

canoe

focus

Competition

**European Canoe
Sprint Championships**



Features

**2012 venues
Highland rookies**

Canoe trail

**Chelmer and
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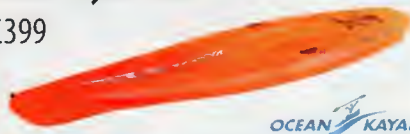
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Bowman House, Lea Road, Waltham Abbey,
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www.canoesandkayaks.co.uk

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The official magazine of the British Canoe Union
 18 Market Place, Bingham NG13 8AP
 Tel: 0845 370 9500
 0300 011 9500
 Fax: 0845 370 9501
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President
 Albert Woods

Chair
 Brian Chapman

Chief Executive Officer
 Paul Owen

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

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

Contributors
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 Andy Goodsell, Tamsin Phipps, Howard Blackman, Spencer Smith, Anne Ferguson, Balint Vekassy., Essex Waterways Ltd, Kimberley Walsh, Coral Jackson and Chloe Nelson.
 Ed McKeever cover photo:
 Anthony Edmonds
 http://aephotos.zenfolio.com
 Rachel Cawthorn centre photo:
 Dan Rowley/Colorsport
 www.colorsport.co.uk
 01306 712233

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Left: Tim Brabants MBE receives his BCU Vice Presidency Award at Dorney Lake from Albert Woods, President of the BCU.

Hello and welcome to the August Canoe Focus



It's been a fantastic summer so far for all of our GB teams, having won over 20 medals at international competitions already. A special congratulations goes to our four new Canoe Sprint European Champions; Rachel Cawthorn, Ed McKeever, Lani Belcher and K2 pair Jon Schofield and Liam Heath. More about all the major competitions can be found in our competition pages further in the magazine.

It was great to see Tim Brabants MBE (pictured above) receive his BCU Vice Presidency Award at Dorney Lake, last month. Tim's coach, Eric Farrell, also received a BCU Award of Honour, both presented by Albert Woods, President of the BCU. Both Tim and Eric have made, and continue to make, huge contributions to the profile and development of canoeing and it's really pleasing to honour them in this way.

Despite the international competition season soon coming to an end, we have lots of forthcoming events for you to look out for. Dates for the Canoe England Club Forums have been scheduled for October and November and the British Indoor Kayak Championships are taking place at the Lee Valley Athletics Centre on 20th – 21st November. Towards the end of the year, we also have the Canoe England Coaching Conference and Volunteer Awards to look forward to. We've included more details, further in the magazine.

Enjoy the rest of the summer, with lots of exciting paddling. Why not try the Chelmer and Blackwater Canoe Trail on Page 48?

Happy Paddling!

Paul Owen, Chief Executive



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	Start	Finish	Discipline	Event
August	5-Aug	8-Aug	Canoe Slalom	European Championships - Under 23 & Juniors - Markkleeberg, Germany
	7-Aug	8-Aug	Canoe Polo	European Cup - Anzola dell'Emilia (Bologna), Italy
	13-Aug	15-Aug	Canoe Slalom	European Championships - Cunovo - Bratislava, Slovakia
	14-Aug	15-Aug	Canoe Polo	London International
	14-Aug	26-Aug	Canoe Sprint	Youth Olympic Games, Singapore, Singapore
	14-Aug	26-Aug	Canoe Slalom	Youth Olympic Games, Singapore, Singapore
	19-Aug	22-Aug	Canoe Sprint	World Championships - Poznan, Poland
	21-Aug	22-Aug	Canoe Slalom	ICF World Ranking - Slovak Open - Bratislava, Slovakia
September	1-Sep	5-Sep	Canoe Polo	World Championships - Milan, Italy
	4-Sep	5-Sep	Canoe Sprint	National Sprint Regatta, Holme Pierrepont
	9-Sep	12-Sep	Canoe Slalom	World Championships - Tacen, Slovakia
	18-Sep	19-Sep	Canoe Sprint	European Olympic Hopes - Piestany, Poland
	18-Sep	20-Sep	Canoe Polo	European Club Championships - Essen, Germany
23-Sep	26-Sep	Canoe Marathon	World Championships - Banyolas, Spain	
October	10-Oct		Canoe Marathon	Hasler Final Worcester
	16-Oct	17-Oct	Canoe Slalom	European Club Championships - Epinal, France
	24-Oct		Canoe Slalom	British Open Championships - Home Pierrepont
	20-Nov	21-Nov	Canoe Sprint	British Indoor Kayak Championships
Websites	Canoe polo : www.canoepolo.org.uk		Marathon racing: www.marathon-canoeing.co.uk	
	Canoe sailing: www.intcanoe.org.uk		Slalom: www.canoeslalom.co.uk	
	Sprint: www.bcu.org.uk/our-sport/sprint-racing		Surf: www.bcusurf.org.uk	
	Freestyle: www.ukfreestyle.com		Wild water racing: www.wildwater.org.uk	

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Get behind our athletes this season in an official GB Canoeing Supporters t-shirt. Representing your country in sport is a truly great achievement and we would like to demonstrate to our athletes how much we support them in whatever discipline they compete in.

If you have been to an international event you will have seen that supporters from other countries have a team ethos in terms of the clothing, flags and general support and we would like to support our athletes by replicating that. For our athletes to look up at the start of their event to see us there would be a great boost for them.

Who can be a supporter?

Anyone can! Canoeist or non-canoeist – all are welcome!

How can I become a member?

You can sign up for the GB Canoeing Supporters club at the National Regatta, Nottingham on September 4-5th. Look out for online registration coming soon at www.gbcanoeing.org.uk.

What does being a supporter mean?

Members will have their own area on the GB Canoeing website where there will be team and supporter's information, photos and competition details. Each member will get regular newsletters and updates as well as the opportunity to purchase GB Canoeing Supporters clothing. The clothing and additional items are only available to GB Canoeing Supporter members. Each year as part of their membership a supporter will get an item of clothing. This year it is a polo shirt with an embroidered logo.

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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 **10-15% 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 discounts, just show your membership card at the time of purchase. Terms and conditions apply. Please contact stores directly for more details.

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

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In brief



GB Canoeing have launched a new website

Follow our GB teams and keep up to date with all the latest news, results, pictures and videos at www.gbcanoeing.org.uk.

Club's chance to win £100 of Cotswold Outdoor vouchers

Is your club full to the brim? What is it like and how can we help you? These are all questions we would like to answer so that we can assess the state of our facilities and make the case for funding in the future. With government cuts looming over sport, funding for facilities is bound to be reduced – so all the more reason for us to make a good case for what we require and support you in the future with funding.

To do this we need your help. We have produced a survey, which aims to capture just what facilities are used by canoeists at our clubs. Please help us by completing whatever you can on the questionnaire. It can be done online at www.canoe-england.org.uk/facilities or email: julia.robertson@canoe-england.org.uk and we will send you a form to complete manually. All of the respondents will be entered into a draw for £100 of Cotswold Outdoor vouchers.

Members Directory in 2011

It has been decided that the BCU will not be printing a Members Directory in 2011. Most people search for up to date information online now.

We are aware that the current Canoe England and BCU websites could be improved and we will be investing more resource into website developments and improvements in the near future. Following feedback from members in a recent online survey, it was found that the directory was not the most relevant form of communication. For that reason we will cease to produce the member's annual directory and invest in our websites instead.

We will of course ensure that the same information and listings will be available on the websites, which are due to be revamped in the new year.

Photo competition winners

We are pleased to announce that the winner for May's Photo Competition is Sam Jackson. For June, the winner in the Under 18 category is Grant Underwood and for the adult, Steve Perrott. There were no winners in the May Under 18 category. Congratulations to the winners who have each received either a £25 Cotswold Outdoor or WHSmith voucher. Please turn to page 56 to see all the photos.

2012 slalom venue taking shape

New aerial images, just released by the Olympic Delivery Authority (ODA), show the site of the new world-class White Water Canoe Centre for the London 2012 Games taking shape. The images show the first of the canoe courses nearing completion with the venue on track to be completed later this year.

The Lee Valley White Water Canoe Centre is being built by the ODA in Hertfordshire and will host the canoe slalom events. Before and after 2012, the venue will be owned, funded and operated by Lee Valley Regional Park Authority as a sporting and leisure facility for canoeing and white water rafting, as well as a major competition and training venue for elite events.

The ODA started construction work on the venue in July 2009 and over 100 people are now working on site. Concrete works on the canoe courses are

well underway with the 160m-intermediate/training course nearing completion and the 300m Olympic competition course taking shape. The two-storey facility building is also now structurally complete with internal fit-out work now underway.

Paul Owen Chief Executive of the BCU said, "This Lee Valley White Water Canoe Centre is really taking shape, we are now seeing just how impressive the facility will be. This time last year it was difficult to conceptualise, but the completed facility building and the progress on the course footprint, really set the scene and provide a glimpse of the incredible legacy it will leave for canoeing and rafting. When the facility is completed and water flows, the venue will be spectacular, a real showcase for the sport and for the brand new Olympic venues being built."



Above: Top aerial view of the site showing the progress.

Record Eskimo roll

Hundreds of banner waving pupils gathered at a West Bridgford swimming pool as they watched their teacher get into the record books for the second time. Helen Barnes achieved a Guinness World Record after she completed 100 Eskimo rolls without a paddle in three minutes and 46 seconds, breaking her own record by 15 seconds.

Helen said after the challenge, "I'm delighted that so many people turned up to support me. It helps having people cheer you on and seeing the kids so happy. I'm sure that's why I went 15 seconds faster."

Pupils from Radcliffe-on-Trent, Lady Bay and Cotgrave Candleby Lane primary schools joined

her friends and family to watch her in the outdoor pool at David Lloyd Leisure Club.

She added, "I was trying to stay calm and think about my breathing. I'm going to have a rest and start training for the 2012 Olympics."



SPORT
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NATIONAL OUTDOOR CENTRE

World-class facility scales new heights



ON 17th June, paddlers, climbers and all those with a love of the outdoors were out in force to celebrate the re-launch of Sport Northern Ireland's new multi-million pound adventure sports facility: Tollymore National Outdoor Centre. Joining Sport Northern Ireland to mark the occasion was TV presenter and record-breaking canoeist Helen Skelton.

Located at Bryansford on the edge of the Mournes in Northern Ireland, the well-known and renowned outdoor activity centre has re-opened its doors following a £5m complete re-build of the facility. The stunning new building is a state-of-the-art purpose built facility

that quite simply takes your breath away.

The facilities you find there are second to none - a heated indoor rolling pool for teaching kayak rolling skills, a new gym and climbing training wall as well as the existing Hotrock climbing wall, fully stocked equipment stores, and extensive changing and drying facilities.

The accommodation is no less impressive, with 20 twin bedrooms all furnished to the highest standard with en-suite facilities. And for training or business purposes, the centre now has 2 meeting rooms, a large conference room, and a comfortable lounge area, all with exceptional views.

To ensure the new building is in keeping with its surroundings, it has been built to be very eco-friendly, incorporating a biomass boiler system, solar panels and rain water recycling system. The design itself is sympathetic to the setting and the concept was guided by those very much in touch with outdoor recreation with Dawson Stelfox who was the first Irishman to climb Everest leading on the design.

The centre provides training and development at all levels for a range of outdoor sports. The centre staff are some of the most experienced and well qualified in the United Kingdom and Ireland and are enthusiastic practitioners of the sports as well as tutors. The centre has partnered with the Mourne Heritage Trust to be a Mourne Information Point and can provide information on walking routes, access points and information on the flora and fauna of the Mourne Mountain environment.



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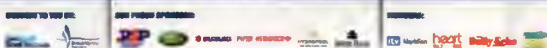
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In brief

Commonwealth Games

Canoeing is now a possible sport for the Commonwealth Games – this potential addition to the International Canoe Federation (ICF) calendar is extremely important for the development of our sport.

The ICF was delighted to announce last month that following a series of meetings culminating in a presentation the Commonwealth Games Federation has approved the classification of canoeing as a 'Category Two' sport in the Commonwealth Games movement.

By becoming a 'Category Two' sport, canoeing is now eligible for inclusion by prospective cities within their selection of up to seven additional sports. The earliest Commonwealth Games that canoeing could be included would be in 2018.

The next step for the ICF is to begin working with the candidate cities of the 2018 Games as they develop their bid proposals. The decision for the 2018 Games will be made in November 2011.

Beachwatch Big Weekend

Sign up now and join thousands of volunteers helping to turn the tide on UK beach litter

The Marine Conservation Society (MCS) urgently needs volunteers to take part in the UK's biggest beach clean and litter survey which takes place in September.

Over 4,500 volunteers took part in Beachwatch Big Weekend 2009, cleaning 397 beaches. MCS is hoping that this year's Beachwatch will be even bigger and better, and that more of the UK's beaches will be cleaned and surveyed.

The tide of litter washing up on our shores is not just unpleasant to look at; it can harm and kill some of our best-loved marine animals. Many species of marine wildlife including seabirds, seals, dolphins and whales mistake marine litter for food or become tangled in it; resulting in horrific injuries and sometimes death.

The MCS surveys show a 75% increase in the amount of beach litter since the first Beachwatch in 1994, with plastic waste increasing by a massive 121%. In 2009 alone, over 12,000 cotton bud sticks were found on UK beaches, along with 16,000 drinks bottles, 20,000 lids and 17,000 items of fishing litter.

The MCS Beachwatch Big Weekend provides a simple and effective way in which everyone can help tackle the relentless wave of rubbish washing onto our beaches and at sea.

Beachwatch Big Weekend 2010 takes place over the 18th and 19th September. Register online at: www.mcsuk.org or telephone the litter team on 01989 567807.

Girly surf paddling day in Bude

Take 13 eager beaver wannabe surf chicks, the most gloriously sunny day, some great surf of four to five feet and a top coach in the form of ex World Champion, Simon Hammond, ably assisted by England team paddler Robyn Pearcey and what have you got? Lots of smiles, laughs, great learning and a fantastic day had by all!

Each of the sessions took place on the beach first. They all focused on the fundamentals of core stability, balance and kinaesthetic awareness. Once they were happy with these concepts they got to grips with it on the surf. At that point there were a few girls popping out of their boats and the odd roll, but everyone was still smiling and laughing!

Once they had all mastered top turns, it was time for some serious surfing. Yet more rolls and laughs then it was time to come back to the shore for a final chat. The grand finale was for everyone to choreograph all of the moves they had learned over the day and design their own wave journey.

One of those attending Clare Morgan said, "I'm not saying anyone of us will be representing the England team in surfing, or become a Level 5 surf kayak coach overnight but what we did do for a day was inspiring for me as the West Midlands Regional chair. I'm sure I speak for every girly there when I say let's see more inspirational sessions like this with equally inspirational coaches leading them!"



Above: Top turns using muscle memory.

Clare Allen



Clare died on June 30th, three days short of her 72nd Birthday in Hospital in Guernsey. We met, and married, as instructors at the Devon Outward Bound School, both being passed as BCU instructors and much later as sea and inland instructors by Oliver Cock. From 1963-65 we worked at the Girls OB School in Wales and then moved to Cornwall.

With me, she helped found Penzance Canoe Club in the 1960s and she ran a unit of the Corps of Canoe Lifeguards at Sennen, introducing line and reel techniques and becoming the first lady examiner of the Surf Lifesaving Association of GB. She was a regular competitor when the British Surf Kayak Championships were held at Bude and was ladies champion one year.

On moving to the Lake District in 1972 she taught and later became chief instructor at Camp Windermere and was involved as a slalom coach with the Ambleside Area Adventure Association in the 1970s and 80s, competing herself in Division 3. For several years she was chairperson of the Cumbria Coaching Panel and was given an Award of Merit by the BCU.

I have posted the following on the UK Rivers Guide book Inland Forum, some of the posts are also quite touching regarding Clare's influence over the years.

www.ukriversguidebook.co.uk/forum/viewtopic.php?f=3&t=65507

Alex Allen

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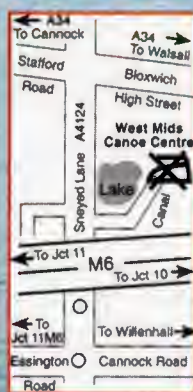
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In brief

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.

Independent Safeguarding Authority

Many of you will by now have heard that the Government has halted the roll out of the proposed Vetting and Barring Scheme pending an extensive review to allow the schemes to be scaled back to 'common sense levels'. Voluntary registration was due to start on the 26th July.

Although the scheme is halted whilst the Government undertakes its review, new safeguarding regulations introduced in October 2009 continue to apply. For further details see the safeguarding pages of our website.

New CRB form introduced

The new CRB application form was designed to allow customers to apply for a CRB check and ISA registration on one simple form. However, as a result of the Government's recent announcement to halt the launch of ISA registration phase of the new Vetting and Barring Scheme, this form should only be used to apply for a CRB check. To help ensure that the form is completed correctly please refer to the guidance notes that we have produced to support applicants.

A big continuing rise in participation

Summer is definitely here! Canoeing continues to rise in participation across the country and that's a fact!

According to the latest Sport England Active People survey we are continuing to exceed our expectations. There are now 57,200 people aged 16 and over paddling at least 30 minutes once a week. This is a fantastic rise in participation of 13,700 from our baseline in 2008 of 43,500. A huge thank you to you clubs, centres, coaches, volunteers and our partners from the canoe trade for achieving this success. This would also not have been possible without the investment from Sport England which impacts in so many ways across the sport.

There are 50 'Go Paddling' events planned so far across the country this year and the number keeps rising. These events are aimed at attracting new participants in to the sport and are a wonderful opportunity to help and inspire more people to go paddling. If you would like to know more about how to become involved in a 'Go Paddling' event visit the Canoe England website home page www.canoe-england.org.uk.

Canoe 2012 events are also busily being delivered across the country with over 70 events happening this year. These events are aimed at paddlers,

coaches, clubs and centres looking to expand their opportunities within our fantastic sport, details of which can be found here www.canoe-england.org.uk.

We have been working very hard over the past year to produce a resource to support canoeing in secondary schools. This resource will clearly demonstrate to our friends from education exactly how our sport can and does raise Schools achievement and attainment. School competitive sport is also an area that we have been working to develop; many months have been spent developing a competition framework for schools.

We hope to officially launch competition framework at the School Sport Partnership Conference at Telford in October and the Secondary Schools Resource at the Sports Colleges Conference in February 2011. One more interesting fact is that 449 School Sport Partnerships out of 450 offer canoeing.

Finally, the Paddlepower Coaches Handbook is on its way, and I apologise for the delay, however when it arrives, I would like to think that it will be just what you have been waiting for!

Thank you for your support.

Howard Blackman
Canoe England – Head of Participation

What does a 'Go Paddling' event involve?



The aim of the programme is to 'help and inspire people to go paddling' and this will be achieved by

your club or centre providing a positive and welcoming paddling experience within a managed environment.

Each club or centre will be encouraged to provide a taster event and a follow up session at a time, which suits you. If you already provide taster sessions we are not asking you to put on more, just that you let us know when and where you have them so we can help you promote them. If you do not already run taster sessions maybe it is something your club or centre could look into doing. We would like to encourage you to run the follow up session within a month of the taster session to gently take the new paddlers on that next step along the paddler pathway.

What support do we get from Canoe England?

As part of this programme, Canoe England would like to support you by signposting email and phone enquiries from head office to your club or centre as well as promoting the sessions through the website and Canoe Focus. We will also provide you with resources and templates to help you set up and run the event.

How do you benefit?

- Support from Canoe England for your club or centre to manage and prepare for the potential rise in interest in paddlesport.
- Potential and new members.
- Welcome pack templates and resources.
- Promotion of your club or centre through the website and local press.

Cross stream challenge



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

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

For more information contact your Home Nation.

Let the challenge begin

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

A Fantastic Flexible Paddlesport Challenge



Go ahead, give it a go!

FUN and FLEXIBLE Paddlesport for young people. 5 Awards that take you on a fantastic journey of Paddlesport discovery.

For more information contact your Home Nation.



Paddlepower Start

An entry level award suitable for taster sessions or as part of a series of beginner sessions



Paddlepower Passport (Equivalent to BCU 1 Star)

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



Paddlepower Discover (Equivalent to BCU 2 Star)

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



Paddlepower Explore (Supporting levels 7-9)

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



Paddlepower Excel

Three levels to test the paddler on all elements of Paddlesport - coaching, training, events, journeys and background knowledge - providing a high challenge for all paddlers.

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

British Canoe Union, 18 Market Place, Bingham, NG13 8AP



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

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

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

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



CANOE ENGLAND Christmas Card Competition

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

Canoe England is searching for a design for 2010. Over the last seven years we have had some great entries and are hoping to get another 'cracker' this year! So get your pens and paints at the ready and read the entry requirements below.

- The picture must be about Paddlesport and Christmas. For example images of where you go paddling/your friends or family paddling - surprise us with your imagination!
- The size should be around 150 x 210mm (A5) but don't worry if it is A4 we can always reduce it to fit if needed.
- It can be colour or black and white but must be hand drawn/painted.
- It must be all your own work.
- Please send a S.A.E if you want your work returned to you and remember to write your name, age and school year, address, phone number and club or centre on the back of your picture.
- Great prizes to be won and the winning design used by Canoe England this Christmas!
- Prize categories are based on the following school Key Stages for the academic year 2010-2011.
Key Stage 2; Key Stage 3 and Key Stage 4.

Entries need to be in by Friday 15th October - so get cracking!

Send your entries to: Kimberley Walsh, Canoe England, 18 Market Place, Bingham, Nottingham, NG13 8AP.

Condition of entry:

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

www.canoe-england.org.uk

In brief

Wavehopper double

This was the first time that these two events have stood on their own and have been organised through the host clubs. The success was down to the hard work by the volunteers from Tyne Valley and Carlisle Canoe Club with lots of offers of help from coaches and parents attending the event to support the young paddlers. Entries to the two events were from as far as Oakwood School, Duddon, Carlisle, Coquet, Blyth and Durham also were in attendance, which boosted the numbers of juniors competing.

Cheshire Show success



On the 22-23rd June, Canoe England alongside Cheshire West and Chester County Council brought canoeing to the Cheshire Show. Over the two days over 400 people competed in a 100m ergo challenge.

Go Dales!

The Go Dales! Adventure day was held jointly with Yorkshire Dales, Nidderdale AONB, North Yorkshire Sport, Cycle Touring Club, CLARO (Harrogate based Orienteering Club) and the BCU at Thruscross reservoir. The activities available were canoeing, kayaking, climbing, off road biking and orienteering. Originally it was intended the event would provide an introduction to the project for many people, but this would only allow one bookable activity per person plus drop in sessions. In the end the numbers attending meant that it could be changed to allow each participant the opportunity to take part in the full range of activities on offer, giving them a really diverse outdoor activities day and a superb experience

New kayak club launches in Bishop Auckland

A new club was launched at the Woodhouse Close Leisure Complex in Bishop Auckland, Co Durham in June. The formation of the club is the result of months of planning, and a project, which was led by Nigel Douthwaite, Sports Development Officer with Durham County Council and Ray Hudspith from Canoe England. The club was formed in response to the Wear Valley School Sports Partnership setting up a number of Sport Unlimited sessions with local coaches and needed an exit route for progression. A grant of £6,380 from the Bishop Auckland and Shildon Area Action Partnership was used to purchase equipment.

A fantastic weekend of canoe polo



Above: BBC presenter Caroline Davis and Dave Rawding from KKC presenting the cup.

Hull International Canoe Polo Challenge 2010 3-4th July

This was another great weekend of canoe polo, showcasing the sport, in the stunning venue of Princes Quay; four pitches in the old city centre dock surrounded by bars, cafes, shops and the astonished public.

Forty-one teams played hard having nine or more games over the two days ending in a close final with Dragon just overcoming White Rose to take the Hull Canoe Polo Challenge Cup by 3-2.

The awards were presented by BBC presenter Caroline Davis and Dave Rawding from KKC.

Development at Halton Rapids

Land on the north bank of Halton Rapids has recently changed hands and the new owners Lancaster Co-Housing are looking to develop new eco friendly housing project on the site. They have invited paddlers to use projected on-site facilities. These developments will hopefully include car parking, toilet and changing plus improved river access/egress. The agreed access for use of the river is from 1st November to 15th March and then from the 16-31st March. Access may be allowed by prior arrangement with the LRA (at present Patricia Green see CE Members Directory for details).

Canoe 2012 hits Halifax

Halifax Canoe Club along with Canoe England organised and ran a very popular slalom focused canoe 2012 event at Halifax Canoe Club on the 23rd May. Ten people from throughout the region enjoyed getting their first taste of slalom canoeing and kayaking on the white water course.



Multi-discipline day of success for club

Pleasley Vale Canoe and Activity Club organised a really successful 'Go Paddling' and 'Canoe 2012' day where over 70 people took part for the first time and enjoyed the games and competitions.

P&H supported the 'Go Paddling' event by bringing a range of demonstration boats. The GB raft team headed up a mini sprint competition with two four-man rafts. A 100-metre course was set out with a buoyed turn at half way. Eight teams took part in the head to head event that consisted of heats, semis and a final.

The main highlight of the day was a demonstration canoe polo match between Viking and Derby Rammers on the club's new outdoor polo pitch. Spectators were impressed and inspired by the skills and fast pace of the game.

Throughout the day the teams offered coaching and skill workshops, introducing paddlers into the game. It was a great day and was fantastic to see so many people and different boats out on the water at the same time. The event has introduced many new people to the club and helped them to put their outdoor polo pitch on the regional map.



Above: Demonstration canoe polo match between Viking and Derby Rammers.

St Peters School's taste of Olympic paddlesport

St. Peters High School, Burnham on Crouch, Essex had a taste of the 2012 London Olympics, when Ashley Bartlett from the Lee Valley Regional Park Authority presented an update on the facilities being built within the park. The main emphasis of the presentation was on the future use of the course.

After the presentation, pupils competed in a Canoe 2012 sprint challenge on two Canoe England paddling machines over the Olympic distance of 200m, provided by Jeff Toser, Paddlesport Development



Officer for the East region. Support for the competitors was very vocal, led by Chris Davies, teacher and volunteer Regional Coaching Officer for Canoe England.

There was much inter-year rivalry, each wanting to have the fastest person in the school over the 200m, with each group of supporters becoming louder! The school champions were McCawley Fisher from year eight and Brooke Bell from year ten. Thanks go to Cas Becker, Head of PE, for organising the event.

In brief

East Region Development Team goes hi-tech

With the east being the second largest of the Canoe England regions, organising team meetings for the reformed development team has always posed the question of where to meet. That was until Gary Aldam introduced conference calling using the internet, via Skype. Team members can now have the meeting without the usual long drive. This high tech approach requires a strong chairperson, as more than one representative speaking makes the conversation unintelligible. The east is lucky to have Rob Bates who keeps the meeting in order. There is still a place for the face-to-face meeting, but not as often as before, as this system has been acknowledged to be working well.

Lincoln CC record

Lincoln CC are working with the Activities Away Centre to organise a 'Canoe 2012' and 'Go Paddling' event on 14th August. The event will include canoe polo, sprints, slalom and long distance races, individual and team. Open to anyone who has paddled, for information please contact Gary: deborah_quittenton@yahoo.co.uk

Solihull award for Peter

Congratulations to Peter Jones from Solihull Canoe Club who was awarded the Solihull Sports Council Service to Sport Award 2010. Peter has been an instrumental member at the club and has put a lot into the sport. Earlier this year the East Midlands Regional Development Team launched www.empaddlers.org, which provides paddlers with useful information on courses, events, news and interesting forum topics.

Tourability lucky seven

This was the seventh year that the event has taken place and as every year the sun shone brightly and the scene was set for a lovely day on the river.

Tourability is organised by the West Mids region specifically for those with a disability, on the River Severn This year probably saw their highest number of disabled people taking part with 26 on the water, with the coaches and helpers that was nearly 40 people on the river.

The coaches make this event possible and a big thanks should go to the staff of Ackers Adventure, Kevin, Jo, Andy to name a few and a special thanks to Major Charlie Miller.

Sustaining paddlesport in mid-Norfolk

Dereham Canoe Group has obtained a Sport England Small Grant of £9,638 towards their 'Sustaining paddlesport in mid-Norfolk' project. The purchase of specialist boats will support access to discipline specific Star awards, especially for teenagers, by enabling white water trips, sea kayaking, open canoeing, and freestyle.

In brief

Chippenham Sailing and Canoe Club achieve Clubmark

Chippenham Sailing and Canoe Club achieved their Clubmark status last month. Chairman David Manning said, "This is a fantastic award the whole process has helped the club focus on some key development issues and has opened up funding opportunities not previously available."

London region update

The London RDT held its first ACM on Monday 5th July. Thanks to those that attended and those that are standing on the committee. The new committee is carrying on with the hard work that was done by the interim committee. More information can be found at www.canoeondon.btik.com.

London's newest club focused on sea and touring

Chelsea Kayak Club is a new London-based club devoted to sea kayaking and touring, two paddlesport disciplines that lack support in the region. This friendly recreational club has regular Thames paddle sessions, training courses and most importantly lots of trips – both nationally and abroad. For more details visit www.chelseakayakclub.co.uk.

WWR proving that canoeing is for all

Sixty years but just 13 seconds separated the youngest, Danny Acquisto from Herts Young Mariners, and the oldest, Richard Davis from Itchen Valley Canoe Club, at the River Lea Wild Water Race in Hertford; proving that canoeing really is a sport for all.

The event is an ideal development event, which includes shooting Hartham Weir, which was constructed especially with canoeist in mind.

The event was preceded by a WWR training session run by Torstein Krebs and was one of a series of events hosted throughout the region in the last year to promote the discipline and to raise standards. The results of this event show that Torstein is having a fantastic effect on WWR in the south and east of England, an area not traditionally noted for its wild water!



Above: A C2 team tackling the River Lea.

Enthusiastic response to Hampshire Games

The 12th year of the Hampshire Games saw over 700 enthusiastic sporting young people from across Hampshire travel to Aldershot.

This was the only the third year that canoeing was part of the prestigious event and with nearly 60 young people taking part in paddling, it was the second largest competition at this year's games.

The canoeing event was held for a second year at Basingstoke Canal Canoe Club (B3C), three miles from the main stadium. There was a challenging slalom course for the kids to work their way through, followed by a Canoe 2012 sprint competition organised by coach Trevor Wetherall.

Winners on the day were Winchester and District Canoe Club, closely followed in second place by Itchen South District Scout's yellow team, with Rushmoor's B3C team taking third.

The teams were built on a 'Sport Unlimited' project, where school children were given the opportunity to take up paddlesport at a canoe club. They worked on developing their skills, learning to paddle and more importantly get ready to compete for their local authority at the games.

Local company 'On Tap' also kindly sponsored the event by purchasing 60 brand new buoyancy aids for the kids to wear on the day, which have been shared out between the Hampshire clubs to be used for new school club links in the autumn.

Samantha Jones, Hampshire Watersports Officer said, "The take-up in schools and support from the local schools was so huge I had to put in a second 'Sport Unlimited' bid. All this shows that canoeing

is definitely a growing sport in Hampshire and school children are taking up the opportunity more than ever."

A big thank you goes to Alan Ebage, Club Chairman and Liz Murnaghan, Club Secretary of B3C, who kindly let us use the club for the event and again provided massive support. Also huge thanks to all the club volunteers who put in much hard work as always.

For more information visit: www.sporthamshireiow.co.uk



London Youth Games

The London Youth Games were held on Saturday the 5th June, attracting more than 170 athletes across 24 boroughs. The event is proving to be a good testing ground for athletes who are just starting their competitive career and those that are experiencing competitive paddling for the first time.

There are some athletes that have definitely made their mark on the event and on their future prospects within the sport. Josh Henman, from Richmond CC, was dominant in the Cirrus Senior Male event. Jamie Grover, from Meridian CC, not only won the Junior Female Slalom; she also set the fastest overall time for the slalom. Finally Ealing, who won the K4 event from Richmond



Above: A slalom competitor.

and showed what good team work can do.

A big thank you to all the volunteers, that gave their time to assist with the running of the event. Thank you also to the following clubs:

Shepperton Slalom CC for

loaning all the gates and six of the slalom boats; Meridian CC for loaning slalom boats; Richmond CC for loaning their Rocket K4s. Finally a very big thank you goes to Fairlop Sailing Centre and Barking and Dagenham CC. Barking and Dagenham CC not only provided the majority of the racing boats plus a few slalom boats, they also provided safety, starting and boat control for the sprint events. Fairlop Sailing Centre provided craft for both events and also handled the boat control and judging for the slalom event.



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29km of beautiful meandering waterway from the heart of historic Tonbridge, through the county town of Maidstone, to your journey's end at Allington. Obtain your free copy of the Medway Canoe Trail Leaflet, which includes route details, licensing requirements and interesting facts about the Medway Navigation in Kent.

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



Volunteering matters

Volunteers are the lifeblood of our sport – without them the majority of the sport just couldn't function. Volunteers are extremely valuable and deserve considerable praise and thanks, so it is essential that they feel their role and actions are important; whilst awards are a great way to reward volunteers, there are many other ways that you can thank your volunteers.

So how can you reward your volunteers?

Sometimes it is the simple things that make a difference – just saying thank you or offering praise. Other ideas include:

- Nominate them in the Canoe England Volunteer and Recognition Awards.
- Take an interest in your volunteers.
- Praise and thank them for what they are doing.
- Tell Canoe England about your volunteers.
- Formally thank them at committee meetings and in newsletters.
- Download the Canoe England volunteer certificate for presentations.
- Send them birthday cards.
- Organise social events for volunteers.
- Listen to their ideas.
- Look at providing/paying for relevant training.
- Ensure club members understand the impact that volunteers have on your club.

Remember, most volunteers get pleasure from volunteering but we all like to be treated well and a thank you goes a long way. Rewarding volunteers is an essential part of retaining your club's workforce – it cannot be left to chance! For more ideas on how to recruit, reward, and retain your volunteers log onto www.canoe-england.org.uk/volunteers.

In brief

Keep updated

Keep up to date on news and our resources at www.canoe-england.org.uk/volunteers!

Volunteer coordinator pack

Volunteer coordinators can register for their coordinator pack on the website. The resource is designed to support you in your role and includes advice, ideas and templates focusing on recruitment, recognition and retaining your volunteers.

London 2012

Keep an eye on the website for more information about volunteering at London 2012. A new section has been added to keep volunteers up to date. Up to 70,000 volunteers will be needed to help put on a truly spectacular Olympic and Paralympic Games and registration is expected to open later this year.

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

Canoe England Volunteer and Recognition Awards

Nominations are now open for the Canoe England Volunteer and Recognition Awards 2010. Let us know about your volunteers, officials and coaches who have made an impact in your clubs, centres, regions or disciplines.

Presentations will take place at this year's English Coach Conference in December where winners and their guests will be invited to celebrate their contribution to the sport. The closing date for nominations is noon on September 30th and can be made online. The online form is simple – just tell us about the person you are nominating, and you can even go back to it if you need to.

For more information about the awards visit the volunteers section on the website or see page 21



Above: Amanda Western – last year's 'Teacher of the Year' who had a special presentation in her school.

Canoe England club forums



Bookings are now being taken for the Canoe England club forums which are taking place over this winter. Canoe England staff will travel across the country to meet clubs and volunteers and this year we have worked with runningsports to provide a workshop specifically designed for canoe clubs. The workshop will focus on how to make the most of your club by understanding the legal options available to you (CASC, charitable status, incorporated and unincorporated). It will provide you with the opportunity to consider the options available to you, as well as the funding advantages of each status.

The day will focus on offering you the opportunity to ask your questions and share ideas with other clubs. It will be a great day to meet other clubs in your region as well as meet our staff. More information is available on the volunteers section of the website.



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!

Categories for Volunteers, Coaches & Officials

including awards for

Access Volunteers
Event Volunteers

Young Volunteers & Coaches
Employed Coaches & Teachers
Community Volunteers & Coaches
Impact on Disability Canoeing
Outstanding Contribution

and incorporating the

Ruth Holdway Award for Volunteering

Nomination forms available on
www.canoe-england.org.uk/volunteers

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.

Volunteer Development Officer, Canoe England,
18 Market Place, Bingham, Nottingham NG13 8AP
volunteers@canoe-england.org.uk / 0845 3709530

Volunteer & Recognition Awards 2010

Club receives grassroots funding

The 4A's (Adventure and Activities for All Abilities) Club based in Newark have been awarded a grant from the Nottingham Community Foundation. The club has attracted new members, and continues to grow, giving more disabled children and young people the opportunity to compete in a competitive sport at a national and international level.

The club is run by volunteers who train the paddlers, provide transport to and from competitions and act as bank support ensuring all sessions are completely safe and effective. Not all club members compete; some disabled participants attend the club to enhance their social interaction. The club this year has managed a very impressive list of awards and trophies including one member competing in the first World Paracanoe Championships and two members gaining Gold medals at the Special Olympics Summer Games.

The club was awarded £4,500 through the grassroots fund to provide new equipment for their members. The club have used the funding to purchase some new specialist boats as well as an ergo.



Volunteers needed

Could you give a little of your time at sprint regattas? We currently have a dedicated team of volunteers who help run the Paddle-Ability at sprint regattas but as the number of paddlers increases, the more volunteers that are needed. Currently we have a small team of escort boats who help paddlers up to the start line and in some cases down the course. If you think you could help volunteer as an escort for the Paddle-Ability races or in any other role then please get in touch.

For more information visit www.canoe-england.org.uk/our-sport/paddleability or Contact Clarisse Smith, Part-time Disability Officer on 07702 954949 or at: clarisse.smith@canoe-england.org.uk

Disability paddling's increasing profile

Welcome to this new Paddle-Ability section of the magazine. With disability paddling having an increasing profile, both locally and internationally, paddlesport is attracting an increasing number of disabled paddlers.

We look forward to publishing more articles about what is happening at your clubs and centres across the country plus individuals that are involved in Paddle-Ability as volunteers and paddlers. We also want to use this space to champion good practice and the work of volunteers who put so much time and effort into developing and working with disabled people.

If you would like to share your success and ideas on any projects and activities, which you or your club have been involved in, then please get in touch. Similarly, if you are disabled then let us know about a volunteer who has made a difference in your life or how you are enjoying disabled paddling.

What is Paddle-Ability?

To promote and develop canoeing for disabled people, the BCU and Canoe England use the concept and term Paddle-Ability to address the issue of participation in canoe sport and canoe recreation. Paddle-Ability focuses on the individual's ability in canoeing rather than disability. The idea of Paddle-Ability is inclusion, ensuring that everyone and anyone can have the opportunity to take part in paddlesport whether as a recreational activity or competing up to international level.

To find out more about Paddle-Ability the keep up to date at the Paddle-Ability pages of the website.

Disability officer

Clarisse Smith joined the Canoe England team as disability officer in April 2010 so let's meet her:

"I have started to settle into the post and one of the highlights so far has been attending the sprint regattas, meeting the Paddle-Ability paddlers and seeing them in action. It has also been wonderful to hear about the really good work clubs and individuals have been doing to support and encourage paddlers with disabilities. This year I am looking at producing some resources to help develop disability paddling so I would really like to hear about any projects or programmes you are developing or running."



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Gold Coast Surf Ski Race

Third in the British Surf Ski Series for this year, the Gold Coast Ski Race on 20th June claimed the biggest ever entry for a British Surf Ski race. With 81 boats, the field included top paddlers from Spain and Portugal as well as a large field of juniors.

Saunton Sands is a great surf location and the surf zone was packed with boards enjoying a good wave, which was developing in the lee of the headland. Surf skis are designed for punching out through surf, but are narrow, unstable craft and the experience can be wet and exhausting.

Glenn Eldridge won the race by a comfortable margin ahead of Ivan Lawler, with race organiser, Mark Ressel in third. Chloe Bunnett took the women's race by a large margin from Holly Hawkey and Jess Hanafin.



Above: Competitors getting ready for the Gold Coast race. Photo: Philip Nye.

Weymouth to Lulworth Cove

Sprinting from the whistle certainly gets the heart rate up quickly and £50 hot-spot prize for first to the buoy at 800m ensured more than ordinary determination among competitors. This was not however, a sprint competition but the 15km downwind (one-way) Weymouth to Lulworth Cove surf ski race, so after the buoy there was to be no let-up for the next hour and a bit. Ivan Lawler picked a perfect line to claim the bonus and was able to power home with Glenn Eldridge, just one second behind with Mark Ressel in third.

The women's contest saw only three entries, but despite this Chloe Bunnett paddled a superb race to finish ahead of many excellent male paddlers.



Above: Ivan Lawler, Graham O'regan, Glen Eldridge, Mark Ressel and Tim Widdershoven. Photo: Ian Robinson.

European Rafting Championships

The GB raft teams have recently returned from the European Rafting Championships, held in northern Italy on the Noce River. The site hosted the Slalom World Championships back in 1993 so already had all the logistics and amenities to cope with swarms of athletes!

In now legendary style, both GB men's and ladies R4 'A' teams steamed off securing Gold in the ladies and Silver in the men's head to head races. The men also gained a Silver medal in their time trial event giving them a huge lead in the overall standings. Newly formed men's and ladies R4 'B' teams, and men's and ladies R6 teams also got off to great starts in these races battling through a

few rounds before being unfortunately knocked out of the medal positions.

The slalom event got off to a steady start on the third day but ended tragically early after an accident involving Branka Stulic, a member of the Bosnian ladies team. Under the circumstances at the time, all British teams decided to withdraw. This was a tough decision but one that was felt very passionately about.

The race continued without a number of teams, and our congratulations go out to Czech Republic men and women R4, Czech men R6 and Slovakia women's R6. Our thoughts remain with Branka's family and friends.



Above: The GB rafting teams.

Hot sun, surf and action

This year's St Ives Bay Open took place in June hosted by Sunset surf cafe at Gwithian Beach. Competitors arrived and they had clean small surf to get the contest underway.

In the junior final they fought a ferocious battle, all vying for position and demonstrating what is in the pipeline for the sport showing that surfing kayaking is going to become even more spectacular having no fear and the skill to put the boat anywhere on the wave!

Following the juniors the masters took to the water to show what a bit of experience can do and again a very high standard of surfing was demonstrated. Another closely fought battle in good waves and some dynamic surfing.

On Sunday the day started with the ladies final which was closely contested all with very different approaches and styles from the brave and confident surfer to the smart and tactical to the approach of catch as many waves as possible and you are bound to have some good rides.



Above: Sam Davinport. Photo: Peter Copp.

The rest of the morning was spent in the blistering sun and beautiful surf with heat after heat of fantastic performances.

A special thanks to Doug and the crew at Sunset Surf cafe for their support and also to the local surfers who cheered us on during the weekend.

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Jessica retains WWR World Cup

Lofer, Austria – 4th July

More great WWR results from the final race of the World Cup, the classic at Lofer, Austria.

Jessica Oughton took Silver to retain her World Cup crown and Hannah Brown put in a strong performance to take a Bronze medal.

Jamie Christie and Simon Wright took Silver in the C2 and Ben Oakley was 14th in the men's K1.

Congratulations to all. It has been a fantastic year for GB WWR internationally, hopefully these results will inspire the junior team about to leave for the European Championships in Serbia.

For full results see www.wildwater.org.uk.



Above: Simon Wright and Jamie Christie.



Above: Jess Oughton, Hannah Brown and Sandra Hyslop.

KJO Boulders Rodeo

The weekend consisted of two events; the British Championship league event and the Youth Freestyle series.

On Saturday the British Championship event was held. Jamie Burbeck in the C1 showed he could throw down taking the top spot! Following in the junior ladies, Kim Aldred took her second win of the series. The juniors then took to the dance floor. Bren Orton finished first closely followed by James Benns and Josh Wedgwood. The ladies event was the most closely fought battle of all the categories where Claire O'Hara finished on top.

After all the heats a fun final was held to crown the Boulders Rodeo Champion! A big thumbs up must go to Sam Anderson who snapped his Ophion Paddles during his ride but carried on to take the title!

On Sunday in the main competition noticeable performances came from James Weight and Brendon Orton winning their categories.

A big thanks to Jacko and the KJO team.

Freestyling to eight European medals

The GB freestyle team returned from a very successful European Championships in Lienz, Austria, where they took five medals (plus three unofficial squirt boat medals).

Due to the number of competitors, the squirt boat event was not classed as an official European Championship category. However, despite a shallow, small and fast moving eddy, team GB took the three top spots with James Reeves, Jamie Austen and Joshua Gosling.

In the juniors, Brendon Orton and James Benns made it through to the finals where James landed a Silver medal and Brendon the Bronze.

In the ladies final, Marlene Devillez from France, who had been leading from the semis, had an

excellent first ride, which earned her the Gold medal. Claire O'Hara took Silver and Fiona Pennie the Bronze.

The men's final was looking like the fight was going to be between James 'Pringle' Bebbington and French paddler Mathieu Dumoulin. However, everyone upped their performance for the final. Peter Csonka (SLO) did just that by scoring 980 points. This was the highest scoring ride of the competition. James got close but it was not enough as he took Silver medal with Mathieu Dumoulin in third place.

A huge thanks must go to all of the team management, coaching team and helpers. For further results visit www.gbfreestylekayak.com



Marathon World Cup

Marathon team secure three Gold medals and a Bronze at Tyn Nad Vlatvou, CZK.

In the senior men's K1, Ben Brown dominated a class field. The course of seven laps was hotly contested by a top group of four. The last portage is 1,000m from the end and 500 before the upstream portage entry is a bridge. Ben outfoxed all the rest by using the large bridge pillar to reduce the affects of the current and cut across to the portage at the last minute. This gained over 50m, enough for him to outrun the rest on the portage and cruise home to an emphatic win

In the junior girls K1, Jenny Illidge just paddled away from her opponents. Every one of her four laps showed an increase in the gap between her and the second place paddler. At the same time Jonathon Tye raced with two very experienced juniors in the junior men's K1 over five laps. By the end of the third lap the front group was down to three but after putting up a great fight he just could not make the top two medals.



Above: Ben Brown.

Alice Haws and Victoria Croucher dominated the junior ladies K2. Their nearest opponents were not able to show the same running pace as the GB pair who made the best of it paddling away in fine style.

Chris Jones expertly managed the team with James Mauer and Ollie Harding as coaches, bus drivers and general factotums with Claire Ackerman as coach to the girls.

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AND WHITEWATER

London 2012

Less than two years to go

There is just less than two years to go to the opening ceremony of the London Olympics on 27th July 2012. Consequently, there are less than two years to the start of the slalom competition at the Lee Valley White Water Centre (29th July-1st August 2012) and to the sprint competition at Dorney Reach near Windsor (6-11th August 2012)

Feature by: Tamsin Phipps. **The fact that the 2012 Olympic Games are being held in London has already brought benefits to our sport. The refurbishment of the Teesside white water and Holme Pierrepont courses have been completed and the building of the white water canoe in Cardiff was finished earlier this year. These sites have been upgraded and/or built with a view to being used as training camps by teams coming to the Games in 2012 but of course the greater benefit is for us!**



Above: Finishing tower at Eton Dorney.

Did you know?

Canoeing was the sixth most successful sport at the Olympic Games in Beijing in 2008?

Canoeing is one of the most popular sports in the olympic programme? it is one of the sports with the most participants.

Canoe slalom was the third most watched event on television at the Olympic Games in Athens in 2004?

For the BCU, the Olympics isn't all about the competition or event but about the long-term legacy from the Games. A true legacy for the Games for all would be access to our inland waterways so many more of us could enjoy canoeing in whatever discipline, recreational or competitive, we choose to take part in all over the country, including the area around the Olympic Park and linking up canoe trails there too. A very exciting and iconic legacy for canoeing will be the Lee Valley White Water Canoe Centre and as an organisation and sport we look forward to some exciting opportunities and events in the coming years.

Canoeing was recently named the most popular watersport for the seventh year running and participation in the sport is dramatically increasing. The new types of canoes and kayaks have really helped develop the sport recreationally and competitively thus increasing participation. Over two million adults go canoeing each year and another 600,000 under 18s take part too.



Above and right: The white water course gets filled with water.
Photos copyright of the Olympic Delivery Authority.



Above: Sprint Olympic Champion Tim Brabants MBE and Performance Director John Anderson take a look at the improvements.

Whilst the Olympics may seem to be about competition in reality it is far more than that. Canoeing has one of the most iconic venues of the games in the Lee Valley White Water Canoe Centre, which is proposed to be open to the public from April 2011; this is the first time an Olympic venue has been available to the public before the Games.

The Lee Valley white water course has two courses as part of the development which can be used for freestyle, slalom, white water canoeing, whilst the feeder lake at the top can be used for canoe polo and other events. Plus there is a canal and river nearby so possibilities exist for marathon, touring etc.

Volunteering

Whilst many of us have registered to be volunteers at the Games, the reality due to the huge numbers who have applied will mean not all of us will get a volunteering role – so why not volunteer in your local community and get involved in what

they are doing as part of the build up to Olympics. Events are happening all over the country and you could be part of that too. Why not run a canoeing event, a come and try it session, a mini competition or a river clear up? Or get involved in one of the many events Canoe England are planning in the build up to the games around the country? You can be part of it too.

Over the next two years we are setting up a variety of activities and events you can get involved in. We will also be featuring the athletes, coaches and supporting teams so you know who is who and can support them in the lead up to the Games.

For the future

With the planned School Olympic and Paralympic Games from 2011 onwards announced by the Secretary of State for Culture, Media, Olympics and Sport on 28th June, canoeing could offer a real opportunity for those who are not participating in the 'traditional' school sports and want to experience Olympic

sports. The possibility to run a large joint event with slalom and sprint canoeing exists as Holme Pierrepont in Nottingham has a white water course and regatta Lake that are co-located. However, with the Olympic venue at Dorney Reach already existing and the Lea Valley White Water Centre due to open to the public in April 2011, the Olympic Venues could also be used. As a sport we believe hosting the Olympics in 2012 is a once in a lifetime opportunity and we really want to make a difference in the lives of the people of today and into the future in all aspects of canoeing not just in the competitive disciplines.

It is hoped that canoeing will form part of the Paralympics in the future so another whole dimension of our sport can be opened up and we can be even more inclusive in what we do. Want to know more about London 2012? Then go to www.london2012.com/indexb.php where there is plenty of information about venues, tickets and volunteering. ♡

The canoeing venues

Canoe slalom

The Lee Valley White Water Centre, formerly known as Broxbourne White Water Canoe Centre, will be the venue for canoe slalom during the London 2012 Olympic Games.

Key facts:

Capacity: up to 12,000.

Location: 30km north of the Olympic Park, on the edge of the 1,000-acre River Lee Country Park – part of the 26-mile long, 10,000 acre Lee Valley Regional Park in Hertfordshire. It is a new, and permanent venue.

The course is very nearly completed and has started to be filled with water. This task started in July and by the time you read this is should almost be full!

During the Games

Two new canoe slalom courses have been being built for the Games: a 300m competition course and a 160m intermediate/training course. A new 10,000 square metre lake is also being constructed. This will feed a system of pumps that will provide the 300m course with 15 cubic metres of water per second. The white water will be created by these pumps and obstacles placed in the course.

After the Games

The two courses and the facilities building will remain but the temporary seats will be removed. The centre will become a venue for canoeing and kayaking for the local community and visitors and be suitable for beginners to elite athletes. It will also be a major leisure attraction for white water rafting. It will be owned, funded and managed by Lee Valley Regional Park Authority. The centre will offer an extensive sports development programme, run in partnership with the BCU, so offering endless opportunities for many different aspects of canoeing especially as it is situated in an area with canals, lakes and rivers nearby.



It will also be the only new Games venue open to the public ahead of the 2012 Games: they will be able to enjoy white water canoeing and rafting at the centre from 2011.



Canoe sprint

Eton Dorney will be the venue for canoe sprint, rowing and Paralympic rowing events during the London 2012 Games.

Key facts:

Capacity: Up to 30,000.

Location: Eton Dorney is near Windsor Castle, 25 miles west of London. It is an existing venue owed by Eton College but has been enhanced for the Games.

During the Games

The venue is a 2,200m, eight-lane course with a separate return lane constructed to international standards. It is set in a 400-acre park with a nature conservation area. In 2006, it hosted the Rowing World Championships, with high praise from both competitors and spectators.

The venue's existing facilities have been enhanced to provide improved facilities for athlete warm-up and canoe sprint events during the Games. These works included the installation of a new 50m-span bridge over a widened entrance to the return lake for vehicles and pedestrians.

A cut-through between the competition lake and the return lake, and a new bridge over this cut-through area have also been constructed. The new cut-through enables competitors to move between the course and return lake.


After the Games

Eton Dorney will continue to be a world-class training and competition facility.

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Women and Girls
in Paddlesport



Sizzling su



The 2010 International competition season is well under way and the GB women are showing the world just how good they are! So far the GB women have won a grand total of 34 World Cup and Championship medals spread across six disciplines and the international season is far from over!

With many events still to be held later in the summer there is a high chance of this number increasing and hopefully a few will be crowned World Champions. Wild water racing, which had an early World Championships have already produced World Champions in the Classic Team and Individual Sprint events. The canoe sprint team can also now boast two new female European Champions in the 1000m and 5000m events and the women's K1 junior slalom team are World Champions in the team event. Well done to everyone on the GB teams who are putting in some excellent results this summer.

Canoe slalom

World Cup 1

Prague, Czech Republic

Silver medal, Fiona Pennie, K1

4th, Laura Blakeman, K1

World Cup 2,

La Seu De Urgell, Spain

Bronze medal, Fiona Pennie, K1

World Cup 3,

Ausburg, Germany

Bronze medal, Lizzie Neave, K1

Junior World Championships,

Foix, France

Gold Medal, K1 Team, Bethan Latham, Emily

Woodcock, Natalie Wilson.

Wild water racing

World Championships

Sort, Spain

Gold medal, Jessica Oughton, K1 Sprint

Bronze medal, Jessica Oughton, K1 Classic

Silver medal, Hannah Brown, K1 Classic

Silver medal, Hannah Brown, K1 Sprint

Gold medal, Sandra Hyslop, Hannah Brown and Jessica Oughton, classic team

Bronze medal, Sandra Hyslop, Hannah Brown and Jessica Oughton, sprint team

Silver medal, Dee Paterson, K1 Masters A

World Cup 1and 2

Soca, Slovenia

Gold medal, Jessica Oughton, K1 Classic

Silver medal, Jessica Oughton, K1 Sprint

Bronze medal, Hannah Brown, K1 Sprint



Above: Rachel Cawthorn. Photo: Anthony Edmonds.

World Cup 5 and 6

Lofer, Austria

Gold medal, Jessica Oughton, K1 Sprint

Bronze medal, Hannah Brown, K1 Sprint

Silver medal, Jessica Oughton, K1 Classic

Bronze Medal, Hannah Brown, K1 Classic

World Cup Series Champion, Jessica Oughton

Canoe sprint

World Cup 3

Duisburg, Germany

Bronze medal, Rachel Cawthorn, K1 200m

Gold medal, Rachel Cawthorn, K1 1000m

Gold medal, Rachel Cawthorn, K1 500m

Bronze medal, Jessica Walker and Louisa Sawers, K2 1000m

4th, Jessica Walker and Louisa Sawers, K2 500m

European Championships

Trasona, Spain

Gold medal, Rachel Cawthorn, K1 1000m

Gold medal, Lani Belcher, K1 5000m

Bronze medal, Rachel Cawthorn, K1 500m

Canoe freestyle

European Championships

Lienz, Austria

Silver medal, Claire O'Hara, K1

Bronze medal, Fiona Jarvie, K1



Above: The Women's K1 junior slalom team. Left to right: Nata

Canoe marathon

World Cup 1

Tan nad Vltavou, Czech republic

Gold medal, Jenny Illidge, K1 Junior

Gold medal, Victoria Croucher and Alice Haws, K2 Junior

Canoe polo

European Cup 1

Essen Germany

Gold medal, Women's senior team, Zoe Anthony, Pru Blyth, Ellie Bridgstock, Ginny Coyles, Kathryn Gieves, Charlotte Lister, Aimee Robson,

Silver medal, Women's under 21 team, Beth Barrett, Samantha Barry, Nichole Brain, Katie Davies, Grace Galvin, Kate Mathers, Liz Ponting

European Cup 2

Mechelen, Belgium

Gold medal, Women's senior team, Zoe Anthony, Pru Blyth, Ginny Coyles, Kathryn Gieves, Claire Mitchell, Aimee Robson

Bronze medal, Women's under 21 team, Beth Barrett, Samantha Barry, Nichole Brain, Grace Galvin, Liz Ponting, Kate Mathers, Emily Martin, Emma Whitwham

Summer success



Alice Wilson, Emily Woodcock and Bethan Latham.



Above: Alice Haws (left) Victoria Croucher (right).



Above: Jessica Oughton, Sandra Hyslop and Hannah Brown.



Women in canoe!

On a glorious sunny day on the river Thames, 23 women aged between nine and 45 from around the country took part in the first women's high kneeling canoe training day on Sunday 23rd May at Wokingham Waterside Centre.

The training day was designed for women who had not been in a racing canoe before, however were keen to have a go. Paddling a racing canoe is very hard, as you have to kneel on one knee with your other foot in front of you, whilst paddling with one blade. It requires a lot of balance and concentration when you first start.

Canoeing is still one of the sports that is unequal at the Olympics and only men can race. One of the aims of the day was to show that women are interested in racing canoes and hopefully soon, women will be allowed to race at the Olympics too! Sam Rippington a Silver medallist in women's high kneeling canoe organised the event to promote the sport. A small team of local coaches from Wokingham Canoe Club supported the event. All the ladies had a great day paddling the boats up and down the Thames, occasionally making the odd splash! A lot of talent was identified and we hope that they will all continue to practice. Feedback from the 23 women was nothing but positive and encouraging and all hope to attend the next event.



Above: Jenny Illidge. Photo: Ollie Harding.



Above: Jessica Oughton, Sandra Hyslop and Hannah Brown.



Above: Lani Belcher. Photo: Balint Vekassy..







Rachel Cawthorn

Women's K1 1000M European Champion





European per Four Gold, and one Bronze

British sprint canoeing has now given the greatest signal yet that the athletes are on track for the Olympic Games in London 2012, by producing the nation's best ever results since the inception of the European Canoe Sprint Racing Championships.

Feature by: Anne Ferguson. **Four Gold medals, one Bronze and ten finals at the European Championships on 2-4th July in Trasona, Spain represent a new record for the sport.**

Photos by: Anthony Edmonds and Balint Vekassy. 'Four – midable' that's how British fans were describing the performance of the Great Britain canoe sprint racing team.

Medal winning performances

A double World Cup Gold medallist already this season, Rachel Cawthorn started the gold rush in the Women's K1 1000m.

Facing Hungarian canoe legend, Katlin Kovacs in the final, Rachel was just too hot to handle and Kovacs gave up the chase with 200m to go. She slipped away as Cawthorn extended her lead.

Speaking after the race, Rachel said, "European Champion... it feels really really good – but I don't think it's quite sunk in yet. The plan was to go quite hard in the first half, see where everyone else was up to and then try to go flat out in the second half. It kind of worked."

Next came the Men's 200m finals. Who would dare bet against the British boys who had already won three Gold, one Silver and one Bronze in their World Cup campaign to date. Ed McKeever in the Men's K1 was first to race, his main opponent being Germany's Ronnie Rauhe – multi Olympic, World and European medal winner and current World Champion. McKeever blasted out of the blocks, taking the lead almost immediately. Rauhe tried vainly to get in touch, but McKeever was not for taking and the Gold was his.

McKeever said after the race, "It was a great race, a really good start. It was hard after 150 metres, I could have done with the finish coming 50 metres earlier but I was able to hold on."

The travelling British fan club had barely time to draw breath as the Men's K2 200m race lined up with Liam Heath and Jonny Schofield. Unbeaten this season, the GB boys were going for a

hat-trick of wins. The British pair found their wings at the start. The Spanish tried and tried but couldn't get ahead of them. Heath and Schofield came home three hundredths of a second ahead.

“European Champion... it feels really really good – but I don't think it's quite sunk in yet”

Rachel Cawthorn



Above: Ed McKeever, Men's K1 200m European Champion. Photo: Balint Vekassy.

Jon Schofield said, "I've won a Senior European title in down river racing and its great to add a sprint title to the list."

Heath was completely overwhelmed by his win, "To think this time last year, I was pulling pints. It's been an absolute roller coaster. I can't believe it."

What a morning for GB... the Women's 500m finals, which followed straight on from the 200m, saw Rachel line up again. She raced well for a Bronze medal, defeating the 2008 Olympic Gold and Silver medallists along the way.

The final British medal went to Lani Belcher. Lani, born in Australia to British parents, returned to the UK in 2008, she is a former World Championship Marathon Silver medallist and knows her way around distance races. She made an excellent start and was always in the leading group consisting of Palataran (BLR), Csipes (Hun), Engel Hansen (Den) and Smidakova (ESP). The Hungarian always threatened ominously taking the lead in the penultimate short lap. Then suddenly

seasonal best medal for GB sprint squad



The list of newly crowned European Champions reads:

Rachel Cawthorn (WK1 1,000m);

Ed McKeever (MK1 200m);

Liam Heath and Jon Schofield, (MK2 200m)

Lani Belcher (WK1 5km)

...And not forgetting Rachel's Bronze medal in WK1 500m



Above: Rachel Cawthorn, Women's K1 1000m European Champion. Photo: Anthony Edmonds.



Above: Lani Belcher, Women's K1 5000m European Champion. Photo: Balint Vekassy.



Above: Liam Heath and Jon Schofield, Men's K2 200m European Champions. Photo: Balint Vekassy.

Competition



Above: Women's K4, Abi Edmonds, Hayleigh Mason, Angela Hannah and Jenna Hawkey. Photo: Anthony Edmonds.



Above: Men's K4, Ben Farrell, Paul Wycherley, Stuart Hastings and Andy Daniels. Photo: Anthony Edmonds.

Csipes stopped racing, seemingly forgetting there was one more lap to go. Belcher made the most of the opportunity and held on for a gritty last 200 metres to win Gold.

Said Lani, the newly crowned European Champion, afterwards, "I could hear her behind me on the last lap, but I just focused on the line. I'm glad I could count!"

Tim Brabants also continued his re-immersion in the sport. His fourth place in the K1 500 was a good performance and a fillip after an eighth place in the 1,000m. The Women's K4 of Abi Edmonds, Hayleigh Mason, Angela Hannah and Jenna Hawkey, had an outstanding race to finish in fifth behind the winners, Germany and achieving the same result as the GB Women's K4 in 2009 and just 1.2 seconds outside the medal zone. The Men's K4 of Ben Farrell/Paul Wycherley/Stuart Hastings and Andy Daniels finished eighth, just 2.2 seconds down on Bronze position, again closing the distance to the medal winners. Jon Boyton and Ed Rutherford finished 13th overall with some performances to take encouragement from.

Team Manager Alan Williams said, "This was a fantastic performance for

the whole British team. It really puts us in great shape for the World Championships this year. We can build on this and can look forward to the Olympic Games in 2012."

The squad moves from strength to strength – a conversion rate of 50% - 'A' finals into medals, is uncharted territory.

Performance Director John Anderson is both delighted and philosophical, "Many congratulations and well done to all of the medal winners and to all of the athletes in the team for their individual achievements in making this a successful championships for GB Canoeing. There is still plenty of work to be done and we have to keep ahead of the game. We have already made great strides forward in our strategy and coaching; we will also keep an eye on technology as regards to developing new equipment. It is the aggregation of marginal

“Many congratulations and well done to all of the medal winners and to all of the athletes in the team for their individual achievements in making this a successful championships for GB Canoeing”

Performance Director John Anderson

gains that will keep us ahead of the pack. Overall these outstanding results will give the whole squad a great boost." The World Championships beckon... Great Britain will be there... to deliver their best. 🏆



Above: Men's K2, Jon Boyton and Ed Rutherford. Photo: Anthony Edmonds.



Above: Men's K1, Tim Brabants. Photo: Anthony Edmonds.



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Ergo! That means work doesn't it?

We live, work and paddle in a climate that doesn't always lend itself to training for our sport.

The past

In the past, when canoe clubs were sheds, garages or old warehouses, where condensation dripped off the walls during indoor winter training sessions, all sorts of different methods were developed to train and they were far removed from today's sophisticated methods. Equipment used then was basic and sometimes primitive. A typical example of this was how the paddling action in the gym was recreated and trained. It was nothing special just a 20lb iron bar normally used for lifting weights, on a bench for a one, two or four minute long effort!

Did it hurt? Yes it certainly did. Did it accurately recreate the paddling action? Yes, to a degree, but probably more effort was put into keeping the bar

up rather than training the muscles that moved the boat forward!

From these early days with varying degrees of ingenuity and engineering more complex and beneficial pieces of equipment started to emerge. These came in the shape of devices with pulleys used to pull weights single handed up a tower or flat friction discs with cables and handles that were pulled alternately. Bicycle exercise machines that started to appear were even used with the pedals removed and cranked by hand to test the effect of exercise on the cardio-vascular system using arm exercises. All these developments eventually led onto the start of the 'air-braked machines with fans providing the resistance.

At the same time air braked rowing machines were also starting to be developed and a lot of

ground was gained in development there with the use of flywheels to keep momentum going and blades on the wheel to create a resistance. The relative simplicity of the rowing action compared with the paddling action made this an easier action to recreate on a machine.

Eventually methods were found to use similar flywheel and braking systems found in the rowing machines and use them with cables or ropes attached to paddle shafts. This was really the start of the development of the modern kayak paddling machine.

These indoor machines are known as 'ergometers' (colloquially erg or ergo), a device, which measures the amount of work performed. The machine can be calibrated to measure the amount of energy the user is generating. Ergometer comes from the Greek ergon (ἔργον), meaning work, and metron (μέτρον), meaning measure. "Ergometer", therefore, literally means 'work measurer'.

The present

The paddling ergo is now seen in schools, clubs, centres and local gyms, they even appear in the



bedroom or living room of the more dedicated paddler. They have become a valuable tool for the clubs and the club paddlers aspiring to improve. There are a number of designs and manufacturers some using slightly different technology, but the effects are generally the same.

They all use a setup where there is a seat, a paddle shaft with cables or ropes attached, these in turn are connected to a flywheel mechanism that has fan blades or vanes in order to create the resistance. This resistance is generally caused by air, however there are Ergos on the market that use a water braking system. More sophisticated Ergos can change the resistance by either opening vents to create more turbulence and thus slow down the fly wheel more quickly, or they can simply change the length of the paddle shaft. The Ergo can now be used to very accurately replicate the forward paddling action. It can give a very accurate measure of someone's potential as far as their work capacity is concerned in a boat as it rules out some of the aspects such as stability and contact with the water. Whilst the results on the Ergo and on the water may not be the same, it can start to identify areas that are strengths or weaknesses.

Ergos are now produced for single bladed training with machines available for Canoe and Dragon Boat Racing paddlers.

The uses of the Ergo are many

They can be used as a training aid on land in the winter gym sessions, either in a circuit training session, or in a stand-alone session. The sessions that are undertaken in boats for conditioning training, can quite easily be replicated on the Ergo. In addition, feedback can be had from some of the machines in terms of heart rate-monitoring, calories burned, average 1000m speed-quantified, stroke rate counting, time trial information, differences between left side and right side strokes, often this is also computer downloadable so can be stored for future comparison

For technique development they are invaluable, much more can be done with the coach and paddler working together in terms of modelling technique, literally with a 'hands on' approach, positions can be attained and held without fear of capsize, much closer scrutiny from the coach can take place as they can be right there for every stroke with instant feedback and corrective practices when things do not go as planned. Being able to work on land in the dry when the weather is unpleasant outside is excellent in technique development sessions, the dream of many coaches!

Warming up and cooling down elements of the training sessions can also be carried out on the Ergo, should the weather or other aspects of the environment not allow adequate opportunity for this, then the Ergo is a very worthwhile substitute. Many of the major championships now have Ergos available for teams to use for just this activity.

Rehabilitation after injury or illness is very well suited to the Ergo as well, especially in areas such

as re-establishing or developing technique, starting to build a fitness base again without having to go out into the more inhospitable environment. Working in a friendly controlled environment could enable the recovering paddler to start sooner with paddling than waiting until they are ready to go out on the water.

As an introduction to forward paddling, the Ergo is ideal, first and early sessions can be conducted using Ergos and worked in combination with paddlers going on the water to work on other aspects of paddling, such as balance, stability, steering feel etc. Until such issues in the boat are overcome, it is difficult to work on forward paddling effectively, here the Ergo really starts to come into its own.

Dry starts are being introduced into schools, where early sessions for paddlesport can be conducted for whole classes, these are following a route taken by rowing and are proving to be very popular. Centres are taking Ergos into schools to generate interest in the sport by use of the Ergo in mini competitions.

Competitions are starting to emerge, ad-hoc events have happened in the past, but now there is a big interest in the big event, with high-class paddlers performing, what is good is that juniors and developing paddlers can sit beside the champions and compare their scores. Ergos can now be linked and a display of who is winning, what time they are doing can be displayed for all to see. Relatively small areas can be utilised with spectators probably needing more room than the paddlers. The first major event for the BCU was held at Brunel University in November 2009, attracting our Olympic Champion, Tim Brabants, as well as the other stars of our canoe sprint racing team. Different distances were raced, including a long distance relay event where a change over was part of the race. These Indoor events are also giving the best paddlers from the different disciplines an opportunity to compete against each other on a level playing field without the issues of the environment or boat stability to contend with.

To create levelness, factors such as the paddlers weight can be factored in to more accurately replicate the forces needed for that paddler to move their own weight as if they were in a boat. Other methods of lessening the load for younger paddlers are also possible.

There are now websites where times can be registered so comparison can be made against other paddlers on Ergos.

The future

There are many exciting developments in the pipeline with Ergo development.

Internet racing also brings a whole new dimension to the sport. Paddlers, clubs, schools, teams will soon be able to race against each other no matter where they are in the world. ♡



Ergo the Ergo!

As a tool for developing forward paddling and enhancing the sport, the Ergo is ideal. More information, advice and guidance for use can be gained from the national competition development coaches, or the Canoe England regional teams. Evening workshops on how to use them can be organised and advice given by email or over the phone. An Ergo resource pack can be obtained from the Canoe England website.

The second British Indoor Kayak Championships takes place 20-21st November at Lee Valley Athletics Centre, north London. The event will be bigger and more exciting than last years, with audiovisual presentation, television news coverage and an opportunity to win prize money.

There are also plans to have schools, regional, international and Commonwealth Games events.

For information on the British Indoor Kayak Championships visit www.gbcanoeing.org.uk. The event is sponsored by: Ontario Tourism, Kayak Pro, Canoe England and Lee Valley Regional Park Authority.

For more information contact the BCU's Competition Manager on: andy.goodsell@bcu.org.uk





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The Highland

On the 14th February four Norfolk paddlers headed north to the Scottish Highlands for the first time. The trip had been in the planning for several months. The Scottish river guide book had been read many times and the online UK river guide book proved useful for selecting some intermediate Grade 3(4) rivers. As our trip approached we regularly checked the weather forecast and WheresTheWater.com in anticipation of those yellow/red dots. The levels were low and we prayed for rain!



Above: Martin taking stock of the situation.

Feature by:
Spencer Smith.

Paddlers:
Spencer Smith,
Peter Sykes,
Martin Klinge
Fred Riseborough.

The 'paddle wagon' was loaded with our creek boats and mountain bike (shuttle!) and off we set on the 500-mile journey to Fort William. This 11-hour journey proved to be much less onerous than we had expected. It didn't seem any worse than our usual trips across the country to Wales, with spectacular scenery such as Glen Coe to keep us entertained. We scouted the River Orchy on route. This was frozen in places and running low. Many of the lochs were also frozen and it became apparent that it had been extremely cold in Scotland prior to our arrival.

Our first night passed without the eagerly anticipated rain and we headed to the River Etive that we knew from the guide books could be run in low water levels. The upper section looked low with its tributaries barely flowing. We hoped that the middle section would be on. Triple Falls was in fact flowing well and looked challenging. We wisely decided that protection was in order.

Frantic paddle to escape

Martin was first up. He ran the first fall too far river left came over the drop rather than down the slot and capsized. A swift roll meant going over the second drop upright, but backwards on far river right. The small rapid on the approach to the last drop almost back looped him. The final drop was pencilled followed by a brief frantic paddle to escape. Shaken and stirred!

Fred went next. He had a better line down the slot of the first fall, but was ejected towards the wall on river right. He recovered well to take the second fall on far river right. Fred pencilled the final

drop, had a few seconds of downtime and after a brief trip back into the fall he was free.

Spencer went last. His line down the first drop was good, as was his line down the usual river left route of the second drop. On

“A paddle was exchanged for a throwline and Fred and Martin pulled him to safety. His boat circulated in the stopped, but luckily momentarily came into reach”

landing he glanced across to Fred with a smile. This brief pause proved to be his downfall! He was sucked backwards and back looped. After several minutes of valiant battling and several refusals of Fred's line he gave in to the inevitable and bailed out. A paddle was exchanged for a throw line and Fred and Martin pulled him to safety. His boat circulated in the stopped, but luckily momentarily came into reach.

Etive was much higher

The low level of the upper section had misled us and the Etive was much higher than we had thought. The second drop was a river wide pour over. Photographs and videos viewed that night suggested that the Etive was high! Luckily our mistake was counteracted by well-placed protection.

On the second day we scouted the gorge at the end of the Pattack. This was also running high and we decided to leave it for another day. The predicted rain had not come, so we could only assume that snowmelt was the culprit. The temperatures were rising rapidly and it peaked at 8C during our stay. On driving back to Fort William we stopped to look at a burn leading under the A82 into Loch Laggan just above the dam. This was a short run with fast moving water, lots of boulders and an increasing gradient as the loch approached. This was a challenging and exhilarating run that tested the nerve. Later that evening we located this river in the

rookies



guidebook 'Rough Burn'. Martin and Fred both cut their hand on this run and it was promptly renamed the Blood Burn!

On the third day we headed to the Arkaig, where the mountain bike shuttle proved useful. This was a much easier run with a nice Grade 4 midway and an easy Grade 3 at the end. After this we headed back to the Pattack. It had dropped to a manageable level, but was still higher than we had seen in photographs. Not fancying the full walk in we decided to carry our boats in on river right and run the final gorge. This involved lowering the boats in on ropes. The paddle was challenging, but great fun. Peter capsized, but made a good recovery to roll in the white stuff. The wave on the last drop was much more retentive than expected!

Unfinished business!

On the last day we returned to Glen Etive for some unfinished business! First we went to have a look at a tributary of the Etive called the Allt A' Chaorainn. This river seems to be designed for kayaking. Unfortunately we had decided to scout without our boats first. After over two hours of walking we all agreed that the walk back up with our boats was not appealing. Lesson learned! The Allt A' Chaorainn is top of our list for our next trip to Scotland. The Etive was lower. Martin and Spencer conquered their fears and paddled Triple Falls without incident.

This turned out to be a fantastic trip – no access problems, beautiful countryside, warm temperatures and lots of water. What more could you want? ♡



Above: Sequence of Fred paddling the Etive Triple Steps.

An interview with **Nick Archer** from canoe polo

Hi Nick! Thanks for taking part in the interview.

Tell us, how did you first get into canoeing, and in particular what made you choose canoe polo as opposed to one of the other canoeing disciplines?

A friend of mine asked if I wanted to come along to a canoeing session with Viking when I was about 15, I enjoyed it, liked the people and it developed from there.

Do you play for a club and, if so, which one?

My club team is Viking, based in Derby.

Tell us a bit more about your training; what's a typical training session like, for you?

On average I train around seven times a week, five boat sessions, two or three in the gym. The closer to the major championship the more time I spend in a boat doing lactic and speed sessions.

I am fortunate to have Viking team mates in the same area so we are able to train together and push each other harder on the river and in training games.

Canoe polo is a real team game... can this make it more difficult than an individual discipline?

I love the team aspect of the game and the camaraderie/banter with team mates but it does make it more difficult than individual disciplines. With polo you can train hard, be focused and perform well but if your team mates aren't putting the same effort in or are not on the same wavelength then it's unlikely the team will be successful.

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

I've been to some great places and really enjoyed spending time in Japan and Canada. I've also been fortunate enough to play a few seasons in Italy for a club in Palermo and I always like going back there.

Do you get nervous before a match? How do you feel, right before you start?

To be honest I don't get that nervous and the few times I have before really big games, once the game starts the nerves disappear because you are so focused.

And, do you have any pre-match rituals or superstitions?

Not really. I tend to give myself a bit of a pep talk and remind myself of what my job is in the team and what I am going to do in the game.

What do you usually do the night before a big match or competition?

Usually with the team. Everyone gets on well both in Viking and GB. It keeps everyone relaxed.

Do you have any advice for any budding canoe polo players out there? What should they do to improve their skills?

Be willing to work on the boring stuff! You have to find a balance but ultimately if you want to be successful you have to make sacrifices. You have to work hard on your fitness and basic skills like passing, once these are taken care of, everything else becomes much easier!

Quickfire questions!

I would describe my character as...

Competitive

The last book I read was...

Super Freakonomics

The last film I watched was... The Hurt Locker

My ultimate goal is... To be a World Champion

I relax by...

Chilling at home/playing other sports

My favourite food is... Pasta

My favourite drink is... Coke

My favourite TV Programme is...

Match of the Day

My favourite car is... BMW M3

My favourite subject at school was... PE

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

California

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

The person I most admire is... Michael Jordan

I get really angry about...

Injustice and taxi drivers

The one thing I'd change in Canoe Polo is...

The lack of money to develop the sport further

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

Living in a hot country

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

On the PGA tour

The Canoe Polo World Championships are coming up in September; who do you see as being GB's biggest competition and why?

I believe any of the top six or seven teams in the world can win the Championship this year; the skills and fitness of most of the top teams are very similar. It comes down to which team can perform to their potential and have that bit of luck over the four days in Milan.

Which British players should we look out for at the Championships? Who would you tip to do well at this year's major competitions?

There are some really talented players in all of the GB teams this year. I would say the Women and U21 Women are favourites for Gold. The U21 men have had a good season so far and are looking stronger and stronger and will hopefully surprise a few people.

The Men's team has a good mix of experience and youth and are playing some of their best polo for the last few seasons. If we get some good early results, get our confidence up, you'll see us in the final!

And finally, what are you looking forward to in 2010?

Well obviously the World Championships in Milan but also the European Club Championships with Viking, and then a good holiday!



Above: Nick in action for the Men's GB team.

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The Chelmer and Blackwater Navigation canoe trail

This independent little waterway was engineered by the great John Rennie between 1793 and 1797 and is the only waterway in the country that is still owned and operated by its original company of proprietors, although it is currently managed by Essex Waterways Limited, a wholly owned subsidiary of the Inland Waterways Association.

Feature by: Essex Waterways Ltd. **Being separate from the main waterway network of Britain it was probably forgotten when the waterways were nationalised! It was a barge canal with wide locks, and carried freight (mainly Scandinavian timber in its latter days) well into the 1970s – horse-drawn until the mid 1950s. Now it more resembles a midlands canal, as recent decades have seen its discovery by increasing numbers of narrow boaters with their colourful craft. Its route is almost entirely rural, with just a short industrial section through Heybridge village.**

The trail

Most of the first 12 miles is on an 'improved river' navigation with locks every mile or so. The waterway meanders through water meadows with an increasingly hilly and wooded backdrop and is remarkably quiet and rural despite being in the heart of the much maligned landscape of Essex. After a couple of miles, Sandford provides a typical canalscape in its 'cut' between two beautiful mellow brick bridges. Paper Mill, halfway along the trail, has many moored boats, and fascinating old canal buildings, including the bargees' bothy and the old stables (now a tea room). There are quieter moorings at tranquil Hoe Mill, and true Constable Country between there and Rickett's Lock (the artist's family milled here, as well as in the more famous Dedham Vale). At Beeleigh there is a wonderful confluence of waters, as the navigation meets the River Blackwater, the derelict Langford Cut and the top of the tideway. After this the Long Pond, a true canal now, carries the navigation for the last couple of miles to its own salty little seaport at Heybridge Basin, where waterside pubs provide the opportunity to raise a glass to the completion of a beautiful canoe trail.

Further links

www.chelmercanaltrust.co.uk/cct.htm

The Chelmer Canal Trust Limited is a registered charity, and voluntary group whose main focus is the Chelmer and Blackwater Navigation and its environs.

The Susan Trust: www.susantrust.btik.com

Paper Mill Lock: www.papermilllock.co.uk



Above: Canoeists portaging a lock.



Above: Scenic views from along the route.

Blackwater rail



Above: Sea lock.

General information

Maps covering the area: OS Explorer Map No. 183

Difficulty

The water is easy in standard summer conditions but leading to difficult in increased flow conditions.

Accessibility

No particular provision is made but assistance is usually available at Paper Mill, Hoe Mill and Heybridge Basin. Paddlers with restricted physical ability are known to enjoy the waterway. Passing locks may present problems.

Ease of access to the water

Public car parking close to the waterway at Wharf Road, Chelmsford and Daisy Meadow, Heybridge Basin. Roadside parking is usually possible where roads are in close proximity to the waterway. Launching is easy at Springfield, Sandford, Paper Mill, Hoe Mill and Heybridge Basin. Other access points may require launching from banks without stages.

Portages

The locks on the trail are large and fierce, so canoes and kayaks are not permitted to use them for safety reasons but portaging around them is reasonably easy.

Licences

This trail is currently not part of the Canoe England licence scheme and licences are required. Details can be found on www.waterways.org.uk/essex_waterways/boating/essex_mooring_charges or ring the Moorings Manager on 07910 558465.

Access agreement

There is no access agreement at present, except with Chelmsford Canoe Club (www.chelmsfordcanoecub.co.uk). It is a major user of the waterway and its members are covered by an access agreement with Essex Waterways Limited.

Approximate duration

Springfield to Heybridge Basin approximately 4-6 hours of gentle paddling you can return the same way, so a car shuttle need not be required. However, return by bus is possible as there are bus links also available (Chelmsford – Maldon; Maldon – Heybridge Basin). Approximate distance – 14 miles.

Start

Start immediately below Springfield Lock. Access is via a short lane from the far end of Wharf Road car park (Grid Reference TL 717063). Cross footbridge to access landing stage. Trail follows the full length of the Chelmer and Blackwater Navigation via 14 miles and 11 locks to Heybridge Basin. Paper Mill Lock, midway along the trail, has refreshment facilities and WC.

Finish

Finish at the trip boat landing stage by Daisy Meadow car park, Heybridge Basin (Grid Reference TL 871059).

Additions to the trail

The upper waters of the Chelmer, Can and Wid join the top end of the navigation and can be paddled (no licence required) for a few miles above Chelmsford when water levels permit. The rivers through Chelmsford town centre are easy to paddle.

There is the possibility of doing the trail over a couple of days or starting from Paper Mill Lock – the choice is yours. There are many places to stay in the area.

Check out the local websites

Maldon: www.maldon.co.uk

Chelmsford www.chelmsford.gov.uk/index.cfm?articleid=8390

Additional information

Waterside refreshment facilities are few and far between. There are two pubs within a short walk of Barnes Lock; a tea shop, serving soup, sandwiches and snacks at Paper Mill, plus pubs and cafes at Heybridge village and Basin. Otherwise pubs and shops are usually a mile's walk up the valley sides.

Inquiry into access to inland water in Wales



Whilst this is not the Rivers Access Campaign's domain, Wales is a home nation and the inquiry may well have implications for the future of access in England too. The solutions need to stand the test of time so that this issue can be resolved once and for all.

The report hints that it is a canoeing versus angling issue (we repeat again, it is not) and although both have huge numbers of participants there are many others who have a vested interest in access to and along our waterways. For example rowing (both recreational and competitive) and swimming to name but two.

Outdoor swimming has about eight million participants and is growing in popularity. With the inclusion of long distance swimming events in the Olympics, the popularity of triathlons and adventure racing, the interest in access is rapidly expanding. The Environment Agency figures suggest 30 million people enjoy being in on or around inland water – some 50% of the population of the UK!



The National Assembly for Wales Sustainability Committee's report was released on 16th June 2010 and is posted on the Committee's web site at: www.assemblywales.org/cr-ld8089-e.pdf.

The Sustainability Committee made 13 recommendations to include the introduction of a licensing system for unpowered craft on inland waters and the setting up of voluntary access agreements by landowners.

Canoe England notes and concurs with the statement issued by Canoe Wales in relation to the National Assembly for Wales Sustainability Committee's report on 'Access to Inland Water in Wales'. There is a grave concern that the report has explored this issue as a canoeing versus angling debate, rather than a careful examination of the wider interest and presenting solutions for



the public's use of water space in the future. The report has not fully examined the needs of all groups and their differing needs in relation to linear and physical access let alone occupation.

It would be virtually impossible and unmanageable to replicate the access and necessary regulatory mechanisms adopted for angling participation for any form of physical recreation using the inland waterways. Many navigation authorities recognise that licence checking on remote waterways is an expensive and very time-consuming business as there are hundreds of miles of waterways, which go through large expanses of countryside.

Rather than bringing clarity over a complex issue the report raises further questions and problems, together with the promise of additional bureaucracy for all users of water who simply want to enjoy their chosen sport and recreation.

The recommendations do not address the issues in relation to public access to inland water and will not influence the public to be more responsible yet alone more active in outdoor-based recreation and tourism.

The inquiry report suggested the law of trespass, when it is applicable, is a mechanism to manage access. Not only has it proved to be ineffective on land, on inland water it is effectively unused. This gives no help to riparian interests and no methodology to encourage responsible behaviour by water users. It also does not help in any way to ensure consensus or cooperation for access matters.

In the light of the report, Canoe Wales believes that nothing has changed and in these circumstances the situation in reality will remain the same as when the petition process was first commenced.

Canoe Wales remains committed to solving the issue in the interest of the public in Wales as do Canoe England for access to and along waterways in England.

Coalition Government statement on inland waterways policy

With all the spending reviews along with the emergency budget what of the waterways? The following statement was issued:

Written ministerial statement – Department for Environment, Food and Rural Affairs.

Inland Waterways. Date: 21st June 2010

Parliamentary Under-Secretary for Natural Environment and Fisheries (Richard Benyon MP). "I am pleased to be appointed as Waterways Minister as I am familiar with the public benefits the waterways provide and I am making this statement to set out how I intend to take forward inland waterways policy for England and Wales. The Government considers civil society has a very valuable role to play in delivering public services as part of our commitment to creating a Big Society.

"We will therefore be continuing to look in detail at whether a third sector model would be appropriate for British Waterways (BW), including the possible inclusion of the Environment Agency's (EA) navigations as the other navigation authority grant aided by government. My department will be engaging a wide range of stakeholders in this work (and liaising with the Scottish Government). However, I must make clear that, given the Government's overriding objective of reducing the financial deficit, no decisions on such a change will be taken until after the forthcoming spending review. In the light of this I have also decided not to proceed now with a new Government waterway's strategy and I will review the situation following the spending review."

So what does this mean?

We, as yet, do not know and we can all have an educated guess certainly in terms of BW moving to become a third sector organisation maybe even with the inclusion of all the EA navigations too. Campaigning for access does not stop and we can all point out how many would benefit (users and owners as well as communities) from the opening up of the waterways for a minimal cost! In this civil society with local issues being passed down to the communities surely there is an irrefutable case for access to the waterways, as it will benefit the local community through local use, local management, tourism etc.

The strategic spending review results are due to be announced on 20th October and in reality the funding of the waterways is certainly an area undergoing close scrutiny. This link shows the priority for the Coalition Government in terms of environment and rural affairs.

<http://programmeforgovernment.hmg.gov.uk/environment-food-and-rural-affairs/>

River Thames recreational users site

www.boatingonthethames.co.uk

The PLA (Port of London Authority) has recently created a new recreational users website which has been developed to provide leisure users with all the information they need to stay safe on the river.

The new website provides guidance on the following types of river leisure:

- Cruising.
- Narrow boating.
- Canoeing.
- Rowing.
- Sailing.
- Watersports.

Each of the links above contains guidance documents, links to river associations and points of contact within the PLA.

A key innovation is the inclusion of two videos on 'How to' navigate on the Thames – one for powered craft like narrow boats, the other for unpowered craft like rowing boats. These almost 'hold the hand' of the navigator through the busiest and most tricky sections of the river through central London.



Canoeing on the sea

A guide to good environmental practice

Canoeing and kayaking on the sea offers a fantastic platform from which to watch seabirds and seals and even whales and dolphins in their natural environment. To experience the nature of the sea at such close quarters is an amazing privilege but like all privileges it carries a responsibility.

It is important to avoid and keep to a minimum any possible disturbances or impact by becoming more knowledgeable about wildlife and habitats in the marine environment. For instance, an awareness of the breeding seasons of birds and seals and not getting too close when they are most sensitive to our presence.

Minimising disturbance

When encountering wildlife, whether on sea or on land, your aim should be to minimise any

disturbance that you might cause to wild animals and the habitats in which they live. In order to achieve this the following basic principles should be adhered to:

- Try not to startle or panic wild animals; never surround them and don't block them in from their escape routes. You will enjoy the sighting much more if they are relaxed about your presence. Sudden movements scare wildlife and give you away.
- Be aware that the size of your group, the length of time you are there, and the frequency of human disturbance are all factors that could threaten their wellbeing.
- Don't linger for too long when you are close to wildlife. By all means look, but then move on.
- As well as avoiding disturbance to marine animals, also be aware of the need to avoid damaging plants and the habitats that the animals depend upon.
- Remember, you are sharing the environment – leave it undisturbed for the wildlife and those who follow.

Sea birds

Cliff nesting seabirds are most vulnerable when the adults are with their eggs and young chicks. If they are suddenly scared off the ledges they may lose their young, which may fall or be taken by predators. It is good practice to move by quietly and steadily so as not to panic the birds. As well as being aware of cliff nesting birds whilst you are on the water, remember that your presence whilst walking on cliff tops could also be threatening to the birds.

In preparation for your journey check to see what animals and birds might be affected by your presence and when the breeding and nesting



times are and manage your behaviour and journeys appropriately.

Many birds nest in burrows or even on open ground along the tops of cliffs. Walking over a burrow can crush the nest, or cause the adult to desert its young, so do try to be aware of their presence. Be vigilant for nest grounds and move out of any breeding area as soon as you realise you are in or close to it.

It is therefore vital that we do our best to avoid disturbance and help seabird numbers to become re-established.

Seal colonies

Never land on a beach with a colony of breeding seals, except in an emergency.

Avoid beaches with small pups on them, as a sudden disturbance can lead to pups being squashed, or separated from their parents. Common seal pups can go into the sea almost immediately after birth, whereas grey seal pups remain on the beach for about three weeks, as they cannot swim.

Shingle shores and dunes

There are many varieties of bird's nest on shingle beaches. Care should be taken not to disturb nesting birds on these sites. The eggs and chicks are very well camouflaged against the shingle and are easily trodden underfoot. Check before you plan your trip as to the nesting arrangements etc





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of the birds and mammals in the area you plan to canoe in.

Take care during stops not to damage vegetation on dunes, which is important for stabilising and helping them grow. Carry canoes and kayaks rather than dragging them, especially in dunes.

Non-native or alien species

The seas around many countries/continents can contain a number of non-native, or alien, species of plants and animals, some of which can cause problems due to their ability to out compete our native species.

Take care not to transfer alien species including seaweed between locations by cleaning your boat and checking inside the housing of retractable skegs.

Seeking further wildlife advice

If in doubt about carrying out any activity contact one of the nature conservation bodies in your desired route for advice regarding special areas, or species that may be at risk from your presence, or particular nesting and breeding times when you should be particularly vigilant.

Follow these three principles and we can all ensure a sustainable coastal environment for us and future generations to enjoy.

Be aware:

- Before you go wildlife watching learn as much as you can about the animals.
- Understand how your actions could affect wildlife and recognise the signs that animals make when they feel threatened.
- Be alert, observant and patient and be sensitive to the interests of the wildlife you are watching.

Take responsibility for your own actions and those you are leading by:

- Constantly assess wildlife and if you see signs of disturbance move away quietly.

Caring for the marine environment summary



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

Be the eyes and ears on the water. Report pollution, wildlife problems, damage, incidents etc to the relevant authorities.

There is a wealth of wildlife for you to see and enjoy throughout the British Isles and off our extensive coastline but

many of these animals are vulnerable to disturbance if not approached in a responsible way that respects their wild nature.

We share the waters we use for our recreation with a wide range of birds, fish and cetaceans but the presence of boats should not necessarily have to mean disturbance to the local wildlife. If craft are handled with sensitivity there can be minimal or zero disturbance.

Above all enjoy your canoeing and don't forget your camera!

We can help by report pollution, wildlife problems, damage, incidents etc to the relevant authorities

- Leave No Trace: www.lnt.org/
- Natural England: www.naturalengland.org.uk/
- Environment Agency: www.environment-agency.gov.uk
- Greenblue: www.thegreenblue.org.uk/
- Marine and Coast Guard Agency: www.mcga.gov.uk/
For Coastguard and other emergency services call 999
- RSPCA: www.rspca.org.uk
RSPCA for wildlife and animals in distress
Telephone 0990 55 59 99 (24 hours)
- RSPB: www.rspb.org.uk

- Consider how much time you spend watching animals. The presence of people over long periods can be disturbing, however careful you may be.

Have respect for other people, other coastal users, wildlife and the environment:

- Respect the privacy and livelihood of those who live by the sea.
- Leave the environment as you find it.

Identification of species

It is always interesting to get home from a trip and look up in a wildlife book the bird or mammal that you have seen. Most people who canoe at sea have a few wildlife books to help them with their identification queries.



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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 10.



Below May winner: Sam Jackson.



Above U18 June winner: Grant Underwood – River Nene.



Above: Jed Wright – Kitilano Beach, Vancouver.



Above: John Bell – Loch Lubnaig near Strathclyde.



Above: Alan Deas – Rugby Canoe Club.



Above: John Burger – along the Vallekanaal, Holland

tion



Above June winner: Steve Perrott – St Govans Head, Pembrokeshire.



Above: Derek Sheader – Durdle Door, Dorset.



Above: Nigel Wooltorton – Mercia Canoe Club.



Above: Paul Hopkins – Abel Tasman National Park, New Zealand.



Above: Trevor Harper – Conwy Accent.



Above: Dave Fletcher – Great Orme in north Wales.



Above: Ruth Rule – Longstone Island, Northumberland.



Above: Sarah Coates – Koh Change Island, Thailand.

GB canoe slalom team in solid World Cup campaign

The GB canoe slalom team won a total of four medals in their eagerly awaited World Cup campaign.

In the first World Cup in Prague, Beijing Olympian Fiona Pennie took the opportunity to demonstrate her strong comeback form and stormed to a Silver medal winning position.

In the second World Cup, which took place in Seu D'Urgell, the Women's K1 paddler Pennie won another medal, this time Bronze. The results help confirm that Fiona, who made a return to the GB

team after missing out on a place last year, is a firm international medal contender.

In fact Pennie was on track to win a Gold medal on the Barcelona Olympics white water course, but lost time at the bottom of the run and came in third (100.75) behind Spain's Maialen Chourraut (99.65) and Slovakia's double Gold Olympic Champion Elena Kaliska.

Fiona commented on missing out on Gold, "I was really pleased with the top part of the race, I had nailed it until then, but lost time at the bottom of the course, versus my previous run. When I crossed the finish line I was slightly frustrated, but glad to come away with a medal."

Talking about being back in the team, she said, "It is really encouraging that everything I have been working on is now putting me in the right direction. I have done a lot of work with the team psychologist, working on my race plan and race approach and spent time reflecting on what training works for me, altering sessions slightly."

"These performances give me confidence, confidence that my preparations are sound, but each race is different and I take each one as it comes, one step at a time."

In the final World Cup in Augsburg, Germany, it was the Men's C2 turn to take podium position, Tim Baillie and Etienne Stott won Bronze and it must have felt long overdue for the duo.

Reflecting after the race Etienne Stott commented, "We are very happy to have won Bronze, it was nice to finish with a good result. We had to work hard [in the final run] but we knew, going into the final that we could do it and we did!"

Tim Baillie added, "We're really happy to get on the podium... we really wanted to get a medal. We're really looking forward to the Europeans in August and then the World Championships in September. This will give us a lot of confidence."

Lizzie Neave also finished her World Cup battles on a high, winning a Bronze medal in the Women's K1 race, which was won by Germany's Jennifer Bongardt.

Follow the team's performance at the European Championships in Bratislava, Slovakia 13-15th August on www.gbcanoeing.org.uk and GB Canoeing's Facebook page.



Above: Left to right, Slovakia's double Gold Olympic Champion Elena Kaliska with the Silver medal, Spain's Maialen Chourraut with Gold and Fiona Pennie with her Bronze medal.

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- * **Support available** to your club;
- * Update on **Safeguarding** in England;
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- North West / Cumbria Sunday 28th November, Kendal
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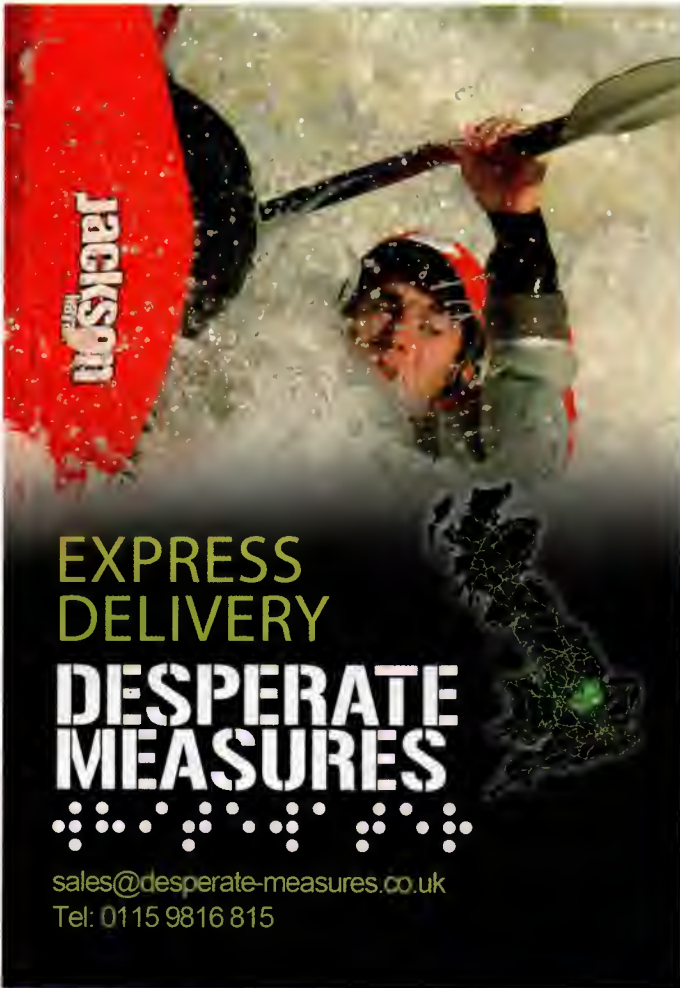
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- West Midlands Saturday 6th November, Worcester Canoe Club
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- East Midlands Saturday 13th November, Leicester (LOPC)
Book your place Wednesday 3rd November
- East Saturday 27th November, venue tbc
Book your place Wednesday 17th November

TEAM SOUTH

- South West Sunday 7th November, Melksham
Book your place Wednesday 27th October
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The Canoe Foundation is the charity arm of the BCU, focusing on five key areas: Young People, Places, Equality, Heritage and International.

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

Mandy Delaney at mandy.delaney@bcu.org.uk
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Regional and Local Club Coach Vacancies



The Canoe England Club Coaches operate within the BCU Long Term Paddler Development Framework, helping us to develop a sustainable programme of support to talented paddlers.

The coaches play an important role in supporting Canoe England achieve an increase in the number and depth of paddlers in the Talent Pool in England. The remit will be to predominantly deliver technical coaching support and to support the voluntary coaching workforce to deliver an integrated programme.

Due to changes in personnel we will shortly be looking to recruit up to two coaches to the Club Coach Programme.

Further information will be found on the BCU vacancies page of the website - later in the month. www.bcu.org.uk.

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Behind the scenes

Jurg Gotz, Slalom Head Coach

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.

Congratulations Jurg, on some great results from the ICF World Cup Series last month. How do you feel the season is going so far?

It's fair to say that our senior slalom team is on track, two years into this Olympic cycle. Considering that our top athletes have been injury and illness free for only a couple of months now, we should get some great performances delivered in August and September.

And we have the European Championships later this month; what are you hoping the team will achieve in Bratislava?

I want every athlete to do his or her best and ultimately make sure they can deliver a personal best on the day! As a programme, we have budgeted one medal in one of the Olympic events.

Do you think we have a potential European Champion in the GB squad this year?

What about Lizzie Neave... she won Bronze at last year's World Championships and Campbell Walsh was 2008 European Champion?

We have a bucket load of potential in this team!

You are GB Canoeing's Head Coach for slalom; describe your role in just three words!?

Communication, network, helicopter

And in a bit more detail...

I bring people together, communicate extensively and looking at things from a helicopter position!

I am responsible for the technical implementation of our Olympic Programme Canoe Slalom and currently work with a team of 14 athletes, four technical coaches (one per Olympic class) and 12 Service Provider Coaches including medicine, physiotherapy and psychology.

This senior team is also closely linked to our World Class Development Programme, BCU HQ, UK Sport, BOA, EIS and SIS.

Getting the right people into the right position, doing the right thing at the right time, is a big challenge but supporting athletes in reaching the highest level of their career and, ultimately, their life makes it all worth it!

There is less than two years to go until the London 2012 Olympic Games. What is the qualification process for slalom... what will our athletes have to do to be in with a chance of competing in London?

They have to be fastest and cleanest. The 2012 Olympic qualification policy has just been published by the International Canoe Federation. In all four Olympic classes we will have one boat only that will be eligible to race in London. Boat quotas will be allocated to national federations at the 2011 World Championships in Bratislava and 2012 European Championships in Augsburg. Hopefully, we'll run our GB Olympic team selection on the Olympic venue in Lee Valley in 2012.

As Head Coach, what would you like to see the team achieve at the Olympics?

I would like them to deliver personal bests, qualify boats for the Games and the result will take care of itself! GB Canoeing together with UK Sport have agreed to deliver three medals across slalom and sprint at the 2012 Games (two of those in Gold)!

I shall be happy with four Gold medals for our slalom team!

And finally, what do you think is next for canoeing – how do you see the elite side of the sport developing in the next five years, especially after the Olympic Games?

The future is bright even if, as we speak our economy is in a trough. Within the next 12 months we will have four world class white water playgrounds coming online in Britain that all the kids will want to paddle. Some of them will potentially become elite athletes and ultimately we will be swamped by a new generation of young people that will successfully represent Great Britain at the 2016, 2020 and 2024 Olympic Games. All we need to do now is create the next generation of coaches to unlock all that potential!

Quickfire questions!

I would describe my character as...
nice guy

When I'm not working I...
I'm chilling and grilling

The last book I read was...
Evidence based Coaching

The last film I watched was...
The King of Queens

I relax by... going to the sauna

My favourite food is...
Swiss Raclette

My favourite drink is...
a glass of Rioja

My favourite TV programme is...
BBC News 24

My favourite subject at school was... PE and languages

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

The person I most admire is...
does not exist in my concept

I get really angry about...
I never get angry... Just grumpy at times!

In 10 years time, I would like to be... preparing for the Olympic Games at Vatican City



Above: Jurg Gotz.

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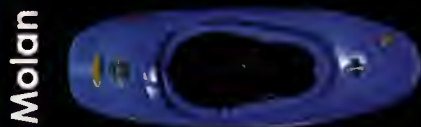
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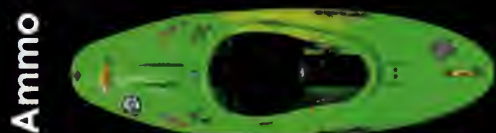
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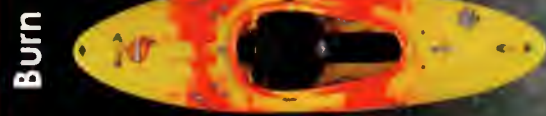
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