jul		Wildwater Canoeing	Div B - Sprint - Nene 2 - SE Series 4
25-Jul		Canoe Marathon	Thames Valley Hasler
25-Jul		Canoe Marathon	Inverness Marathon
25-Jul		Canoe Marathon	Canal & River Ness
29-Jul	1-Aug	Canoe Sprint	European Championships - Under 23 & Junior - Bronnitsy, RUS
30-Jul	7-Aug	Surf	Santa Cruz Ocean Sprint, POR
31-Jul	1-Aug	Canoe Slalom	Div 2, 3 - Abbey Rapids
31-Jul	1-Aug	Canoe Slalom	Div 4 Short Course - Abbey Rapids
31-Jul	1-Aug	Canoe Marathon	Marathon Nationals - Chester
31-Jul	1-Aug	Canoe Polo	Wales Open International - Cardiff
31-Jul		Canoe Marathon	BCU Canoe Marathon ACM - Chester
3-Aug		Canoe Marathon	Harefield Summer Series Canoe Race
4-Aug		Canoe Marathon	Lowport Summer Series 10km - IV

Start	Finish	Discipline	Event
5-Aug	8-Aug	Canoe Slalom	European Championships - Under 23 & Juniors - Markkleeberg, GER
7-Aug	8-Aug	Canoe Polo	European Cup - Anzola dell'Emilia (Bologna), ITA
7-Aug	8-Aug	Canoe Slalom	Div 3 and 4 - Harefield
8-Aug		Canoe Marathon	Medway Marathon
8-Aug		Canoe Marathon	Ironbridge Hasler K2
8-Aug		Canoe Marathon	Glasgow Green Marathon
10-Aug		Canoe Marathon	Strathclyde Park 10km
12-Aug		Canoe Marathon	Forth & Clyde 10km Dullatur
14-Aug	15-Aug	Canoe Polo	London International
14-Aug	15-Aug	Surf	Plastic Surf Kayak Champs - Woolacombe - England Ranking
14-Aug	15-Aug	Canoe Slalom	Div 2 and 3 - Nene
14-Aug	15-Aug	Canoe Slalom	Div 4 Short Course - Nene
14-Aug	15-Aug	Canoe Slalom	Div 4 Short Course - Matlock
14-Aug	26-Aug	Canoe Sprint	Youth Olympic Games, Singapore, SIN
14-Aug	26-Aug	Canoe Slalom	Youth Olympic Games, Singapore, SIN
14-Aug		Canoe Marathon	Loch Lubnaig Marathon (HQ) Strathyre
15-Aug		Canoe Freestyle	Youth Freestyle - Cardiff International White Water Centre
15-Aug		Canoe Marathon	Loch Lubnaig 10km K1 Championship



Photo: Campbell Walsh, Canoe Slalom Men's K1 Olympic Silver medallist 2004.

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

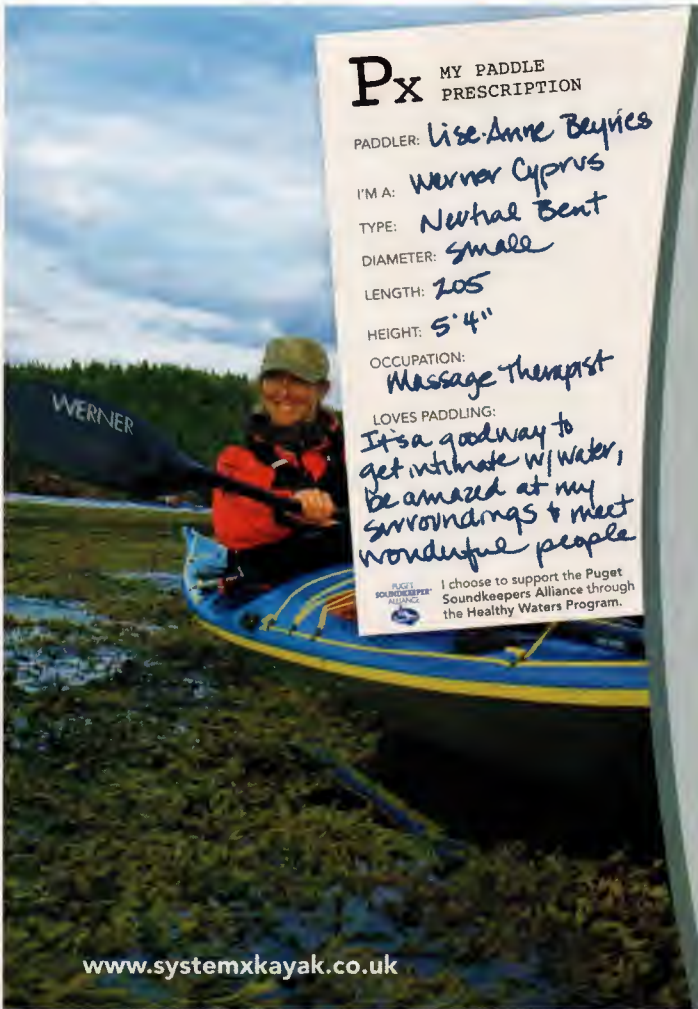
Note: All offers are subject to terms and conditions. To find out about these and to learn how to take advantage of the discounts visit the 'Members Area' of the Canoe England website.

Canoe and kayak retailer discounts

Here at Canoe England we continue to seek great deals and discounts that members can benefit from. We look to secure only deals that we think are relevant to members. We are now pleased to announce that we have negotiated a **10% discount** at selected canoe and kayak retailers around the country. For the retailer's contact details visit the Canoe England member's area – www.canoe-england.org.uk. To take advantage of the **10% discount**, just show your membership card at the time of purchase.

WEST MIDLANDS: Bear Creek Adventure, Worcestershire; Brookbank Canoes, Warwick; Canoe Kayak Trader, Warwick; Joel Watersports, Worcester; West Midland Canoe Centre, Walsall **YORKSHIRE:** Fear Gear, Doncaster; Robin Hood Watersports, Heckmondwike; Wipeout, Sheffield; Yorkshire Canoe and Kayak, Doncaster **LONDON AND SOUTH EAST:** Brighton Canoes Ltd, E. Sussex; Kent Canoes, Kent – Kent Canoes offer 10% discount on boats and 5% discount off kit; The Family Boat Shop, Surrey; UK Kayaking, West Sussex; Whitewater The Canoe Centre, Middlesex **EAST MIDLANDS:** Desperate Measures, Nottingham; Tradewinds Outdoor, Northamptonshire **EASTERN:** Nucleus Watersports, Clacton; Reeds Of Cambridge, Cambridge **SOUTHERN:** Berkshire Canoes, Reading; Marsport Ltd, Reading; Riverside Central, Oxford; Woodmill, Southampton **NORTH WEST:** Brookbank Canoes, Stockport; Tamarack Outdoors, Preston **CUMBRIA:** Brookbank Canoes, Carlisle; Brookbank Canoes, Lancaster; Carlisle Canoes, Carlisle; UK Canoes, Lancaster; Windermere Canoe Kayak, Bowness-on-Windermere **SOUTH WEST:** Camel Canoe and Kayaks Ltd, Cornwall; Cheltenham Canoes, Cheltenham; Cornwall Canoes, Newquay; Family Adventure Store, Wiltshire; Kayak and Paddles, Plymouth; Outdoor Active Ltd, Gloucestershire; Performance Kayaks, Weston-Super-Mare; Totnes Kayaks, Devon; A S Watersports Ltd, Exeter **SCOTLAND:** Stirling Canoes, Stirling, Central Scotland; Nevis Canoes, Fort William, Highlands; Brookbank Canoes, Perth.

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



Px MY PADDLE PRESCRIPTION

PADDLER: *Lise-Anne Seyries*

I'M A: *Werner Cyprus*

TYPE: *Neutral Bent*

DIAMETER: *Small*

LENGTH: *205*

HEIGHT: *5'4"*

OCCUPATION: *Massage Therapist*

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SIS competition winners



In April's Canoe Focus, we offered our members the chance to win three SIS Sports nutrition packs, each worth up to £80.

leaders in sports nutrition

We asked, "How many different flavours are available in the Go Electrolyte Range?" The correct answer was five; Lemon and Lime; Blackcurrant; Watermelon; Tropical Fruit and Berry Burst.

Michael Walker from Derbyshire, Helen Hulme from Manchester and Mark Goodman from Birmingham all answered correctly and will each receive a SIS Sports nutrition pack.

Congratulations to all our winners!

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Alan Baker on 01633 421629 or email uskrace@croesyacanoe.co.uk
www.croesyacanoe.co.uk

Olympic standard slalom course opens

The brand new Cardiff International White Water (CIWW) was officially opened last month by Winter Olympics gold medallist Amy Williams, as part of her visit to Cardiff International Sports Village (ISV).

Costing £13.3m the new 250m course will provide the UK with its first Olympic-standard pumped water canoe slalom course. The course with its variable river flow offers canoeing and white water rafting facilities ranging from starter to recreational, through to full international competition use.

Other available activities include kayaking, hydro speeding and hot-dogging. Or for those looking for a more sedate challenge the flat water areas offer a range of paddle sports from the mild to wild in a safe and fun-filled environment. Park and play sessions, annual passes, hen and stag parties, activity breaks and corporate and school packages are also available. All specialist equipment will be provided and prices and session times vary. To book now, or for further information, visit www.ciww.com or call 029 2082 9970.



BCU and Rolls-Royce to work together

The British Canoe Union (BCU) are pleased to announce a partnership with Rolls-Royce Group Plc.

The partnership is part of the FTSE - British Olympic Association (BOA) initiative, which is working with 33 FTSE 100 companies and 33 national governing bodies of Olympic sports in order to transfer skills and knowledge. Rolls-Royce has been working with the BCU on specific projects, offering 'support in kind' and focusing on transferring skills and knowledge.

Examples of projects already identified include Rolls-Royce engineers working to develop an adaptive seat to fit on an indoor kayak machine (for disabled paddlers) and providing expertise and ongoing consultancy advice on a range of projects, including recruitment and systems development.



Paul Owen Chief Executive of the BCU commented, "We are delighted that the BOA Business Partnership

Scheme enables us to work with such an experienced and world class partner as Rolls-Royce. The expertise received from Rolls-Royce so far has been invaluable. The support of their talented engineers has really helped us to improve the design of our indoor kayak machines, allowing more people to use them and benefit from canoe and kayaking.

"We are continuing to work on the HR and Communications projects and are looking forward to developing a strong relationship and working towards continued future success together."

Instructor Development Programme

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** BASED ON PREVIOUS SHOWS

In brief

Ogmore slalom

Bridgend and Maesteg Canoe club will be organising the Ogmore slalom over the weekend of 26-27th June.

There will be separate competitions each day including the Welsh Air Wing Corps Championship and the South East Wales Club Championship on the 26th June. The Welsh Schools Championship will be run on the 27th.

On each day there will be a Division 4 race (aimed at complete beginners and those with a little experience in slalom) and Division 3 race (slightly higher level of opposition) competitions which are run on the same course. Within each division there are five classes: kayak women; kayak men; Canadian women; Canadian men and Canadian doubles.

Promotion from Division 4 is based on achieving a finish in the top fifth of your class. Thus if you enter both days, you could enter Division 4 on Saturday, get promoted and then enter Division 3 on Sunday.

For more information and race entries contact Ray Ponting. Email:RPonting@uwic.ac.uk.

Sea Symposium at Woodmill

On the 12-13th June, Woodmill will be hosting a weekend for all sea paddling enthusiasts and for anyone who would like to have a go at exploring the beautiful coastline around Southampton.

During the two days there will be several expeditions around the Solent including to the Isle of Wight as well as training in VHF radios, sea safety and navigation. There will be camping available with entertainment and food on the Saturday night.

The event is being supported by Woodmill Canoe Shop and P&H kayaks who will be on hand to demonstrate their boats and attend to your paddling needs. For more information contact Woodmill Canoe Shop on 023 8091 5740 or visit www.woodmill.co.uk.

Solo kayaking around the Isle of Wight

The recent fine weather combined with good tides provided an ideal opportunity for Peter Mansell of Basingstoke and Deane Canoe Club to paddle solo around the Isle of Wight in 23 hours to raise money towards a new clubhouse.

The purpose of the trip was partly to fulfil a personal ambition but also to raise money for the Martin Booth Memorial Fund. Martin had worked with Peter to try to develop a canoe clubhouse on the Basingstoke Canal at Odiham. Unfortunately Martin had an untimely death in 2009 and the fund devoted to the development of a canoe clubhouse was started by donations from Martin's business colleagues. Sponsorship should raise about £500.

For information on the Basingstoke and Deane Canoe Club please visit www.badpaddlers.org.

Obituary

Simon Fletcher

Simon Fletcher was a fantastic character who died in a tragic accident at the Grandtully slalom course on 7th April, at the age of 19.

If it can be any consolation, he died doing the thing he loved, with a group of people he loved, including his twin brother Matt.

Simon was a bit of a clever lad, and was just about to complete the first year of his engineering degree at Northumbria University.

The thing that defined Simon was his passion for canoeing. His first love had always been polo, the sport that he had excelled at, recently making it into the British reigning World Champion Under 21 team. He was about to compete in his first major international tournament for his country, alongside his brother, in a couple of week's time. He has also been a key player at club level, helping the Tees Tigers A team make it through to play-offs for promotion to the top division.

Over the past year, Simon had concentrated a little more on the 'canoe' bit of canoe polo, (as he had focused on the 'polo' bit for quite some time!) by taking up slalom. He had high aspirations here too, much preferring to judge at Premier races all over the country than competing at the more local Division 3s. He would always use the line, "well if I don't get promoted, it'll be easier to get on the interclubs team!"

Up at Tully he had put in some solid performances judging at the Pan Celtic and on the Monday, he gained his first 1,000 points of the season.

Simon was an outgoing character and despite being a recent addition to the slalom community, he was fast becoming a familiar face. He also made a massive contribution to his club, being keen to get involved with both coaching the youngsters as well as helping out at events.

He will greatly be missed by his family, his friends, his team mates, everyone at Tees Tigers and anyone who had the pleasure to meet him.



Above: Simon playing polo

Blues Cruze

On the 1st July Simon Whitney will be leaving Bristol Dock on the morning tide out into the Severn Estuary. The intention then is to canoe sail around the south coast to end up (via the River Yare) in Norwich. A trip of about 850 miles which he hopes to complete by the end of July.

One of the main aims of the trip is to raise as much money for his chosen charity, Leukaemia and Lymphoma Research.

That's the Cruze part. Next, as a Blues singer, guitarist, harmonica player, he intends to organise gigs in pubs and quaysides enroute, once again for charity hopefully getting local fundraisers to help out.

These would be partly for Leukaemia and Lymphoma Research and partly for the RNLI.



Above: Simon's home built outrigger sailing canoe.

Simon has set up a Just Giving page, so if you want to donate click on the link www.justgiving.com/simon-whitney

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In brief

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: 0800 800 5000 (24 hour).

Childline: 0800 1111.

Free interactive memory sticks for teachers

Memory4Teachers is launching the UK's first Portable Learning Environment (PLE) and has worked with Canoe England to produce an effective resource.

A Portable Learning Environment enhances the era of interactive learning. This mobile device enables educators to conveniently carry a vast amount of material to support educational development and their own daily duties.

The PLE does not require any internet access and can be used by educators on any PC, laptop, projector or interactive whiteboard.

The lessons included are tailored to the National Curriculum Foci for each Key Stage. The schemes of work (SOWs) are designed with SEALs and PLTs at their core and promote collaboration between teachers and their pupils through a variety of activities.

This easy-to-use interface is also pre-loaded with 18 content channels in order to simplify the navigation of the device for the user.

Canoe England will be featuring within the dedicated Sports and Fitness Channel of the interface where they will be providing some excellent resources for teachers to use in order to encourage further participation in the sport.

If you would like to receive a free memory stick then please visit www.memory4teachers.co.uk in order to register for one.

Photo competition winners

We are pleased to announce that the winner for March's Photo Competition is Andy Colbourne. For April, the winner is Helen Aitchison. There were no winners in the Under 18 category. Andy and Helen will each receive a £25 Cotswold voucher. Congratulations to both the winners! Please turn to page 56 to see all the photos.

Safeguarding and protecting children

The Independent Safeguarding Authority

This year sees the introduction of the much heralded Independent Safeguarding Authority or vetting and barring as it is sometimes referred to. This article provides a brief update for anyone involved in providing activities for children who may be affected by the new scheme.

Background

The Independent Safeguarding Authority (ISA) was introduced under the Safeguarding Vulnerable Groups Act 2006. Through ISA a new safeguarding framework has been established, part of which is the vetting and barring scheme (VBS). VBS will take responsibility for making decisions to bar those people deemed unsuitable to work with children and/or vulnerable adults and holding a register of those working with children and/or vulnerable adults.

Current Situation

Since our last update in Canoe Focus there has been considerable media interest in the new scheme resulting in the Singleton review whose recommendations were adopted by government at the end of last year. The impact of the review had been to delay the release of detailed guidance with respect to implementation. Sport sector guidance has been delayed still further by the general election and we do not expect to receive this until July.

We will keep the safeguarding pages of the Canoe England website up to date with all documents and should have further guidance available by the time you read this. In the meantime here are some answers to frequently asked questions.

Who will need to register with ISA?

In simple terms pretty much anyone who is currently required to undertake a CRB. The ISA have defined who needs to register by the type of activity, (this is called 'regulated activity') e.g. a coach and how often they coach or help you (this is called 'frequency and intensity'). This will involve anyone working with children and/or vulnerable groups once a week, four times in a month or involved in overnight trips. Registration will be included within the CRB form to make it easier.

How much will it cost?

Volunteers may register for free. For employed individuals there is a one off fee of £64, which includes the cost of an enhanced CRB disclosure. However, if you register as a volunteer and subsequently take up an employed post then you or your employer will be required to pay the fee.

I've heard that it is now an offence to take up employment or employ someone who is on the barred list?

This is true – but this will be shown on the CRB form so it is important to make sure you are up to date with your CRB processes. If the CRB disclosure states that someone is on the barred list then the BCU will notify you immediately.

When do we have to start registering to ISA?

Registration for the new scheme commences on 26th July for those starting new roles in a regulated activity (e.g. as a coach) and becomes mandatory for anyone starting a new role from 1st November. For those already working or volunteering in a regulated activity registration will be phased from April 2011.

So when will current volunteers and coaches need to register?

This will be phased in from April 2011 to July 2015 and may vary from one organisation to another. For canoeing we will require individuals to register when they renew their CRB disclosure (which is every three years).

Is the new scheme portable?

Yes, you only have to register once then anyone that you give your registration number to can check on line that you are registered.

What should we do right now?

If you are a club or centre, you should continue to request enhanced CRB disclosures for all new volunteers and ensure that all current CRBs are valid (i.e. updated every three years). Anyone that you intend to deploy on or after the 1st November who is in a new role must have been registered before they start working with children if they fall under the 'regular and intense' category above.

For further information go to the CRB and ISA pages of the Safeguarding and Protecting Children section of the website: www.canoe-england.org.uk.

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



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

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Visit www.visitrivermedway.co.uk or phone 01732 22 32 22



In brief

Canadian canoe artist visit

On the 27th April Canadian canoe artist Becky Mason, arrived at Roundhay Park Lake in Leeds to run a days open canoe coaching for 12 lucky paddlers. She talked to over 50 people in the evening with stories of her trip throughout Canada. Thanks to Yorkshire Single Bladers and Doncaster Canoes for supporting the event.

WinG funding success

'Wayout in Gateshead' (WinG) have been successful with a Sport England Small Grants Application. They will receive nearly £10,000 for the purchase of a kayak trailer, kayaks and related equipment. This will allow WinG to further their work done in canoes with the disadvantaged young people of Gateshead.

Cheshire Ring Race

26-27th June

Macclesfield and District Canoe Club are holding their annual race around the Cheshire Canals. The race covers 96 miles, 92 locks and three portaged tunnels. All are welcome, singles, doubles and relays. For more information visit www.madcc.co.uk or contact race organiser Andrew Gage at gage.andrew@gmail.com

Grant for paddle project

Fairbridge Teesside are delighted to have received a grant from Sport England small grants awards to support their paddle project. Wayne Mason, Fairbridge Teesside Manager said, "We are delighted with the grant from Sport England which is proving, even in its early stages, to be a great success and popular activity with the young people we engage."

Youth Capital Fund success

Eight young people who are taking part in their Gold Duke of Edinburgh's Award with Morpeth and Coquetdale Youth Services have teamed up with Morpeth Paddlesport Club to train for their four day Gold expedition in kayaks.

As part of their training they all wanted to gain their BCU 2 Star award. The club has kayaks but no open canoes so the team decided to put together a bid for funding to the Youth Capital Fund for Northumberland.

The young people were successful in their bid and were awarded the full amount of £7,561. This will be used to buy six open canoes, the kit to go with them and a trailer.

York River Festival canoe race Saturday 24th July

Bring your friends and families with their canoes to enjoy a great day out at historic York. Free car parking on the riverside. Camping facilities available. Three different distances (2,500; 5,000 and 7,500m) all passing through the city centre. For information: 01904 654 302 or email: philpuckrin@tiscali.co.uk

Coach Symposium enjoyed by all

Four of Halifax's club coaches headed off for the first ever Club Coach and Leader Symposium organised by Canoe England's Team North. The first challenge was finding the centre, which was right at the top of Balderdale a remote valley off Teesdale where satnav is no help!

The aim of the weekend was to bring coaches and river leaders together for a series of workshops to help them develop and improve their coaching and river leading and take this back to their clubs. Some of the top coaches in the north were on hand to deliver sessions as diverse as introducing

people to moving water, advance river leadership, slalom coaching, coaching for confidence, boofs and drops and much more.

It was great weekend of paddling and coach development with many people learning many useful tools to take back to their coaching.

A big, big thank you to all the coaches who gave up their time to come and run the various sessions over the course of the weekend, especially to Gareth Field, our PDO, for pulling everything and everyone together (including the world's supply of sliced bread!) to make this happen.



Above: Enjoying the weekend.

School Kayak Ergo Challenge in Morpeth

Duchess's High School, Alnwick and Chantry Middle School in Morpeth were given the opportunity to have the use of four kayak ergo machines for three weeks. The machines proved very popular with children from the schools coming along during lunch breaks and after school to improve individual times



Above: Competitors at Chantry Middle School.

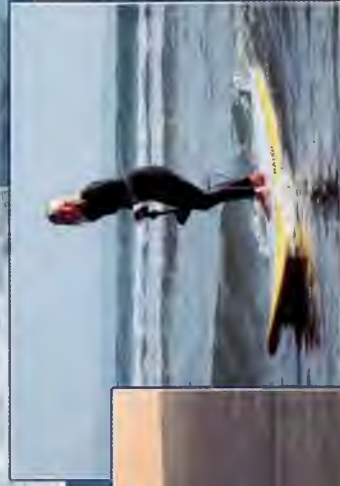
attempted during the PE lessons. The most exciting event was the 3,000-metre team event. All four teams were buzzing with excitement as the event came to its climax. Both schools have good links with the local Clubmark accredited clubs at Morpeth and Ambleside.

THE BIG BLUE EXPERIENCE

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When it comes to the surf, SUP can enhance just about any type of wave, from small beach breaks to pumping reef and point breaks. The size of the board and the float it offers (combined with the extra speed generated by the paddle) can launch the rider onto the rolling swell long before the wave breaks. Once on the wave the paddle enables the rider to turn sharply, generate extra speed to make a section and if it goes a bit wobbly, use as a counterbalance or support.

As SUPing developed into the mainstream, the variety of board shape and size increased dramatically. There are long and sleek distance boards for racing (12-15ft), good all-rounder boards (10-12ft) and then out and out wave machines (7-10ft).



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The beauty of the paddleboard is its versatility. Whether you are looking for a family excursion around beautiful coastline taking in the waterfalls and wildlife, a group of friends wishing to try something new or an individual wanting to hone board and paddle skills that will carry over into a multitude of other sports, BIG BLUE can cater for everyone.

On a site note the Sea Kayak Guides are organising a 'Bitches Radio Revival' where there will also be a SUP class. For further information visit www.seakayakguides.co.uk. For a video of some epic paddleboarding on 'The Bitches' visit <http://www.thebigblueexperience.com/videos.html>

For more information on Big Blue courses and adventures or to discuss a package tailored specifically for you, call us on 44 (0) 7816 169359 or take a peek at www.thebigblueexperience.com

established since 2000

In brief

Ambassador selected

Paul Sunderland a member of Trentham Canoe Club has been selected as a Young Sports Ambassador for the City of Stoke-on-Trent. He will be part of a team of 20 young sports people attending one of the planned festival of sports events for the county's centenary celebrations.

County Sports Partnerships becoming more active

Canoe England has attended several meetings to reach core services agreements with county sports partnerships ensuring Canoe England members can access appropriate services as indicated by Sport England. Have a look at your county sports partnership website to find support and guidance for coach and club development.

Clubmark accreditation

Midland Canoe Club has successfully gained its Clubmark accreditation. Visits to both Solihull and Wychavon have shown that they are well on their way to also completing accreditation within the next six months.

Endeavour Canoe Challenge

Every year, on the first Saturday in October two events are run simultaneously on the Midland's canal network: a 33 mile marathon event and a 50 mile endurance event.

The event is unusual in being a team relay – the team paddles a K2 kayak, changing paddlers at points, which are pre-planned according to team strategy. Teams' numbers can range from five up to 12.

There is a per person entry fee of £10 and all participants are expected to raise sponsorship money for Endeavour's charitable work with young people. For further information: www.endeavour.org.uk.

The Olympic message at Trentham

As a part of the Olympic volunteering campaign Lord Sebastian Coe, Chair of the London 2012 Organising Committee, visited the new canoeing and rowing facilities at Trentham Gardens near Stoke-on-Trent. There is an eclectic mix of organisations within the association and within the canoe club with representatives present from local scouting, colleges, schools, disability groups and club members.

Lord Coe visited each group in turn chatting enthusiastically with youngsters and their coaches asking questions about their training regimes and achievements, their hopes and aspirations. Clearly at ease with young people and they with him, the interest he showed both at group and individual level was inspirational.

The paddlers were then more than delighted to take to their boats to paddle the lake whilst Lord Coe and his entourage cruised the length of the

lake on the passenger ferry. The link to the 2012 Olympics, its legacy for the area and the sport could hardly have been more evident! A great show for canoeing; well done Trentham Canoe Club – active, accessible and accredited!



Above: Sebastian Coe, Chair of the London 2012 Organising Committee, visits Trentham Canoe Club.



Burton's adventure racing success

Burton Canoe Club played host to a School Sport Partnership adventure race organised by the School Sport coordinators for local primary schools. The race consisted of three challenges: canoeing, cycling and orienteering. In each event each team scored points towards their overall total to determine the winning team.

In the canoeing event each team paddled for 20-minutes to see how far they could travel in a bell boat. All teams paddled at least 1,250 metres! Two teams were paddling at any one time whilst other teams were taking their turn in the cycling and orienteering challenges. Six schools each put forward a team of eight, each team receiving support from a young sports leader, who also acted as course organisers and marshals.

The young sports leaders were all from local secondary schools and colleges. The day was a great success; brilliant to see so many happy faces! The Holy Rosary Catholic Primary School pupils were the delighted winners. It was a good example of how sports colleges, schools, local clubs and young leaders can work together.



Above: Teams paddling the bell boats



GET ON BOARD!

The Fen Paddle Company is delighted to announce our approval to teach the BCU Paddle Power Start and Paddle Sport Start awards. Working closely with Howard Blackman (Head of the BCU Paddlesport Participation Programme), we're also working to bring you more advanced awards.

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In brief

Berkshire schools indoor kayaking competition

On the 23rd March, Dorney Lake hosted the Berkshire Schools Indoor Rowing Competition with an added twist – indoor kayaking as well! As part of a trial run, Canoe England supported the Berkshire Competition Development Managers at the event with some kayaking ergos for all the young rowers to try. Mini prizes were handed out to the winners in five categories, over 200 metre sprints. Ultimately the event will be seen as an entry route to the British Indoor Kayak Championships in 2011.

Axe Vale Canoe Club gain Clubmark award

Congratulations to Axe Vale Canoe Club, the latest club in the South West to gain the coveted Clubmark award from Canoe England.

National Bell Boat Championships

Would you like to be a champion? Can you put together a team of eight to compete in the National Bell Boat Championships at Dorney Lake on Saturday 31st July 2010?

Mixed events for: Under-10 under-12 Under-14 Under-16 and Under-18. Open mixed (minimum four females in this event). Masters (over 40), BACYP clubs Scouts and Cubs. Single sex events for: Open female Guides and Brownies.

Entries close on July 12th, so talk to your mates and accept the challenge! Entry forms are available from Nigel Weare. Contact: n.weare@dorneylake.co.uk or 07814 040209

SeaCadetFest 2010

To celebrate 150 years, the Sea Cadet Corps have been holding special events across the country under the banner of 'Cadet 150'. The first bank holiday in May saw one of these events come to Gun Wharf Keys, Portsmouth. Dubbed SeaCadetFest, this was a showcase of activities that all of the Sea Cadets throw themselves into. Members of the public were given the opportunity to take to the water in a canoe or kayak throughout the weekend. With around 150 people going through the 'try a boat' sessions this part of the weekend was clearly a success. S/Lt (SCC) Monty Smedley, in charge of the paddlesport display, commented "It would be true to say that the Captain of the Corps was very impressed that we had members of the public afloat. I think he was very encouraged to see how easy it was to engage with people who in his words "just came shopping for the day and ended up in a boat, brilliant." For more information on the Sea Cadets go to www.ms-sc.org.uk

New London clubs working together

Edge Progressive Paddling, and Hammersmith Blades are two new canoe clubs that have started up in the last six months in west London. They have different but overlapping catchment areas along the Thames (Brentford and Hammersmith) with a third established club (Chiswick Pier), in between. Both clubs are keen to work together to make canoeing an affordable and accessible sport for everyone in the community. It's a fine example of how two clubs can work together to have a much larger overall impact.

Debbie Helsdon (Chair of Edge) and Sambit Mohapatra (Chair of Blades) are coordinating the sharing of coaches and volunteers between the two clubs so that knowledge and paddling experience can benefit a larger number of participants. There is a particular emphasis on increasing participation of women, and ethnic minorities to make the clubs representative of the diverse west London community.

It is clear that there are many areas of paddling that need to be developed in west London. One example is starting up a junior canoe polo team.

It would certainly be tricky to get a large enough pool of participants initially with just one club, but with a joint Edge/Blades club effort, this becomes more achievable.

As a start this season, in the next month (on the 25th April) Edge and Blades will be entering the London Kayakathon as a joint team effort. Watch this space! www.edgepaddling.com www.hammersmithblades.com



Above: Both clubs having fun.

Volunteer coaching? Love it or loathe it?

Most club coaches do their bit for their club, but maintaining a high level of voluntary hours is both time consuming and can sometimes be boring with a feeling your missing out on 'me' time.

Two husband and wife teams from Somerset, all members of Clevedon Canoe Club achieved over 50 hours voluntary coaching each and were awarded the BCU Gold Award for voluntary coaching in 2009 for their club. They undertook to broaden the appeal as much as possible both for the target groups of children and adults. This included a variety of courses under the guidance of the club head coach that included, coaching newcomers to the club, working with the LEA to provide sports curriculum for the local schools, local Brownies, birthday parties and on several occasions, intensive weekend courses of the BCU 1 Star course, just so that the parents of children on Paddlepower through the LEA could keep up with their offspring!

So, do you need a special mind set to do this or special technical skills? Well no, just a desire to

pass on what you have learned to others at the basic level – too much and you could frighten them off, too little and the attention of your flock wanders.

If any volunteer wants to talk to them about their experiences and techniques (nothing new but just a different perspective) then they can be contacted via Andy Davey, the PDO for the South West region.



Above: The husband and wife teams receive their gold awards.

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.

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Celebrating 100 years

Over the Easter weekend, members of the Girl Guide Association took part in a 100-mile canoe relay along the Kennett and Avon canal from Hungerford in Berkshire to Westminster, London to mark the Centenary of Girlguiding UK. The baton passed between all paddlers was a parchment which contained this celebratory message:

Feature by: Tamsin Phipps. **In celebration of 100 years of Guiding, 200 years of the Kennet and Avon Canal and women in sport, Guides and Guiders from all over the country (aged 11 to 81 years) have carried this parchment 100 miles in relay by canoes and kayaks from Hungerford to Westminster over the Easter weekend 2010.**

With this parchment comes the message of celebration and thanks for the last 100 years of Guiding along with our best wishes and hopes that the next 100 years will continue to provide women and girls with the opportunity for personal challenges, development, fun and lasting friendships.

The 50 participants came from as far as Kirkcaldy and Chester to Banbury and Reading, Guildford and Chelmsford and ranged in age from Grace an eight year old Brownie from Banbury to Margaret an 81 year old Trefoil Guild member from Kirkcaldy. Not only was the challenge an opportunity to celebrate the centenary of Girlguiding UK but it was also a chance to encourage more women to get involved in sport.

Richard Benyon, MP for Newbury handed over the parchment for the start of the relay at 10.00 hours on Friday 2nd April and Paul Owen, Chief Executive of the BCU was on hand at Festival Pier in Westminster at



Above: Paul Owen accepts the parchment at Westminster.

10.00 hours on Monday 5th April to receive the parchment after its 100 mile journey.

Over the four day event there were many stories to tell

- Rebecca Jayne Coupe (Reading) who was only going to paddle six miles but did 17 as she was having so much fun.
- Liz Rix (Bedfordshire) who got to Reading to find herself in a back of a double kayak having never been in one before.
- Laura Ede (Surrey) who got into a double kayak for the first time on day three and paddled through the waves down to Teddington and through even bigger ones on Easter Monday!
- Kate and Julie Wood (Banbury) who completed a whole day on Saturday – 32 miles! And then did the tideway on Easter Monday!
- Sine and Emily Rance (Surrey) who paddled the greatest variety of boats.
- Di Edwards who came on the Monday to paddle after supporting her husband during the 24 hour race on Saturday.
- Liz Murnaghan who paddled on Friday with us and then went on to win the DW ladies race in the overnight event.
- Jean Ashley who came down from Chester as a mum to help out and ended up paddling over 70 miles.
- The Walker family who all took part in K1s including dad and 11 year old Catherine in her Lightning!

Jean Boatman, Reading Abbey Trefoil Guild aged 79 said, "When it was first suggested that I should take part in the 100 mile paddle I very much doubted my ability as I was recovering from a car accident and a broken wrist. But determination and the encouragement from others got me fit enough to paddle the stretch from Shiplake to Henley. It was great paddling beside members of all ages, especially as it was my own Guide unit in Wokingham in the 1970s that first introduced me to the great sport of canoeing."

Tamsin Phipps, who organised the adventure and is the Boating Advisor for Girlguiding Berkshire said, "It was a tremendous weekend. Canoeing has been very much part of Guiding for

decades and is such a super sport to be involved in as families can all take part together which was the case in this 100-mile canoe relay."





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Get to know the girls

Women and Girls in Paddlesport



With the 2010 competition season in full swing, we took the opportunity to catch up with eight of our successful and up and coming female athletes to find out a bit more about what motivates and inspires them both within and outside of the sport. Full versions of all these interviews can be found on the Women and Girls section of the Canoe England website

Louisa Sawers, 21

Discipline: Canoe marathon

Club: Elmbridge Canoe Club.

How long have you been in the sport? 12 years.

What is your best result? Silver at the U23 Marathon World Championships 2009 and Gold (K1 and K2) at the Junior Marathon World Championships 2006.

What is your favourite thing about the sport? The tactical nature of the racing, the crowd cheering your name and the great feeling you get when you are first over the line.

What are you looking forward to this year? Going away on overseas trips, as this is a fantastic opportunity to see the world.

What is your ultimate goal? Winning an Olympic Gold medal.

Who has influenced or inspired you the most? Rebecca Addington the Gold medallist swimmer. Roland Lawler from Elmbridge CC in my early years in canoeing, but my twin and I have always been competitive with each other from an early age and that has stayed with me.

What is your favourite piece of kit? I recently bought a microfibre towel that dries in no time!

What is your favourite TV programme?

Jonathan Creek, Eastenders, Gossip Girl.

What is your favourite food? Anything that my mum cooks and nothing my dad cooks!

What would you be doing if you weren't Canoeing? Probably another sport, maybe swimming as I really enjoy that.



Natalie Wilson, 17

Discipline: Canoe slalom K1W

Club: Stafford and Stone Canoe Club.

What is your favourite thing about the sport? Every time I go canoeing it's different. There's a huge variety of rivers and courses.

What is your best result? Silver medal in the team event at the Junior European Championships 2009 and making the semi final in the individual.

How did you get started in your particular discipline? I started canoeing after Stafford and Stone CC gave a presentation at school. I thought it looked amazing so I decided to put my name down, and luckily I was picked!

What are you looking forward to this year? Summer! Exams will be out of the way and hopefully I'll be canoeing somewhere hot!

What is your ultimate goal? To look back in the future and know I've always done my best so I won't have any big regrets.

What would you be doing if you weren't canoeing? I imagine I'd probably be playing the piano or something musical.

What is your favourite food? Pancakes.

What is your favourite film? Let The Right One In.

How do you think we can encourage more women and girls to start canoeing? I guess canoeing can be portrayed as quite a male dominated sport. It's good to have female role models and coaches around. When I started we always had paddlers like Laura Blakeman and Lizzie Neave to look up to.



Ginny Coyles, 36

Discipline: Canoe polo

Club: Friends of Altonby, Liverpool.

How long have you been in the sport? 24 years.

What is your best result? We currently hold all three major titles – World Champions (2008), World Games Champions (2009) and European Champions (2009).

How did you get started in your particular discipline? My dad took me to the canoe club at the local swimming pool to try something different, so I spent the usual time learning how to paddle in a straight line, emptying my boat and eventually rolling it! As with many clubs, different members did different disciplines, but our club was mainly polo and slalom based. After the beginner's session the club had a canoe polo session... once I tried it for the first time, I was hooked!

What would you be doing if you weren't canoeing? Some other mad sport I guess, or sitting on a beach watching the waves come in.

What are you most proud of? My team mates.

What is your favourite film? Little Miss Sunshine.

What is your favourite food? Cake!

Do you have any advice for fellow female paddlers? Just keep paddling and enjoy it – don't be afraid to try different things. If you're competing, always give it 100% – you might have to sacrifice a few things to get where you want to be, but when you reach your goal or stand on the podium, you know it was all worth it!



Hannah Brown, 20

Discipline: Wild water racing WK1

Club: Bradford on Avon Canoe Club, Team Bath.

How long have you been in the sport? Six to seven years.

What is your favourite thing about the sport? Being outside, seeing amazing new places and people. I also like the hard work of training against the elements, not just looking out at it all from a window.

What is your best result? Winning the World Cup race at Cataract Gorge in Tasmania 2009.

What are you looking forward to this year? My first senior World Championships in Sort, Spain.

What is your ultimate goal? To be happy with how I have lived my life, I want to be able to look back when I am 100 and something and know I couldn't have tried harder and of course I want to win World Championships.

What is your favourite TV programme? Outnumbered, makes me laugh.

What is your favourite food? I can be known as the 'carb monster', but it's not my fault as pasta really does go with everything!

Do you have any advice for fellow female paddlers? Keep it up! I reckon it is also important to keep enjoying what do as well, I think in canoeing we are so lucky to have so many disciplines we can try, so get out there and try them. Another very important one is to not let your paddling kit get too smelly; it's not a good look.



Hayleigh Mason, 23

Discipline: Sprint kayaking

Club: Nottingham Kayak Club

How long have you been in the sport? 10 years.

What is your favourite thing about the sport? Getting to travel all around the world and the adrenaline of racing.

What is your best result? Bronze Medal at the European Championships 2009 (K4, 200m) and fourth and fifth place at the World Championships in Canada 2009 (K4 200m and K4 500m).

How did you get started in your particular discipline? My dad competed internationally and took me down to the club where I did a beginners course! I hated it to begin with but then came back for more and loved it!

What are you looking forward to this year? My aim is to compete at the World Championships in August and then the off season hopefully a hot sunny holiday!

What is your ultimate goal? To win Olympic Gold in 2012 and to be healthy and happy.

What would you be doing if you weren't canoeing? I have always wanted to join the police if I wasn't canoeing.

What is your favourite piece of kit? It has to be my amazing Nelo Pink boat! Sweaty Betty Sports bras and any kit that's pink. Havaianas flip flops.

What is your favourite food? I'm a fan of Thai food and Caramel Nibbles.



Scrambled egg with cheese, ham and tomatoes for after training.

What is your favourite film? Robin Hood Prince of Thieves.

What is your favourite TV programme? I love Gossip girl, One Tree Hill and Home and Away

What other hobbies do you have, apart from canoeing? Shopping.

Do you have any advice for fellow female paddlers? Always work hard and push yourself in every session, always follow your dream!

Georgina Preston, 29

Discipline: White water rafting

Club: Whitstable Winter Wallies!

How long have you been in the sport? I've been paddling about 12 years, rafting for eight and competing for five.

What is your favourite thing about the sport? Travelling to wonderful places with my closest mates. I have been to countries I would never have visited and paddled some magnificent rivers. Just being on a river in the middle of nowhere with the girls making lines is an amazing feeling. Catching up with my mates from all over the world during competitions also makes me happy.

What is your best result? We are current World Champions in the sprint/head to head discipline.

Where is your favourite place to paddle? Ooh too many – Uganda for fun, Bosnia for its crystal waters, Ecuador for the tarantulas and of course my favourite stomping ground, HPP, where you will find me most nights.

What is your favourite piece of kit? My brand new birthday PeakUK Dry Suit! An essential piece of kit I don't know how I have ever coped without – and you get to climb in through the crotch!

What is your favourite food? Cereal.

What other hobbies do you have, apart from canoeing? More canoeing! I take my freestyle boat to most places, compete as a member of the GB freestyle squad and have recently started wobbling around and competing in C1 women's slalom. I also enjoy wakeboarding, being silly and eating a lot.

Do you have any advice for fellow female paddlers? The best ever piece of advice given to me was 'make every paddle stroke count'. I was apprehensive about my first Grade 4/5 Alpine river with the boys but this instantly gave me the confidence and reassurance that I was totally capable if only I put all my effort and concentration into it. I think a lot of girls doubt their ability too much (and I still do).



Gabby Bates, 17

Discipline: Canoe freestyle

Club: Midland CC and Holme Pierpoint CC.

How long have you been in the sport? I have been involved in the sport since I was about eight, however have only been doing freestyle for about three to four years.

What is your favourite thing about the sport? The awesome people you meet! I have lots of lovely paddling friends, the places it can take you and the pure enjoyment of the sport. My main rule for paddling is to always make sure I enjoy it, no matter how well or not I am paddling.

What is your best result? Current British champion for the second time in a row and seventh place at the last Europeans in Ourense, Spain – my first international competition!

What made you pick your particular discipline? From the start, I remember seeing all these play boaters pulling off cool moves and I used to say "I'd love to be able to do that one day."

What are you looking forward to this year? The summer! Road tripping out to the world cup in Plattling, just before the Europeans, with fellow paddlers Claire O'hara, Nicola Beeby and Islay Crosbie and seeing everyone out there who I haven't seen in about a year, it should be a blast!

What are you most proud of? Learning and achieving new freestyle moves, always gives me a buzz.



What is your favourite TV programme?

Definitely The Mighty Boosh, it's so funny and weird, I would love to see them live.

What is your favourite food? Prawns, Jaffa cakes, Cream eggs and salad to balance it out (not all at once though!).

What other hobbies do you have, apart from canoeing? Singing in a band, dancing, acting, keeping fit, going to gigs, seeing mates and generally having fun.

Emma Wynter, 18

Discipline: Canoe surf

Club: Penzance Canoe Club.

How long have you been in the sport? I started when I was 15, taking up canoe polo at school and entering the Interceltics Watersports Festival where I tried out all the other disciplines. I then started surf kayaking in 2008 and entered my first event in January 2009.

What is your favourite thing about the sport? Surfing amazing breaks and the adrenaline rush, excitement and fear when a big set comes through!

What is your best result? Bronze in the Ladies HP at the World Championships 2009.

How did you get started in your particular discipline? What made you pick your particular discipline? When I took up canoe polo, the other members of the team persuaded me to try surf kayaking and I loved the challenge of it because the waves are always so different.

What are you looking forward to this year? Finishing my A-Levels and going travelling! Then hopefully going to Swansea Uni (nice and close to good surf breaks).

Where is your favourite place to paddle? I love surfing at Gwithian (my local break) as it's got loads of peaks so it's never too crowded.

What is your favourite food? Pizza.

What is your favourite film? The Hangover.

What other hobbies do you have, apart from canoeing? Skiing, snowboarding, surfing and wakeboarding.

How do you think we can encourage more women and girls to start Canoeing? Have more development days just for women. Kayaking also gives you so many opportunities like travelling and is a great way to meet new people, keep fit and have fun.

What is your ultimate goal? To be World Champion.



Volunteer coordinators

Volunteer coordinators play a key role within clubs, centres and committees to ensure that volunteers, coaches and helpers feel positive about their volunteering experience. They have specific responsibility for supporting the recruitment, training and recognition of volunteers in your club, centre or committee and act as a main point of contact for new and existing volunteers.

Let's meet two volunteers who have taken on the role of volunteer coordinator:

Terry Calcott

Club: Port of Plymouth Canoeing Association (PPCA)

Why did you start volunteering at PPCA?

I wanted to put something back into the club after progressing through Star Awards and then coaching with the club. I began by helping out on 1 Star courses and then joined the committee as membership secretary. I love being out in the fresh air, the social aspect and I love introducing new paddlers into the sport - nothing beats seeing a happy smiling face and the look of achievement of their faces after a session.

How did you get involved in this role?

I am the first volunteer coordinator within the club and have been in the role for nine months. I requested to set up this role after reading about it in CoDe, on the website and in Canoe Focus. It made good sense to have a point of contact for volunteers to ask for advice and guidance.

What impact do you feel your role has had on the club and volunteering?

It is still early days but more information is available to the members. I have introduced a topic on the club forum about how to volunteer and we have recently put an article in our monthly newsletter about how to become a helper at the club. We have a new youth member on the committee and I am looking into introducing the Paddlesport Rewards Scheme. At our annual club awards, we now have awards to recognise contribution. I have set up a mentor scheme to support our newly qualified Level 1 coaches. The club also contributes to the cost of courses for members and we offer membership discounts to active coaches.



dinators

Andrew Grudzinski

Discipline: Slalom

How did you get involved in volunteering for the Slalom Committee?

About five years ago, my better-half was convinced to get in a C2, and from then on I found myself on the river bank most weekends during summer. Not being one to sit around I asked if I could do anything useful. So from carrying boats, helping club members, and gate judging, I helped where I could. Eighteen months ago I noticed an appeal on the canoe slalom website and subsequently joined the timing team. A number of vacancies on the slalom committee came up in October and I (was) volunteered to help. It transpired that the committee had been discussing the need to develop the role of volunteer coordinator, and I have happily taken it on.

What impact do you feel your role has had on volunteering in slalom?

Slalom, as with all aspects of canoeing, is heavily reliant on volunteers; without them not only would the competition side not happen, grassroots clubs would not exist! In my role, I've spent the last few months getting myself up to speed with what is out there, trying to define a starting point for the role within slalom, and planning ahead.

So what plans do you have in mind?

One big aim is to improve communication to the volunteers. With so many youngsters in the sport, it is good to encourage them to get involved too. Not only is it fantastic to see youngsters helping out, it means the running of the sport has a future too. I am also looking forward to launching a UK wide awards scheme within slalom so we can recognise the hard work individuals put into the sport at all levels. Hopefully we can tie this in to an end of season social. Watch this space.



What do you enjoy the most about volunteering?

The British slalom scene is a competitive Olympic sport but it's also a big sociable family. Go to any event, from Division 4 to the Premier events, you probably know people there and if you don't, someone will say hello, lend you kit, give you advice or offer to sit in the rain and judge so paddlers can do what they enjoy doing. Volunteering includes parents, club and slalom committees, coaches, event organisers, judges, officials, bib officers, ranking officers. That is a fantastic resource, which can't be replaced; take one of them away and it all falls over.

Would you recommend volunteering to other people?

Yes... Get involved, whether as a paddler wanting to put something back into the sport or you find yourself standing by a slalom course with a few spare minutes. Without people giving volunteering a go, it would be a lot lonelier out there. When you consider the number of people required to put on one day's event, and then consider there are over 120 of them a year! To me it was a surprise how many people regularly volunteer in slalom that neither paddle nor have any direct contact with a paddler.

Volunteers

In brief

Keep updated

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

Volunteers' awards

Nominations for the Canoe England Volunteer and Recognition Awards 2010 open in June. Categories include awards for volunteers, coaches and event volunteers. For more information and to nominate, visit the website.

Club forums

Dates for the autumn club forums will be announced on the website soon.

Volunteer coordinator pack

All volunteer coordinators known to Canoe England will receive a volunteer coordinator pack; volunteer newsletter; updates on latest information and templates, as well as direct support from the volunteer development office.

The resource pack is designed to support you in your role and includes advice, ideas and templates focusing on recruitment, recognition, and retaining your volunteers.

You can register for your volunteer coordinator pack on the website

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

At the slaloms, all volunteers can enter an officials competition in exchange for their time and effort – not only do they collect points at each event they volunteer at but they are also able to paddle the course and compete against fellow volunteers for free! In essence if you want to give it a go but not sure how, ask and you will be gladly welcomed!

How do you feel you are supported by Canoe England in this role?

Canoe England's Julia has been an invaluable help since I picked up the role. I wasn't aware of the vast resources of information out there. From the volunteer coordinator packs, to answers to my many questions, I am pointed in the right direction; where there is no immediate answer, one is found.



Canoe England Volunteer & Recognition Awards 2010

Canoe England would like to hear about the volunteers, officials and coaches working behind the scenes supporting our paddlers in your clubs, centres, regions and disciplines who have made an outstanding contribution to Paddlesport over the last 12 months.

Nominations open now!

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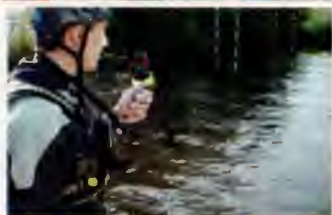
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Ruth Holdway Award for Volunteering

Nomination forms available on
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Nomination forms should arrive no later than
noon on September 30th 2010

Canoe England Volunteer & Recognition Awards lead onto the UK Awards for those who qualify for an award of Merit, Valour and Honour as well as the prestigious Geoff Good award for Coaching.

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Volunteer & Recognition Awards 2010



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Ex-service men up for the challenge

Port of Plymouth's Paul Goodall served with the Royal Navy and is now a member of BLESMA (British Limbless Ex-Service Men's Association). Having recently joined his local club, Paul told us his story:

It all started for me in the winter of 2009 when I met a friend in Plymouth and we were talking about my white water rafting trip in Scotland on the river Tay. Someone who was with my friend said her husband was also into kayaking. A sudden thought came into my head and I asked if her husband, Ian Brimacombe, would be interested in taking six of my friends paddling.

In June 2009, myself and the area welfare representative for BLESMA Plymouth and South East Cornwall area, turned up on a Sunday to be met by a host of PPCA (Port of Plymouth Canoeing Association) who gave us all a great day out. We had sea boats in the morning and open boats later in the day.

The club members soon learned that Ex-service men with limbs missing were up for the challenge. I had such a good day that I asked if I could join the club and was welcomed with open arms. After convincing Clive Ashford, who was instructing the 1 Star group that I was not after the submarine canoeing championship title I managed to get my 1 Star and, this year, I hope to get my 2 Star.

I have nothing but praise for all the club members as it is hard for them dealing with a racing snake with no legs! Someone carries the boat to the water, pushes me down the pontoon and retrieves me back to the boat house. As we live in the Plymouth area we mostly paddle around the coast to Wembury or Bovisand beaches and the stronger guys lift me out of the boat so we can all have lunch together as a group. It's fantastic to be treated as a person and not by what problems a person has.



Above: Members of the British Limbless Ex-Service Men's Association with PPCA.

The PPCA has the nicest bunch of members anyone would wish to meet and I thank them all for treating me with humour, laughter, help and support when I need it.

Volunteers from PPCA will receive certificates of thanks from Canoe England and Paul.

Below: Paul Goodall (left).

BLESMA is the national charity for limbless serving and Ex-service men and women as well as their dependents and partners. It is the charity that directly supports all our service men and women who lose limbs, the use of limbs or eyes, or their sight in the service of our country. Their work starts with rehabilitation - proving that there is life after amputation.



Coach winner at annual awards

Former Olympian John Court, has been awarded the prestigious 2010 npower Midlands Disability Sports Ambassador of Sport award at the gala celebration organised by the English Federation of Disability Sport held at Aston Villa Football Club, Birmingham.

John was presented with the award for his campaigning for adaptive outrigger canoeing to be recognised at local, national and international level. During his involvement in the sport he has formulated a classification system and lobbied for adaptive outrigger canoeing to be included in the Paralympics and worked on developing seating solutions for spinal-cord injury paddlers.

John coached disability crews for both the 2005 and 2008 world outrigger canoe championships and he actively fundraised in order to get those crews to the championships. He promotes outrigger canoeing for people, often with severe learning difficulties, within Stoke-on-Trent and North Staffordshire.

Kevin Rodgers, community involvement executive for sponsors, npower, comments: "The Ambassador award is the most important award of the Midlands Disability Sports Awards evening; it is presented to someone who has committed their life to developing disability sport and has facilitated the enjoyment and achievement of others. John is a worthy winner."

Below: John Court accepting his award from David Moorcroft.



GB paracanoeist wins regional award

Lucy Gardener has been presented with the prestigious, Female Sports Personality of the Year Award at the 2010 npower North East Disability Sports Awards held at Durham County Cricket Club.

Lucy has been kayaking for five years and has achieved a great deal in that time. In August 2009, she entered the World Championships in Canada; it was the first time disabled kayaking was included and Lucy was the first woman to represent GB in the category. Placing fifth in the 200m race, Lucy went on to win the National Championships in September. Lucy was presented with her award by Paralympic sprinter, Hazel Robson.

Gary Doig, npower's community involvement manager, said: "Lucy is now working towards the 2010 World Championships in Poland and, although kayaking is not included in the 2012 Paralympics, she has her sights set on 2016. Her enthusiasm and commitment is what commended her to the judging panel and was a reason for awarding her one of the three, annual npower bursaries."

Below: Lucy Gardener and Hazel Robson.



Get in touch

Contact Clarisse Smith, Part Time Disability Officer on 07702 954949 or e-mail her at: clarisse.smith@canoe-england.org.uk

British Raft Race Series

The first British Raft Race Series event of 2010 took place at National Water Sports Centre, Nottingham over the Easter weekend. In addition to two days of racing, various rafting workshops were run including paddling technique, racing tips and rope work sessions. The event also introduced their own entry-level award scheme for raft racing which all competitors completed.

Races consisted of the usual format including sprint, head to head, slalom, and endurance. Each event brought carnage and fun, as many people were new to rafting at such a testing location. The party provided plenty of food and a live band 'Fire up the Quattro' with huge thanks to our team masseuse, TC for making the party so good!

This event also combined as selection for a youth team for the first ever Youth World Rafting Championships to be held alongside the regular champs being hosted at Dutch Water Dreams in Holland in July. This was a hotly contested race with three boys' teams and one girl's team entering. The boy's racing was nail biting to watch and saw 'Square Rock Junior' taking the top spot by an extremely narrow margin. The ladies team consisted of Nottingham Trent University girls who also proved themselves in the open category and had been training hard prior to selection. Team Amathus won top place in the open category convincingly, winning every event. All teams received goodies donated by our very generous sponsors.

Massive thanks to Reed ChillCheater for the prizes and the British Raft Race series for provided hoodies for the winning teams.

The British teams would also like to thank PeakUK for their continued support.

The series with races coming up in Cardiff (4-5th September), Llandysul and Nottingham, along with a national selection event for six person teams. This event will select the teams that will represent GB for the next two years at the World and Continental Championships.
www.britishraftteam.co.uk



GB canoe slalom team announced



Britain's top canoe slalom athletes battled it out in Nottingham over the May Bank holiday, all competing for a place on the GB Canoe Slalom team. The athletes who qualified will represent GB at the European Championships in June, the World Cup Series in June and July and the World Championships in September.

The selection event took place over 1-3rd May, where there was many exciting races between the athletes and at times, against terrible weather conditions. There were three separate races on each of the days; each race consisted of two runs – a semi final and a final run. The best two race results counted towards an overall score.

In the Men's K1, the pressure was really on Huw Swetnam on the final race day. In race number two, Swetnam missed a gate and incurred a 50 second penalty, which meant he did not progress to that day's final. It was all down to the final race where Huw had to perform, as he arrived at the start line, thunderous sleet poured down. Despite this, Swetnam put in a strong semi final run and a much quicker final run finishing third in the final race, with just 0.15 seconds between him and first place. It meant that Swetnam made the team and is joined by Olympic Silver medallist Campbell Walsh and Richard Hounslow, to make up the same Men's K1 team as last year.

In the Men's C2 class, the team remains the same as last year, with Tim Baillie and Etienne Stott;

Above: Olympic Silver medallist David Florence in the men's C1 qualified relatively easily.

Dan Goddard and Colin Radmore; and David Florence and Richard Hounslow, all qualifying. This is a big relief to Baillie and Stott who had time out of training following injury.

The Women's K1 and Men's C1 saw some changes compared to last year's team.

Beijing Olympian Fiona Pennie battled her way back into the team, after missing out last year, to join the pre-selected Lizzie Neave (Neave was pre-selected after winning a Bronze medal at last year's World Championships).

On Monday's race three, after a weekend of strong racing, Laura Blakeman missed a gate, incurring a 50 second penalty and did not progress to the final. Blakeman then had to wait and see whether Louise Donington would take the team place with a better result. Donington secured the final place with a time of 98.09.

In the Men's C1, last year's team members David Florence and Mark Proctor qualified relatively easily, with strong paddling from both. They will welcome Greg Pitt into the team, who qualified for the third place, just ahead of last year's team member Dan Goddard.

In the Women's C1, Mallory Franklin, Jacquelyn Shaw and Alice Spencer went head to head. It was Mallory Franklin that took the team place.

Forthcoming slalom events

Competition	Location	Date
European Championships	Bratislava, Slovakia	5th – 6th June
World Cup1	Prague, Czech Republic	18th – 20th June
World Cup2	La Seu De Urgell, Spain	26th - 27th June
World Cup3	Augsburg, Germany	2nd – 4th July
World Championships	Tacen, Slovakia	9th – 12th September

Canoe Marathon Masters World Cup



Why not only go to the event but make it a trip to experience more than just the event? Last year a group from Reading Canoe Club did just that as they headed out to Porto for the 2009 Marathon Masters World Cup.

Deciding that flying in and out prevented them from the opportunity of seeing the area and indeed the rest of the country, they chose to drive from Reading through France, Spain and then in to Portugal. On the way they not only experienced the joy of local cuisine and saw historic sites etc but decided to canoe the Ardeche.

Swapping the K2s, that they were going to use for the competition for open canoes, they did a descent of the Ardeche River under the guidance of Blue and Yak from LTAdventure. This trip must be done if you are around in this region as not only is it extremely enjoyable but it is the best way to fully appreciate the limestone gorge in all its splendour.

This year the Marathon Masters is being held in Banyoles, Spain. Banyoles is situated half-way between the Costa Brava and the Pyrenees and surrounded by areas of great historic and natural

Above: Paddling down the Ardeche.

interest. The long history of Banyoles is reflected in its many monuments: the Plaça Major (13th century), Santa Maria dels Turers (13th century), Pia Almoina (14th century), Llotja del Tint (15th century) and the Monastery of Sant Esteve (various centuries). The Pia Almoina houses the Regional Archaeologic Museum, which contains important pre-history, archaeological and palaeontologic exhibits.

The Lake of Banyoles, together with surrounding satellite lagoons forms a unique natural zone, which is internationally recognised. All the beauty of this natural landscape can be seen from the Joan de Palau lookout points situated in Puig d'en Colomer and Puig Sant Martirià.

So why not have an adventure as well as enter the competition?

For more information on the event please visit: www.banyoles2010.cat. All entries for the Masters contact: andy.goodsell@bcu.org.uk



Below: On the road through France.



Below: Exploring the limestone gorge.

GB canoe sprint racing teams announced

Britain's top canoe sprint racing athletes battled it out in Nottingham over the weekend of 10-11th May. The athletes who qualified will represent GB at World Cup 2 in Szeged on 28-30th May and World Cup 3 in Duisburg on 4-6th June.

Selections were based on the athletes' performance rankings, following the weekend's racing. They are selected for classes and distances. Some will represent GB at World Cup 2, whilst others at World Cup 3. Some athletes will compete at both.

For the men, the classes are; Men's C1, Men's C2, Men's K1, Men's K2 and Men's K4.

For the women, the classes are; Women's K1, Women's K2 and Women's K4. Women's C1 will be represented at World Cup 2. Both men and women cover distances of 200m, 500m, 1,000m and 5,000m.

In the Men's K1 class, Olympic Gold Medallist Tim Brabants MBE, who returned from a year out to fight for his place back in the GB team qualified with ease and will represent GB in both World Cup 2 and World Cup 3. Other athletes selected in the Men's K1 class, include Ed McKeever, Ed Cox, Ben Brown and Paul Wycherley.

In the Women's K1, European K1 500m Bronze medallist, Rachel Cawthorn, will represent GB at World Cup 3. Cawthorn will be full of confidence, following a successful performance at World Cup 2 last year, where she won Gold in the K1 1,000m and Silver in the K1 500m. Beijing Olympian Jess Walker will compete in the K2 500m and 1,000m classes, alongside Louisa Sawers.

For full details about the canoe sprint teams visit www.worldclass-canoeing.org.uk

Sprint racing events

World Cup 2;

Szeged, Hungary; 28-30th May

World Cup 3;

Duisburg, Germany; 4th – 6th June

European Championships;

Trasona, Spain; 2nd – 4th July

World Championships;

Poznan, Poland; 19th – 22nd August



Above: Rachel Cawthorn.

Photo: AEPHOTOS.ZENFOLIO.COM.



National Go

1-9th May



Many thanks to all the clubs, centres, volunteers and participants that supported National Go Paddling Week. It has been a truly successful celebration of our sport, with over 30 events taking place nationally and over 1500 participants taking part.





Paddling Week



Sardinia - the

With its hidden coves and spectacular coastline, Sardinia is an island that offers adventure and wilderness... a perfect setting for a group of students from St. David's College to complete their Gold Duke of Edinburgh's sea kayaking expedition.

Feature by: With the boats finally packed and the sun shining high in the sky, we say goodbye to Mike and head out into Baia Sardinia.

Lucy Body.

Photos by:

Ian Lloyd Jones and

Lucy Body.

Paddlers:

Ian Pagano, Micheal Fairman, Christian Roots, Hannah Bryans, Christina Ramsay and Angharad Collier.

The first crossing seems big (5km over to the southern tip of Isola Caprera); the wind is against us and the intrigue and excitement of what lies ahead is high in the group's thoughts. What will be encountered? Will anybody capsize? Will there be any sharks and will they eat us?

We go ahead and leave the group to paddle independently. As we reach land, it's pleasing to look back and although the group are a couple of kilometres behind us, it is good to see that they are paddling together. Finally they join us and on a small beach we sit and enjoy lunch in the sunshine, all 26 degrees of it! This week's going to be good, especially if it stays like this.

The group are left again and Ian and I begin paddling up the east coast of Isola Caprera. This side of the island is wild and uninhabited – full of strange rock shapes and interesting gullies. We stop and wait on a beach and to our disappointment the group are heading towards us, only this time they are spread out in three separate groups; one of them solo paddling his way along the jagged coastline. We get everyone together and let the group know that if this happens again, the Gold expedition will be failed, even before it has truly began!

The reality of this seems to hit home because at no point for the remainder of the week are the group separated. I have to say the challenge of leading a section of unknown coastline and keeping group control was taken on by everyone and I am really proud of the individuals within the group as to how they took to the tasks that were set for them.

We paddle together to the most northern tip of the island and find a campsite for the night. Tents are put up, a huge fire is lit and while there is still some light left, the group head into the weird rock formations for some bouldering.

Day 2. Isola Caprera to Isola Santa Maria

Today starts off with the most beautiful sunrise. On top of this, there is a sea mist and the islands we are aiming for are

nowhere to be seen. We pack up camp, hatch a plan and begin our day of island hopping. The first crossing takes us to Isola Maddalena and

“We get everyone together and let the group know that if this happens again, the Gold expedition will be failed, even before it has truly began!”



Above: The group coming ashore.



Above: Sardinian sunrise.

perfect setting



Above: Archipelago Di La Maddalena.



Above: Interesting jellyfish.



Above: Local rock paintings.



Above : The expedition is over.



Above: Boulder climbing at Capo Testa.



Above: The group discovering some of the local wildlife.

from there we continue heading north and link up the islands of Barrettini, Piana and Corcelli. Again, Ian and I await the group by a lighthouse at the top of this chain of islands. The wind has picked up and although they say there is little tide in the Mediterranean, there is definitely the feel of water moving below the boats!

The Archipelago Di La Maddalena is truly beautiful. The water between the islands is quite shallow in places, which means that when the sun shines, the water is turquoise in colour. It also provides shelter from most directions of wind, which lends itself to numerous camping possibilities.

We find a fantastic campsite; another secluded bay with a perfect flat open area for our tents. The only issue with this campsite is the obvious signs of wild boar – its not long before the group pluck up courage to go ‘wild boar hunting’ and as they disappear into the twilight, Ian follows quietly behind them. This ends in fits of giggles and screams as Ian does his best wild boar impression, scuffling around in the undergrowth!

Day 3. Isola Santa Maria back to mainland Sardinia (Cala Balcaccia)

Our morning is spent paddling around the island of Razzoli. The cliffs and rock formations around this island are magical with so many different shapes to be made out. In the far distance, Corsica and the white cliffs of Bonifacio shine in the sunlight. The objectives of this trip – to climb at Capo Testa which is a long way off.

Along this coastline, there is Cala Rosa (Pink Cove, so called because of the sand’s unique crimson tinge). Little did we know that landing on this beach is, and has been forbidden since 1999! Being shouted at in Italian, by an old man, as we take off our spraydecks, somehow ruins the beauty of such a perfect beach!

With the sun beginning to go down, we continue with our final crossing for the day and by the time we get to the mainland,

the group are quick to find a campsite for the night. Another fire, another concoction of

horrible dinners, and bed – well deserved as we paddled over 19km today.

Day 4. Cala Balcaccia to Capo Testa.

We have been very lucky with the weather all week. Despite the weather forecast suggesting today would consist of ‘sprinkles’ and ‘T storms’ (guessing that’s Italian for rain and thunder!), we leave the group to finish packing up the campsite and head towards the port of San Teresa Gallura. The wind has picked up. Ian and myself sit and enjoy a coffee and it is not long before the group arrive and start lunch. Everyone is feeling tired after the big day yesterday.


We paddle together toward Capo Testa and to the end of our trip. The lighthouse is a welcome sight. As we round the corner, the landscape changes dramatically; the extraordinary granite headland looks like a giants sculpture garden. Sat in your kayak, you begin to feel very small.

We find a beach, land and pitch tents. This place is weird – during the summer months it becomes home to hundreds of travellers and even though there is no one about now, the place is scattered with old camping stoves, used tents and strange dwellings which have been built into the rock.

We spend the afternoon and the following morning bouldering and climbing on the granite cliffs.

Day 5. Circumnavigation of Capo Testa

Overnight a huge storm has hit the south of Sardinia causing mass destruction to farmland and buildings. We awake to the noise of a big swell rolling past the mouth of the bay. As we pack up our kayaks for the final time, the group seem nervous about the final stretch of our journey (understandably as some of the waves are pretty big). We launch, head out through a small channel and keep our distance from the rocks as we paddle around the cape. The final moments of our trip are spent surfing back to shore through perfect clean waves. A couple of capsizes but nothing to worry about as our trip has come to a perfect end, and the sun is still shining.

My thanks go to the group for organising yet another successful BTEC expedition (and for allowing me to come) and to Mike at Location Sardinia for hiring us the boats, providing us with accommodation and sorting all the shuttles. 

“The Archipelago Di La Maddalena is truly beautiful. The water between the islands is quite shallow in places, which means that when the sun shines, the water is turquoise in colour.”



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Achieving yo

Have you got your ducks in

This article follows on from the Junior Sprint Profiling article in the December edition of Canoe Focus but will prove of value for all paddlers, coaches and parents who want to maximise performance - be that in competition or the wider challenges of recreational canoeing.

Feature by:

Matt Thornton Brown, a member of the Sprint Racing Committee and a Level 3 competition coach.

Photos by:

Matt Thornton-Brown, unless stated otherwise

"Paddling your own canoe" is an age-old adage, I do wonder who came up with that one first but it surely is the essence of our sport. Much of the attraction lies in being self-sufficient and having the freedom to do things, just as we want 'thank you', with instant feedback showing from what we each do. There's no waiting months for an essay to be marked, no watching someone else drop the ball. Results are there in the moment and are highly visible. We learn to manage our own little ship and in turn our performance. From that we grow as individuals, learn about life and what it takes to be successful. We become independent, self sufficient and determined. All fabulous attributes to see us handle tough situations that come along every day. Such personal development is great and part of why our sport is so very special but there's another old adage that says, "there's a fine line between brilliance and insanity, between mastery and stupidity." The strong-minded nature of canoeists can easily become stubbornness that curtails potential or may lead to our own downfall!

Fine general observations but what, exactly, has this got to do with maximising performance? Well it's simple, by being too independent, too stubborn, too closed in our thinking and believing we each know a better way we stop ourselves benefiting from the huge knowledge that is the backbone of our sport. The club system, the coaching structure and the national squad system is the envy of many other sports in this country and beyond. To ensure we learn as a nation senior coaches from other countries including Ukraine, Hungary, Australia, France and Slovakia have been recruited to bring the very best of their knowledge to our programmes and combined with the British coaches we now have a truly world class team. Remember also that Eric Farrell has led the way to our first Olympic Gold medal, by coaching Tim Brabants. If we don't use this capability to the full as paddlers we are missing the chance to achieve and enjoy more. As coaches or guardians if we ignore the chance to take such advice not only are we not doing our best but we could be doing both physiological and psychological harm to our athletes.

What exactly has this got to do with profiling I hear you say? Again it's simple. There are messages for those participating or supporting athletes trying to improve that also provide a direct metaphor for all paddlers wanting to do better. It's about getting all our own personal ducks in a row, about taking the very best of being independent but being prepared to meld that with every possible line of support we can find. It's about being prepared to learn, maintaining an open, honest and questioning approach that listens to the best of advice. It's about acting as a national sport, as one huge team to optimise our own performance and get those with true ability to international levels.

Again I hear the question, "but what is the best advice and who should I listen to?" That's key and we must provide an answer but first let's look at the example of junior profiling and see what can be learned.

Profiling

Profiling is what in business terms is called test and measure or benchmarking. It's about getting critical data that can in turn provide information to be interpreted and turned into knowledge to guide future action. Profiling uses a series of physical and mental tests to assess paddler's strength, power, aerobic capability, base boat speed and desire to work very hard. The results provide the profile and can be compared athlete to athlete within the squad, athlete to athlete across countries where identical tests are used and very usefully as time goes by, we can compare today's juniors with the results that today's top seniors were getting at the same age. Profiling is an essential tool for coaches to check progress, to modify training where appropriate and help athletes understand what they must do to move forward. The combination of tests is used to understand each athlete's balance of capabilities that in turn



Above: Emma and Rachael, a junior girls K2 crew showing excellent style and enjoyment.
Photo: www.markedwardsphotography.co.uk

ur true potential a row?



Above: Junior athletes undergoing profile testing.



Above: Great technique from Emily, a junior girl K1 paddler
Photo: www.markedwardsphotography.co.uk

reflects the overall improvements gained through training. Profiling should not become a competition event itself but is rather an indication to the progress being made and a pointer to likely future performance under race conditions.

Let's look at each of the tests now being set by Claudine Le Roux, the British Junior Sprint Team National Coach and used for our top junior sprint paddlers during the 'off' racing season.

A timed 2000m single kayak or canoe paddle with 500m split times

This is the base test of paddling capability for the 'off' season. It shows the current overall capability of each athlete which is a combination of power to weight ratio, aerobic capability and technique but very much driven by their mental control, toughness and focus. Pace judgement is assessed by timing each 500-metre stage as well as the overall time. Distance per stroke is assessed by the paddling rate being used – a high distance per stroke with a consistently good time being the target.

Upper body pull force Shows upper body capability in a near as possible situation to a maximum paddle stroke.

Upper body press force Again shows upper body capability.

Leg press Legs are essential driving elements of paddling performance; this test shows the power contribution that can be made.

Swim bike ramp test This assesses the base 'engine' power of heart and lungs together with mental toughness.

Shuttle run Again a test of endurance supported by heart and lungs but controlled by mental toughness.

Tough and powerful paddlers

These tests have also been used by the Talent Identification Programme to find 18 to 24 year old athletes who may excel at international levels. It does of course take time to build depth of knowledge of the results and interpretations but these tools are considered to be more useful as a set than those previously used. Out go chin-ups as a profiling test. Whilst a good exercise in itself, maximum repetitions achieved are dramatically reduced for an athlete who has strong and therefore heavy legs, which may well positively influence boat speed. Also out is a two or four kilometre run. Running for training is essential but as a test this distance favours light distance runners and as we want to find tough and powerful paddlers the shuttle run is used instead. Tests are also selected on a basis of how practically they can be conducted and consistently replicable they are.

I asked Claudine Le Roux about the approach and why it is being used. Claudine replied; "any profiling programme needs to be consistent in its approach. It also needs to measure as closely as possible the key elements that we are trying to assess. We are looking to find the benefits that each athlete is experiencing as a result of following the overall training program set nationally (it is understood that some clubs modify the programme but it is the volume of work, the intensity and the combination of land, water and technique work that matters, not just the exact intervals or sessions set). We do face, as a sport, difficulties of consistency in water conditions, wind and wave etc, so we must make allowances and note the weather on each profiling day. The combined results shows the likely overall performance for the next season for each athlete and the individual tests, when viewed on balance, show areas of strength and weakness that can be further improved. This can lead to personalisation of the training programme to get the best for each athlete. Importantly any deviation must relate to the base program, if club coaches or

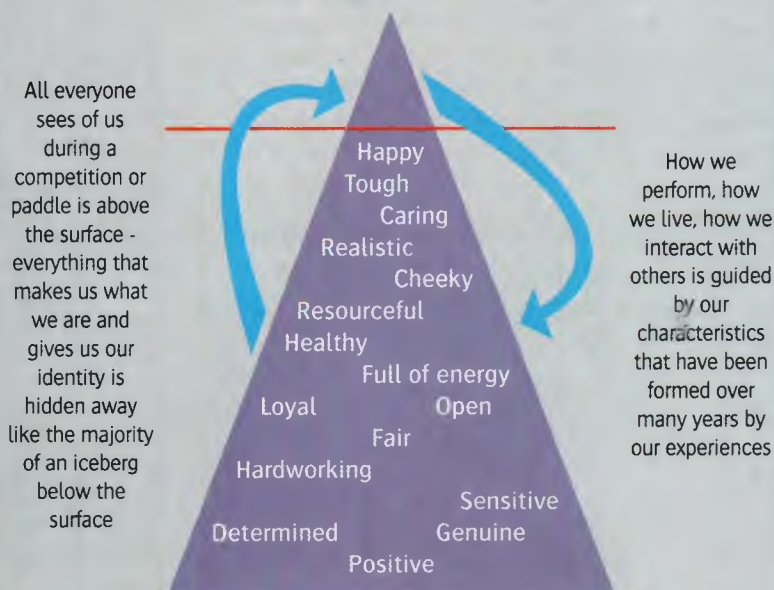
Ownership Accountability Responsibility	Do you take responsibility for your actions and results?
Blame Excuses Denial	Do you always have an excuse, blame others and avoid the truth

Above and below the line – analysing personal behaviours

Above and below the line coaching	National Programme Based on safe and successful experience	Customised for individual athletes Based on the National Programme but set for individual needs	Working above the line is safer for athletes and will probably produce better results
	Invention "Oh -- this might work" "I will show them"	They don't understand us! We are different at Dozy Rivers CC	

Adapting training programmes, staying in the safe zone

How people sees us floats above what we truly are



parents change training dramatically without national and regional coaches being aware then much of the value of profiling is lost. Equally if athletes are not disciplined, if they are inconsistent with their preparation, their sleep, diet, fluid intake, body warmth on the water, warm up and paddling approach then further inconsistencies creep in."

Accepting responsibility for one's own preparation, performance and results in sport is perhaps part of growing up. There are though plenty of adults who also like to blame others, to find excuses and avoid the truth! This is perhaps true also of life generally as well as in sport. Have you ever heard anyone saying 'are you above the line' when referring to your behaviours and actions? Have a look at the diagram on the left. Are you above the line or do you slip below sometimes?

Make up the 3-5 % gap

I asked Claudine about the discipline of our junior athletes. "Generally it is good but if we are to improve national performance then it must get better" she replied. "Some forget to bring drinks to training sessions – this is silly as they must drink during and after training. Some don't wear shoes of any kind when walking to the water's edge and too many get cuts and bruises, which stops them training. All paddlers must have a watch, they must not only be able to time their intervals but they need to develop a very keen sense of pacing so they must be able to see their watch as they paddle. Top juniors really need a GPS to be able to do this very accurately. If they want to be champions then they must act like champions and their coaches or parents must encourage them to do so. What is essential to make the step up in performance, to make up the 3-5 % gap that we are behind in international terms, is a disciplined and professional approach by all involved, by the junior paddlers themselves and by all supporting them."

We talked also about the interface between national, regional and club coaches and also with parents and Guardians; "we must work together, the approach being used to set national training is proven internationally and also benefits from the senior coaches and squad system. There are challenges where individuals think they know best and want to set local programs that ignore advice or the national pathway. It is so very unlikely that they will be successful over a season let alone over the longer duration of their career, why are they doing this? Yes



Above: Paddling your own canoe – do you take full responsibility for your actions?

Photo: www.markedwardsphotography.co.uk

experienced club coaches should adjust training to suit individual athletes but not invent or start from scratch. We must work as one team and communicate carefully to do the best we can at all times."

We talked more about the value of following a disciplined approach and the broader aspects of self-management. Less than one in 20,000 competition paddlers will achieve Olympic Gold, so there must be more for each individual than just being fast over 200 metres. It is the general value of self management, of health and mental well being combined with the ability to cope with the unexpected that benefits so many in our sport. These lessons can be best learned by athletes through focused application guided by coaches working together and then by preparing like an Olympic champion. Not all will make national teams but all can, if they choose, be much stronger in life as a result of the lessons that can be learned.

I talked also to Roland Lawler, senior coach of many world champions from Elmbridge Canoe Club and member of both the sprint and marathon committees. "The sport is much more than racing," said Roland. "It's about developing the individual, about inspiration. You never can tell who will come through, yes they must want to train, they must really want to do it for themselves. Some will come through unexpectedly after time but those that don't make it will be better and stronger individuals anyway."

Roland explained; "It's not about fantastic facilities or new boats, it's about desire to succeed, it's about having strong role models and good coaches. It's about the social life the sport gives and the development it offers each individual. The relationship between the coach and the athlete is very important and it's about getting excited about the future." Clearly Roland's view is that growing in life to be a better person is by far the most important thing. However, the funny thing is your unlikely to make it as a champion or fulfil your true life potential – whatever that turns out to be - if you don't grow, if you don't live above the line and act like an Olympic champion! 🏄

For further support developing racing coaching and paddling contact:

John Handyside, National Development Coach, Racing, Marathon and WWR. Email: john.handyside@canoe-england.org.uk



Above: Ian Wynne, Olympic Bronze medallist and now National Senior Coach - Sprint Racing, delivers a racing master class at Worcester Canoe Club



Above: Olympic Gold medallist Tim Brabants relaxing after racing.
Photo: www.markedwardsphotography.co.uk

So, what are the overall lessons to be learned and just whom should we listen to?

- Attitude of mind is clearly the starting point, being prepared to learn from others and always searching for improvement.
- For athletes – work with your coach but also attend regional training camps, go and train with top clubs sometimes, they will all welcome you.
- For coaches, parents and guardians, staying up-to-date need not mean travelling away. Why not ask for an update to be held at your club or invite a top coach or athlete who is not directly involved this year in intensive training to hold a master class at your club.
- Don't invent or experiment with training programmes until you really do have enough experience but do ensure all paddling remains fun.
- If you are a loan paddler why not support the wonderful culture of our sport by helping others when you can.
- And finally for all of us, engage the immense value of knowledge within and across our sport rather than being a loner, just paddling your own canoe – oh yes – do try to keep all your ducks in a row!

Weaver Valley

As a competition paddler I have tended to visit the same stretches of water year after year. I have travelled all over the world in sprint, marathon and wild water but had never truly explored my local waters.

I have now moved away from competition and become interested in the more relaxed forms of paddling on inland waters, where both sea kayaks and open boats work well.

Feature by: Ian Tordoff. **The River Weaver is one of those local rivers, which while I knew it existed, I wrongly assumed there was little to explore. Although there has always been boat access to the River Weaver, the trail formalises a 28.5km/18-mile canoe trail route, with access points clearly identified and portages marked to avoid conflict with other users and land owners.**

The trail follows the course of the river along slow moving water which is suitable for beginners, but has the interest and opportunity to explore for even the most proficient paddlers.

The development of the trail is a partnership between British Waterways and Cheshire West and Chester Council who between them manage most of the network.

For centuries, the River Weaver has been used for the transport of salt and after various improvements the river allowed the salt industry to prosper, throughout the 19th century, the navigation was consistently profitable.

Later, other chemicals were produced on a large scale and the area became known for its chemical industry. With this, it became commonplace to see vessels of 500 tons or more navigating far inland.

Running through the heart of Cheshire, the Weaver was historically a busy industrial network servicing local towns and villages. These days the focus has changed from commercial trade to activity mainly based around leisure, supporting motor cruisers, fishing, cycling, walking and now canoeing.

While the salt industry has declined from the river, much of its history can still be seen. Many of the protection programmes

bring out the iconic elements that the river has to offer with the old locks, the refurbished swing bridges and the refurbishment of the Anderton Boat Lift which links the River Weaver to the Trent and Mersey Canal.

“Due to the nature of the river being developed, the trail follows the canal cuts and locks. The weirs and back channels are overgrown and should be avoided, as many are on private land and offer significant hazards”



Above: Paddlers enjoying the canoe trail.

The Winsford Salt Mine is still in operation today. This is the oldest operating mine in the country and produces the majority of rock salt used on our roads each year.

The full trail follows the down stream flow starting at Winsford Flash where there is an outdoor activity centre and car park. Along the trail there are several access points with some opportunities to use private toilet facilities on request to the owners.

Travelling from Winsford the trail passes the salt mine and then quickly enters rural Cheshire. Sitting low in the Weaver Valley the river passes through the edge of towns and villages where various services can be accessed. There are four river locks on the trail with the first one, Vale Royal Lock recently being refurbished. All of the locks have canal cuts and side river channels with sluice gates.

Due to the nature of the river being developed, the trail follows the canal cuts and locks. The weirs and back channels are

y Canoe Trail



overgrown and should be avoided, as many are on private land and offer significant hazards.

Access points and portages around locks and tunnels are identified using the British Waterways canoe portage sign. In some cases, due to the size of the locks, the portages can be several hundred meters long, but these are along good pathways. For paddlers with heavy boats or equipment it would be worth taking a boat trolley.

Below Vale Royal Lock the trail passes to Northwich and Hunts Lock where there is a new swing bridge. This bridge once completed (late autumn 2010) will form part of the trail but in the short term the local angling club are allowing access via one of the fishing pegs to portage the lock.

River Dane

At Northwich, between the two swing bridges, the River Dane can be accessed. This river is best explored at low water to avoid becoming breached on any debris (broken branches etc.)

The Northwich salt industry dates back to the 19th century. Following the collapse of a top bed salt mine, a method was introduced to remove the very last salt from a collapsed mine by flooding the mine with water. This dissolved the remaining salt and the resultant brine was pumped out so permitting the salt to be recovered. This technique was known as wild brine pumping, but led to land subsidence and numerous catastrophic failures as local or interconnecting mines collapsed.

This subsidence affected the town and the surrounding landscape. By removing underground salt, the salt industry caused huge areas of subsidence, and this allegedly accounts for the many old timber-framed houses in the town centre, which were better able to withstand the movement of the ground. Some houses were built originally on a base of large scale timber baulks, and later on steel girders, which could be jacked up to re-level the house with each change in the underlying ground.

Anderton Boat lift

Below Northwich is the Anderton Boat lift. The lift was built because the trustees of the Weaver Navigation were determined to connect the Weaver with the Trent and Mersey Canal running more than 50 feet (15m) above the level of the river. Locks would have been impractical and expensive, so they designed the extraordinary lift, which opened in 1875. The lift underwent many modifications but finally succumbed to the effects of corrosion from the surrounding works. It was effectively abandoned in 1983. Having been left unused for almost two decades, it has been now fully refurbished and is once again operational, raising and lowering boats between the canal and the river in two caissons.

This is a good starting point for paddlers who do not wish to follow the full trail. There are opportunities for full day or smaller half day trips with car parking available. Links to the river and canal provide the opportunity for a return trip from further down stream.



Above: The refurbished Anderton Boat Lift.



Above: Northwich and its swing bridge.

The canal does form part of the trail and you would need to look at the details on the website for the exact routes. On the canal there are two tunnels that need to be portaged, one of which is 500m long (Barnton Tunnel). There are paths around both tunnels but a trolley would be needed for heavy boats.

The trail continues past Saltersford Lock, one of the most scenic areas on the trail and heads towards Acton Bridge. For paddlers completing the full trail there is a campsite here enabling an overnight stay. There is also a range of eating places very close by. To book the site, please visit the website for further details.

From Acton Bridge you can take a return trip via the canal or continue along the river to reach the last lock on the trail, Dutton Lock. The trail ends a further 6km downstream at Runcorn Canoe Club.

This trail offers some of the most scenic views in Cheshire and provides routes from a two-hour paddle to a half/full day paddle. Full details can be found on the web site www.DiscoverCheshire.co.uk, where you will also find printable maps of the trail.

Cheshire West and Chester Council are also promoting the canoe trail through the English section of the River Dee. This

Below: The Trent and Mersey Canal.



can also be found on the Discover Cheshire website where there is information available pointing out access points and the limits of the navigation, aiding an enjoyable day out. The trail offered here only identifies the lower sections of the Dee. Access to the upper reaches of the Dee is covered by the Welsh Canoe Association whom you would need to contact for up to date details.

As more trails start to develop, we as canoeists can demonstrate that all water can be shared with other users and protect the opportunities to paddle. Please be responsible when on the water, be courteous to other users and leave no trace of your stay, but most of all enjoy your paddle! 🚣



Further information on the trail, including access maps, can be found on www.Discovercheshire.co.uk. Links to trails, walks, places of interest and local businesses can also be found on this site along with information on a range of services for the tourist.

The BCU is supporting the development of new trails. See the website for details. www.bcu.org.uk/our-sport/getting-started/where-to-paddle/.



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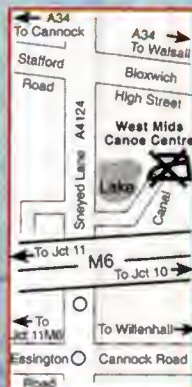
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Devizes West

Preparation is key to record

Steady rain in the week leading up to Easter produced a good flow on the river and a winning DW 2010 time of 16:20:24 for Richard Hendron and James King. It was an impressive performance by the Richmond Canoe Club/British Army pair that produced the 13th fastest DW time, coming in 70 minutes faster than second place and just 45 minutes off the course record of 15:34:12.

Feature by: Peter Hutchison. **At all levels, the Devizes Westminster International Canoe Marathon is about preparation, combined with strategy and planning. Hendron and Price had a late start on Saturday giving them just a couple of hours light on the Kennet and Avon and then darkness in the countryside of Wiltshire.**

Photos by: Peter Hutchison, unless stated otherwise.

More information: Visit the Devizes Westminster International Canoe Marathon at www.dwrace.org.uk.

“Because of the time we would be losing at portages due to not being able to see them we decided to push it hard on the canal. By Marlow we were both hitting the wall and from there it was just a case of survival,” recalls Hendron.

Conditions were good with lots of flow, though not in flood, and mild temperatures. Eight times DW veteran (at 29-years of age), Hendron says while it wasn't his hardest race, it was the most painful, adding “taking it 3% slower on the canal would've made us 15-20 minute faster as we wouldn't have started to crash out.”

That's within 25 minutes of the record set back in 1979. Can Hendron imagine the 30-year record being broken? “Yes, easily,” he says, “with the right amount of flow, good support team, a lot of preparation and good head strong paddlers I think the record can be smashed.” Anyone with experience of the 125-mile course would be astounded by such boldness. So how?

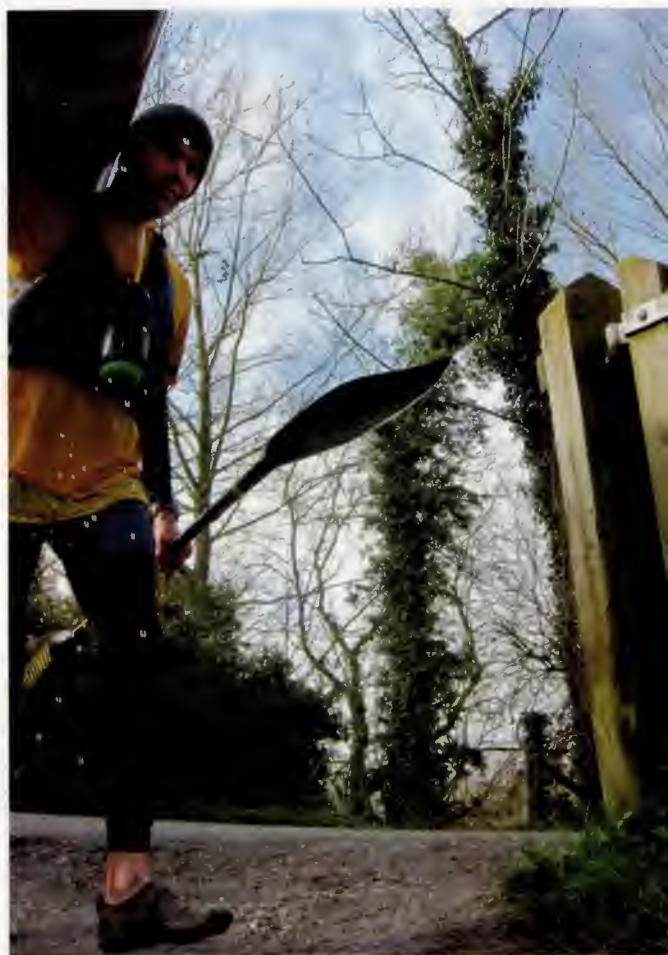
“Preparation, preparation, preparation,” says Richard, pointing out that he and Price had only paddled three times since last year, only got in their race boat two days before the race and didn't have high-powered lights to navigate at night.

It's an exciting prospect, and it would be great to see more elite paddlers stepping up to the mark to take on the challenge of what must be one of sport's most enduring records.

Preparation makes for DW success

Talking about the race Chief Course Coordinator and man with his finger on the pulse of the race Paul Ralph suggests that real competition may be some way off. “The senior men's K2 was well won by a deserving crew that were streets ahead of the

“It would be great to see more elite paddlers stepping up to the mark to take on the challenge of what must be one of sport's most enduring records”



Above: Portaging at Kintbury.

rest,” he says. Reflecting on a year with high expectations, Ralph suggests that many of the teams failed to live up to their potential due to lack of preparation. “The canal was challenging because it was muddy, but with the right footwear you can make good of that. And the river was cranking along.”

Even so a few records were broken. The mixed K2 crew of Paul Enoch and Harriet Farish from Nottingham CC finished in a record time of 17:30:31. Junior mixed doubles pair Megan Middleton and Michael Southey of Fowey River CC took 91 minutes off the record, finishing in 16:24:08. The Reading CC junior ladies crew of Amoret King and Amelia Churnside finished in 16:28:18, beating second place Isobel Smith (Basingstoke CC) and Naomi Smith (All Hallows) by 40 seconds, with both teams beating the previous record by over 90 minutes. In senior singles, Steffen Burkhardt finished in 15:08:03.

It is DW's open-to-all approach that makes it so appealing to anyone looking for a serious challenge. Entry numbers stacked up, with close to 300 boats of all classes and over 550 paddlers

Westminster 2010

success



challenges to the organising team, particularly with support crews and cars making their way down to the crew. One boat is thought to have been followed by 11 supporters using seven cars. With many crews having multiple support crews, DW organisers are expected to explore ways of limiting the number of support vehicles moving down the course. The route of the course, combined with the time of year and the overnight nature of the event, demand that competitors and their support crews are considerate to waterside communities.

Challenges on the water also rear their head. With conditions looking good for record breaking runs, the familiar debate over daylight runs returned. A daylight run allows a crew to complete most of the canal and fifty or so portages in the day, making that section much quicker. Race winner Richard Hendron puts his view on the subject. "Allowing crews to choose between the two tides effectively creates two different races with potentially two different conditions. The race is what it is, and those who relish the challenges the DW throws at you will keep on coming back," says



Above: Setting out from Devizes.



Above: Portaging in heavy rain.
Photo: Zoom Picture Agency.

taking part. Of the 154 senior doubles that left Devizes Wharf, 101 made it to the finish line just downstream of Westminster Bridge – a retirement rate of around 30%. International entrants came from 14 countries, including the oldest entrant Bob Vincent from Canada, aged 67, taking part in a C2.

For all the numbers and records, the race was littered with tales of personal endeavour and perseverance. That DW is a hard event is well known. You know that's true when you overhear a group of two Paratrooper crews at the Westminster Village finish reflecting on their race and one says, "that's the toughest thing I've ever done." Off the water, hundreds of volunteers work over the Easter weekend providing a valuable contribution to make the race happen. Some of them reckon it's one of the most enjoyable things they've ever done.

Big field brings challenges

The number of entrants is a tribute to the unique challenge presented by DW to paddlers. The races success brings



Above: Senior doubles winners Richard Hendron and Jim King.

Hendron, adding "Cornish and Greenham's record will be in danger in the next few years if conditions are right."

And what of next year? It's a late Easter, with race dates from 22 to 25 April 2010. Will being warmer make it easier? Ralph brings the voice of experience again. "It may be a late Easter, but conditions can be really unpleasant." As if to reinforce the importance of preparation at all levels, Paul points out that he's already helping a team get ready for DW 2011 as it's coaching and technique that will really make the difference.

So whether you're elite, stepping up to the DW challenge for the first time, or somewhere in between, it's time to start preparing for DW2011. ♡

Access to waters issue still prominent



Even in the dying stages of the last Parliament as MPs frantically tried all their tactics to get Bills through or blocked, the access to waters issue was still prominent.

John Grogan MP who has championed our cause for several years was still (despite the fact he was standing down as an MP) determined to keep the issue on the agenda.

John Grogan put up the following Parliamentary Question...

Parliamentary Questions to The Parliamentary Under-Secretary of State for Environment, Food and Rural Affairs (Huw Irranca-Davies 25/3/10)

Mr. Grogan: Are Ministers a little disappointed that, out of the 43,000 miles of river in England

and Wales, fewer than 1,500 are open to canoeists, still? Given that the Welsh Assembly is thinking of following the Scottish model of opening access to the country's rivers completely, is there not a danger of England being left behind?

The Parliamentary Under-Secretary of State for Environment, Food and Rural Affairs (Huw Irranca-Davies): First, may I commend my honourable friend on his work to promote access for canoeists? We have had some useful meetings and I can give him a commitment to bring together the various stakeholders; the

Environment Agency, himself, the canoeing fraternity, anglers and others to sit down and see what more we can do. We should approach this matter in partnership to make sure that we have biodiversity in our rivers, that our rivers are healthy and that there is good access to them.

John has also over the past few years asked many questions in Parliament as well as putting down several EDMs, all of which Martin Salter MP tried to denounce!

To date John has never been in a canoe or kayak but he sees the lack of access to our inland waters as archaic and unjust. He also finds it hard to comprehend when there is a Countryside Rights of Way Act (CROW) and now the Marine Bill for coastal access why inland waters should be treated so differently especially when there is such a good example of outstanding access to inland waters north of the border in Scotland through the Scottish Land Reform Act 2003

We do thank John for all his help and support and wish him well for the future.



A big thank you

Thank you to all of you who have contacted your MPs and let us know what their thoughts/expectations and stances are on access. You have had some very interesting replies. We are sorry if we have not been able to get back to you all but please do be assured we are not only very grateful that you have taken your time to do this but have taken great note of the contents and have started to set up a strategy as to who to link in with after the election.

Access to inland waters is really a cross party issue and despite the fact that it is a hung parliament and no one can tell how long it will be a stable one, may we just point out that on page 82 of the Liberal Democrats manifesto under the title of a Green and Pleasant land, it states that Liberal Democrats will:

- Increase the general right of access to the countryside along the lines of the model introduced by the Liberal Democrats in Scotland.

We need to gain the support of a wide variety of MPs from all parties. The case for access to our inland waters ways must be pushed and remain on the agenda. Whether an MP has a city, urban or rural constituency is actually almost academic as access to and along inland waters is required all over the country. Constituency members not only want access to the inland waters nearest to where they live but to also be able to travel to different parts of the country to experience and enjoy different types of water.

So what now? During the last Parliament for example we:

- Put forward a 10 minute Rule Bill –Public Access to Inland Waters (thanks to Dr Des Turner MP now retired).
- Had various EDMs laid down concerning access to water.
- Had various Parliamentary questions about the lack of access.
- Met with MPs and Ministers (often with John Grogan MP and Peter Bottomley MP).
- Paddled to Parliament with a petition and support for the campaign. We were able to present this to the DEFRA Minister responsible at the time as well as to many MPs who came along to the presentation to meet us.
- Attended numerous meetings.
- Lobbied, lobbied and lobbied!

We, with your help and support, will continue to push for access, a right that should be ours as well as others who wish to use the waterways.

Please contact your newly elected or re-elected MP by letter, email or go in person to their surgery and let them know how much of an issue this is to you let alone the millions of people who want to use our inland waterways.

Something like:

Dear xxxx

Congratulations on your election (re-election as MP for xxxxxx)

Imagine a healthier and fitter nation, one in which participation in the outdoor life is as natural as abc. Canoeing is one of the sports that can help the nation become healthier and fitter as it offers something for everyone regardless of age, gender or ability. It is an established, active recreation that promotes a healthy life style and allows individuals to acquire life-long skills that contribute to their personal and social development.

However, the ability for millions to participate in canoeing is significantly restricted not because of a lack of keenness to exercise but the fact that the public are denied access to 98% of rivers in England and Wales. Etc...

Templates and ideas are up on the Rivers Access Campaign website www.riversaccess.org



That EA access policy again!

After categorically stating that the EA access policy is the way forward, the same EA spokesman just afterwards said, "the provision of facilities is compromised by the lack of access to water," quite recently at a public meeting.

Remember the EA access policy is about non-access in as much as it is not openly inclusive in so far as implying existing users and uses take precedent over new recreational users and uses. It simply does not allow for progress.

Are we in the 21st century?

It appears not!



You, your canoe and the environment

England has a wonderful network of inland and coastal waters that are amongst the best in Europe and Canoe England has produced, and recently updated a leaflet, which has guidance on good practice for using these waters in a responsible and appropriate manner. Canoeists should be able to enjoy their sport and recreation in harmony with the natural environment and share the resource with other water-users. Copies of this leaflet are available from Canoe England offices or www.canoe-england.org.uk/access-and-environment/.

To get the best canoeing experience, try to be considerate and respectful; treat others as you would wish to be treated, respect the freshwater and marine environment, follow safety recommendations and be seen as a welcomed visitor. Observe the Countryside Code, for details visit: www.countrysideaccess.gov.uk

For information on where to canoe, including information on access arrangements that may be in place, contact the Canoe England Local River Advisor, Local Coastal Advisor, Regional Access Advisor, navigation or port authority. For contact details visit: www.canoe-england.org.uk

Take responsibility for your actions

The outdoors is a fantastic place for sport and recreation, but it is also a natural environment, which needs to be treated with respect.

- Be aware of information/ hazards for your chosen journey and ensure you are confident in the ability of your party to cope with the conditions expected.
- Take account of water, flows, levels and weather conditions.
- Leave details of your trip with a responsible person and advise a safe arrival.
- Ensure your equipment is in good condition – use and wear it correctly.
- It is recommended to take advantage of BCU advice and courses offered on canoe skills and safety for all levels of ability.
- Be aware of health, water quality and other safety information.
- Permission may be required to cross private land.
- It is your assessment of conditions/factors whether to go on the water.

Consideration for others

Canoeists will meet a variety of land and water users on their journeys. Common sense, polite behaviour and conversations can help to promote a mutual understanding.

On land

- Stay away from houses and private gardens.
- Change discreetly, using public facilities where possible.
- Drive sensibly at all times.
- Car Parking - do not obstruct roads or entrances to buildings or farm property.
- Ensure your kit does not cause an obstruction when unloading.
- Leave gates positioned and property as you find them.
- Avoid damage to fences and walls.

On water

- Follow the general rules of navigation and any local bylaws. Obtain any necessary licences.
- Respect and do not obstruct other water users.
- Keep a look out and be aware that larger vessels may not see you and are less manoeuvrable.
- In confined waters keep to the edge of the deepwater navigation channel.
- Keep the numbers in your party consistent with safety, the nature of the stretch of river and the impact on your surroundings.
- When offering assistance to those in need, on or off the water, do not put yourself or fellow canoeists at risk.
- Show consideration to organised bank side activities, and give way as required to on-water events.

Anglers

- Keep a look out for anglers whilst paddling. Anglers can be hard to spot on banks.
- Co-operate to avoid lines, nets and swims.
- If it is unclear where to pass lines or swims, then quietly attract the attention of the angler and agree a route to follow.
- When an angler is playing a fish from the bank or wading, stop some way off and await their acknowledgement to proceed.
- Do not linger in pools or swims occupied by an angler.

Caring for the environment

Your 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

For information about canoeing in England go to:

www.canoe-england.org.uk

For information about canoeing elsewhere visit the following websites:

www.canoewales.com

www.canoescotland.org

www.cani.org.uk



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its passing. Canoeing at appropriate water levels is an environmentally benign activity and causes no damage to fish stocks.

By following the simple steps below you can ensure your presence is not detrimental to the freshwater and marine environment, it can help to minimise and avoid accidentally disturbing wildlife and their habitats.

- Find out about the area before you go, noting its sensitive places, protected areas species and breeding seasons.
- Take your litter home with you; leave no trace of your visit.
- When clearing litter left by others, handle it with care.
- Leave the environment as you find it.
- Keep noise to a minimum.
- Do not 'seal' launch or drag boats to avoid wearing away natural banks. Float your canoe for launching, lift out when landing and carry it to and from the water.
- Do not damage bank side vegetation when launching or landing.
- Where possible keep to any designated paths or launching points.
- On rivers, avoid paddling over gravel banks in low water conditions – they may contain fish spawn.
- On coastal waters take care on shingle beaches – they may be nesting grounds e.g. Terns.
- Avoid dragging canoes through sand dunes and their grasses. For more advice refer to: 'Sea Kayaking - A Guide to Good Environmental Practice' (Scottish Canoe Association). Canoe England is developing a 'Canoeing on the Sea Guidance' with Natural England).
- Canoe a safe distance away from wildlife to avoid causing disturbances and stress to otters, seal colonies, rafts of wildfowl, and sea birds as well as their nesting, shelter and feeding areas e.g. mudflats, marshes and cliffs. Remember, basking sharks, dolphins and whales can also be a danger to you.
- Constantly assess wildlife. If you see signs of disturbance move away quietly.
- Note Environment Agency information and the measures that can be taken to minimise the spread of alien species in UK rivers and threat of disease to UK salmon stocks after using canoes and equipment overseas.
- Report pollution, damage and incidents to the relevant authorities.

Environment Agency incident reporting:

Telephone 0800 80 70 60 (24 hours)

British Waterways Emergencies:

Telephone 0800 47 999 47

RSPCA for wildlife and animals in distress:

Telephone 0990 55 59 99 (24 hours)

For Coastguard and other emergency services:

Telephone 999

For full copy and greater explanation of some of the details e.g. Weils Disease please see www.canoe-england.org.uk/access-and-environment/

Winchester clean up

Winchester and District Canoe Club is situated by the River Itchen close to the heart of this beautiful city with many historic buildings. The 900-year old cathedral is famous for many things, including the diver who went down to save its foundations and links with famous people including St Swithun, as well as the wonderful water meadows where it is said that Keats wrote some of his poetry. However this has a downside, the closeness of the canoe club to this small but bustling city centre, leisure centre and sports pitches creates many challenges.

Whilst upstream, towards the local nature reserve, the bank and river remain relatively litter free, the water and riverside around the club are less well respected.

How do we as canoeists cope with the growing amount of rubbish in and around the river?

The canoe club hut is on public land so the immediate vicinity of the club is often used by youths and others to congregate and socialise and as a result the veranda is often littered with cans, bottles, food wrappers and broken glass. Recently, a number of young people were eating and drinking outside the main doors; shortly after the club was opened they dispersed but neglected to take their rubbish with them, despite being asked to.

There has certainly been more than one occasion when there has been the need to wash away the splattered, solidified excesses of alcohol before the club could be opened.

Unfortunately the club, like many others, also experiences a certain amount of vandalism for example drain pipes are broken and paving slabs cracked. It is not unfeasible to imagine that these items also end up in the river.

The canoe club endeavours to keep this stretch of river clean and has removed office chairs, plant-stands, trolleys, traffic cones, blankets, bottles, cans, footballs, carrier bags, crabbing/fishing line with lead shot, barbed hooks and a pigs-head wrapped in a blanket, it emerged that the latter was part of student event. Club members have recently had the onerous task of pulling and bagging a decomposing deer from the water outside the club.

On Easter Sunday the club combined their egg-hunt with a river clean-up, organised by Justin Churcher. In two hours, volunteers extracted ten sacks of rubbish including a large metal frame. In the photograph below, the chocolate egg, donated by Montezuma's of Winchester, was presented to Gareth, Penny and Hazel (with egg) Bath (centre) by Mike Halford, Club Chairman for collecting the most litter.

Winchester Canoe Club is currently exploring plans to enhance canoeing facilities in the local area and maintain links with the City Council, Natural England, the Environment Agency and Hampshire and Isle of Wight Wildlife Trust and are fundamentally responsible, environmentally conscious paddlers.





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More information, along with the terms and conditions are available at www.canoe-england.org.uk/about/photo-competition. The winners are announced on page 14.



Below: Mel Wycherley – the Tweed at Kelso.

Above March winner: Andy Colbourne – Fraoch Island, Loch Lomond.



Above: Linda Robson – Wey Navigation at Dapdune Wharf.



Above: Paul Risborough – Isle of Skye.

tion



Above April winner: Helen Aitchison – Loch Nevis, Knoydart.



Above: Jonathan Maddock – Seacombe, River Mersey.



Above: Glenn Bates – River Ure.



Above: Debra Johnson – Duddon Estuary, Cumbria.



Above: Johan Burger, Fog on the Beulakerwiede, the Netherlands.



Above: Carol Dougherty – River Tees, County Durham.



Above: Matt Dennies – The River Soar.



Above: Stephanie Summers – Kefalonia.

Inn to Inn

Paddling around Mahone Bay, Nova Scotia, Canada

Hand on my heart, before travelling to Nova Scotia I could not have put my finger on the map to show exactly where it is. I knew it was on Canada's eastern seaboard, that on one of its shores is the Bay of Fundy and it has the highest tidal range in the world at 56 feet. Now having spent two weeks travelling around, I can tell you what a great place it is to go sea kayaking and canoeing.

Feature by:
Dave Halsall and
Sue Crawford.

Photos:
Nova Scotia Tourism,
Culture and Heritage and
Dave Halsall.

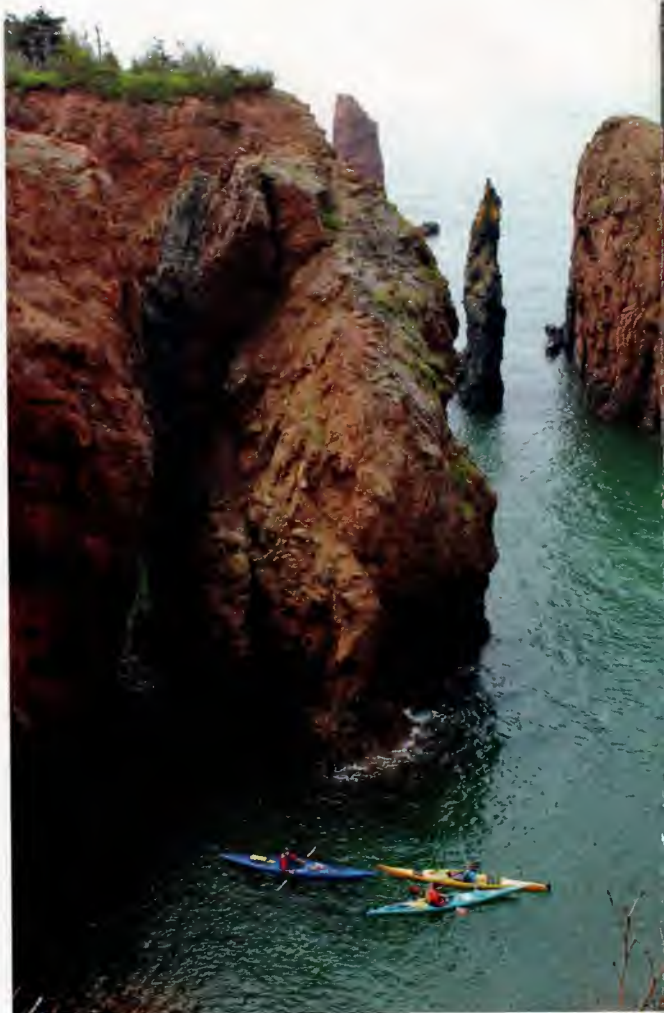
We flew direct to Halifax, Nova Scotia in six hours and with only a four-hour time difference there was no jet lag. We arrived during a monsoon-like rain storm, even the dual carriageway into the city was paddable and we both thought "Oh no what have we let ourselves in for?" Fortunately for us that were the only rain we saw and for the two weeks we had wall to wall sunshine.

After an evening sampling some of the beer and food in Halifax we were picked up on time the following day by the outfitter. We had organised to sea kayak a route round Mahone Bay, stopping every night in a different bed and breakfast. Our starting point would be the World Heritage Site of Lunenburg, then travelling from Inn to Inn we would make landfall at various points along the way. It is a great way to travel as you can travel light, our gear being moved onto the next stop by the outfitters, leaving us just to potter along during the day taking our time to have a good look round the area.

There was time to fish, sit and read, take photos and swim. Mahone Bay is situated on the eastern shore of Nova Scotia and paddling is not remote at all as there are always boats moving about and small pockets of habitation to pass. Camping is a possibility but we thought that by staying in the villages, not only could we get washed and fed we could meet and chat with local people and at the same time sample the local food and drink.

Lunenburg was very interesting to walk around in the evening. Established in 1753 as the first British colonial settlement in Nova Scotia outside of Halifax. With more than 250 years in fishing, shipbuilding and marine related industries, Lunenburg has many architectural delights from the late 1700s and early 1800s.

The first day of paddling was around the Aspotogan Peninsula; for gross navigation all we had to do was to keep the mainland on our left and keep



Above: Exploring the 'Three Sisters' rock formation.



Above: Dave relaxing.

“All day we paddled alongside beautiful golden seaweed and found sandy secluded beaches and interesting light houses”

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Above: Rock formations along the Bay of Fundy.



Above: Chester playhouse.

paddling for the day. This sounds simple enough but navigation was made interesting, as the area was a convoluted mass of islands, inlets and bays. Picking the wrong route would require us to back track and add distance and time to the journey.

Clear blue sky

It was a great day the sky was clear blue, the sun was hot on our backs and there was plenty of wildlife to add interest. With Western Europe being the next landfall out to the east we

occasionally encountered a lazy Atlantic swell. All day we paddled alongside beautiful golden seaweed and found sandy secluded beaches and interesting light houses, we watched cormorants drying their wings and encountered seals.

“ It was an easy day paddle so we spent time stopping to look at the beautiful flowers, lazing in the sun and swimming ”



Above: The Nova Scotia coast.



Above: Lunenburg waterfront.

The next day we paddled to Mahone Bay, which is a postcard-perfect maritime town and is considered by many as one of the most beautiful towns in Canada. The navigation was a lot easier as there was not the concentration of islands as in the previous day and the close intimacy had changed to open views across the bay. There were longer crossings to islands which made for a change in paddling strategy. It was an easy day paddle so we spent time stopping to look at the beautiful flowers, lazing in the sun and swimming. On arrival we beached the kayak and carried our day gear to the accommodation to find our bags were waiting for us in our room. Mahone Bay has a charming main street that hosts an assortment of art galleries, speciality shops, restaurants and comfortable small inns; we decided on an inn for food and beer. After a hearty breakfast and a lively discussion with our fellow travellers we sauntered down to the kayak to resume our



Above: Sue checking the kit.



Above: Kayaking at White Point on Cape Breton Island's Cabot Trail.

journey. The wind was blowing a four which made for a lively day; we used some of the islands for shelter and navigated to keep the wind on our backs on the longer crossings. We were more into the bay now and we saw more boat traffic of various sizes but they were mainly at some distance away until we reached the environs of Chester.

Historic seaside resort

The village of Chester is an historic seaside resort noted for sailing, stately summer homes, studios and galleries. We were heading for the Mecklenburgh Inn and again we found our bags up in the room. If ever you are in the area please stay at this bed and breakfast; it is furnished with an eclectic mix of materials, there were home made biscuits and tea on arrival. Susie, the owner is a sailor and a cordon bleu chef and she let us wash and dry some of our clothing overnight.

The last day's paddle of the trip was a conglomerate of the last few days as we had narrow intimate channels to navigate along with long crossings between islands. Luckily the wind had veered and was at our backs again. We passed small fishing villages, saw Bald Eagles and were accompanied on the last few kilometres by a pod of harbour dolphins.

Sitting on the sandy beach in the sun waiting for the outfitter, we had time to reflect on the four days travel. The paddling had begun in easy, more sheltered water, and then progressed to greater distances with more exposed stretches around the headlands and islands of the bay. It was an unusually exciting adventure, combining days with the ocean and its wildlife and nights with fine dining, the friendliness of small inns, and blissful comfort. The weather in early September was still great, but the main tourist season was over and we had been privileged to have had the area to ourselves. We had sampled some great beer and seafood and chatted with some interesting people. ♡

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Behind the scenes

Susan Hicks, Finance Manager

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

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

You manage the BCU's Finance department; describe your role, in just three words!

Varied, challenging and interesting.

And now, with a bit more detail...

I have a great team comprising of Sylvia Proctor who is Finance Officer and Sue Vickery our Finance Assistant, together we ensure that all the BCU finances are accounted accurately and we have fulfilled our statutory financial requirements. There is no such thing as an average day in the finance team, it can be as varied as providing support to the senior management team for grant applications through to ensuring that we pay our staff correctly.

It's no secret that the country is suffering from an economic recession. How has this affected the finances and funding within sport and, in particular, canoeing?

The BCU's funding is agreed on a four-year basis and we have just started the second year of the current funding cycle. Although there had been a recession in the rest of the country we have seen our funding grow in the last four years, this has been due to achievements made both within GB Canoeing as well as within the grassroots of the sport as seen in our healthy participation numbers.

You've worked in the BCU's finance team for two years, what's been the biggest challenge in that time?

The biggest challenge I have faced was my involvement in my first grant funding application. I had only been with the organisation for a couple of months and was faced with forecasting the entire business for the next four years.

And what's been your biggest highlight?

Understanding the difference between a canoe and a kayak!

What do you enjoy most about your role?

I love the interaction with other departments; the great thing about working within finance is you get to be involved in everything.

Everyone knows how important finance is! What do you think makes up a good finance team?

I think you need a passion for helping people and an interest in everything going on within the organisation. Sylvia is one of the longest serving staff members of the BCU, so her knowledge and experience is invaluable, coupled with Sue and I, who bring a fresh view to the financial workings, we make a great team.

Being a finance manager must be pretty stressful... one decimal point out of place and it could all wrong... how do you unwind when you are not at work?

I am married to Jason (also an accountant) and we have two boys, Sam who is eight and Oliver who is six so I don't have a huge amount of free time once I've finished taxing the boys to football, rugby and tennis, but when I do get a bit of time I enjoy meals out and a good natter with my friends over a glass of wine.

Quickfire questions!

I would describe my character as... positive, approachable and bossy

When I'm not working I...

have two small boys who require a lot of ferrying around.

The last book I read was...

The Diary of Fitzwilliam Darcy.

The last film I watched was...

The Proposal.

The last time I cried was...

at the end of The Proposal (I love a happy ending).

My ultimate goal is...

to retire at 50.

I relax by... drinking wine.

My favourite food is... steak.

My favourite drink is... wine.

My favourite TV programme is...

Murder Mysteries.

My favourite car is... Mini.

My favourite subject at school was... maths.

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

On my iPod, I'm listening to...

I don't own an iPod (I'm technologically challenged!).

The person I most admire is...

Joanna Lumley (I hope I look that good at her age).

I get really angry about...

the males in my life leaving the toilet seat up.

If I didn't work at Canoe England I would be... a lady of leisure.

In 10 years time, I would like to be... retired

One thing you don't know about me is... I was going to be a dentist but got bitten on my work placement, numbers seemed a safer option.



Above: Susan Hicks.

pyranha

REBEL

FOR KAYAKING ADVENTURES PAST, PRESENT AND FUTURE



Technical Information

- 1 Top end WW performance**
- Versatile river runner in a friendly package that is easy to get to grips with
- 2 Super manoeuvrable**
- The most responsive, predictable and FUN kayak out there for kids
- 3 User-friendly and stable**
- Great for developing skills and pushing it to the next level
- 4 Easy to roll and lightweight**
- 5 Available in a choice of 2 outfittings**
- **Rapid**, best for those with advancing paddling skills or paddling in more demanding conditions
- **Club**, best for clubs and groups looking for value and performance

LENGTH	WIDTH	VOLUME	WEIGHT
214cm / 7' 2"	56cm / 22"	155lts / 41gals	12.4kgs / 27.2lbs

PADDLER WEIGHT RANGE

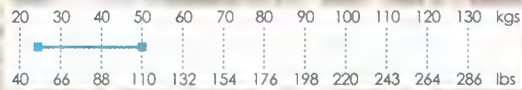


Photo NIGEL WILFORD Paddler HOWARD



fusion

Technical Information

- 1 Super stable hull**
- Stable and forgiving hull, a fun kayak for all abilities
- 2 High volume**
- For helpful lift over river features
- 3 Rear hatch and foam bulkhead**
- Plenty of storage space for paddle gear
- 4 Skeg system**
- Pyranha's tried and tested skeg system, with drag reducing skeg box, will keep you tracking in a straight line
- 5 Deck features**
- Paddle park, reinforced RDFs and elasticated deck lines
- 6 Available in a choice of 2 outfittings**
- **Connect 30** for river running up to grade 2
- **River Tour**, featuring FlipTop backrest for recreational use

LENGTH	WIDTH	VOLUME	WEIGHT
294cm / 9' 8"	63.5cm / 25"	250lts / 66gals	18.5kgs / 40.7lbs

Std 312cm / 10' 2" 66cm / 26" 308lts / 81.5gals 20.8kgs / 45.8lbs

PADDLER WEIGHT RANGE

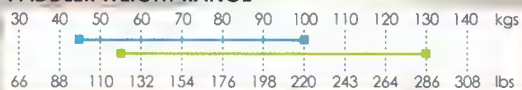


Photo MAT BOSTOCK Paddler DAZ CLARSON



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By **Enthusiasts** & **Enthusiasts**
www.pyranha.com



THE ADVENTURE STARTS HERE



The Dagger APPROACH: The original hybrid kayak. Offering unrivalled stability and versatility, it's perfect for learning, and for club or centre use. A rear storage hatch offers storage space for day or overnight trips, and an adjustable drop down skeg keeps you pointing in the right direction. Explore in it, run rapids, or just go for a paddle. Either way, the Approach is your ticket to a new adventure.

Available in two sizes: the 9.0 and 10.0 featuring Dagger's comfortable and easily adjustable outfitting.