

canoe

focus

Features

River Kali expedition
Open canoe in Venice

Competition

Sprint and Slalom
World Championships

Nutrition

Ivan Lawler's guide to
nutrition and hydration



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focus

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AbOve: Canoe Sprint World Champion, Ed McKeever, signs up for this year's British Indoor Kayak Championships.

Hello and welcome to the October Canoe Focus



As the summer comes to an end, I hope you can look back on recent months of happy paddling.

For all of our GB teams, it has been another successful summer, winning over 40 medals between them. A special congratulation goes to all our World Champions: Canoe Sprint's Ed McKeever, Canoe Marathon's Ben Brown, Wildwater Canoeing's Jess Oughton; the Wildwater Canoeing Women's Classic K1 team; the Women's Canoe Polo team; and the Wildwater Rafting Women's R4 Sprint team.

Our athletes, coaches and support staff have produced another excellent season of results and I'm sure we're all looking forward to seeing more successes next year.

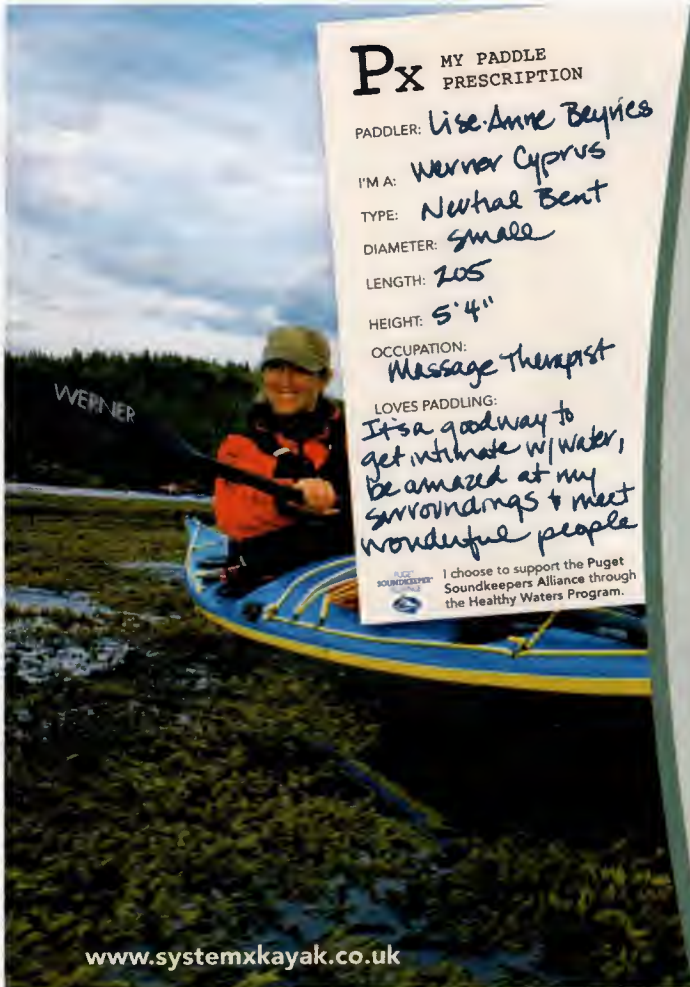
Before then though, the British Indoor Kayak Championships take place next month, on 20-21st November at Lee Valley Athletics Centre. To be in with a chance of winning the prize money, enter online today at bcu.bikc.sgizmo.com.

Preparations for the Canoe England Coaching Conference in December are also well underway and we're all looking forward to another successful conference, in which we hope you'll be able to take away some key messages to help develop your coaching skills further.

I hope you will enjoy this issue of Canoe Focus. As the competition season draws to a close, we are all looking forward to hearing more about your recreational canoeing trips around the country.

Happy Paddling!

Paul Owen, Chief Executive



Px MY PADDLE PRESCRIPTION

PADDLER: *Lise-Anne Beyries*

I'M A: *Werner Cyprus*

TYPE: *Neutral Bent*

DIAMETER: *Small*

LENGTH: *205*

HEIGHT: *5'4"*

OCCUPATION: *Massage Therapist*

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FEATURES

- 36 **India**
Kali River expedition – an adventure for good causes.
- 44 **England**
Bath to London by paddleboard.
- 54 **Ireland**
CANI club festival.
- 58 **Italy**
Canoe camping in the Venetian Lagoon.

REGULARS

- 3 **Comment** by CEO Paul Owen.
- 6 **Competition calendar**
- 8 **Members offers**
- 10 **News**
- 16 **Regional news**
Regional news from Team North, Team Central and Team South.
- 20 **Volunteers**
Canoe England Volunteer and Recognition Awards.
- 22 **Paddle-Ability**
Increasing the profile of the disabled paddler.
- 24 **Competition**
Latest news from rafting, slalom, marathon, polo, and sprint.
- 30 **Competition**
2010 European and World Slalom Championships.
- 32 **Women and Girls in paddlesport**
Women and girls in coaching.
- 34 **GB Canoeing poster**
David Florence and Richard Hounslow.
- 40 **Competition**
Nutrition and hydration by Ivan Lawler.
- 46 **Athlete focus**
James Bebbington.
- 48 **Competition**
2010 World Sprint Championships.
- 50 **Rivers Access Campaign**
Latest news from the campaign.
- 52 **Access and environment**
River clean up, coastal access and voluntary access arrangements.
- 56 **Canoe England photo competition**
Winners for July and August.
- 66 **Staff focus**
Alan Williams.

Competition



| | Start | Finish | Discipline | Event |
|----------|--|--------|--------------------|---|
| October | 2-Oct | 3-Oct | Canoe Freestyle | British and Club Championships - Holme Pierrepont |
| | 10-Oct | | Canoe Marathon | Hasler Final Worcester |
| | 16-Oct | 17-Oct | Canoe Slalom | European Club Championships - Epinal, FRA" |
| | 23-Oct | | Canoe Slalom | Prem - Serpents Tail |
| | 23-Oct | | Wildwater Canoeing | Div A & B - Classic - Usk |
| | 23-Oct | 23-Oct | Canoe Freestyle | Team Selection - Holme Pierrepont |
| | 24-Oct | | Canoe Slalom | Div 1 - Serpents Tail |
| | 25-Oct | 29-Oct | Surf | BCU Home Internationals - Portrush |
| | 30-Oct | 31-Oct | Surf | BCU British Open - Portrush |
| | 30-Oct | | Canoe Slalom | Prem - Holme Pierrepont |
| | 30-Oct | | Wildwater Canoeing | BCU Wildwater Canoeing ACM - Llangollen |
| | 31-Oct | | Canoe Slalom | British Open Championships - Home Pierrepont |
| | 31-Oct | | Wildwater Canoeing | Div A & B - Classic - Dee 2 - Welsh Series 6 - Youth Champs 9 |
| Nov | 20-Nov | 21-Nov | Canoe Sprint | British Indoor Kayak Championships |
| | 27-Nov | | Canoe Slalom | BCU Canoe Slalom - ACM - Holme Pierrepont |
| 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 |
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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.

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In brief

Olympic Development

Authority reach third milestone

With water now flowing at the Lee Valley White Water Centre in Hertfordshire, the Olympic Delivery Authority (ODA) have just announced that they have met our third set of milestones, 'The Big Build: Structures'. With just under two years to go to the Games, the Olympic Park is taking shape as seen from www.london2012.com.

New hand warmers available



A new product to warm your hands has been developed. Warmer hands for water sports with HeatBands™ maximise your sports performance by keeping your hands warmer.

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A successful summer for Herts Canoe Lifeguards

Another very successful summer season is drawing to a close for Herts Canoe Lifeguards. Last weekend members of the unit were entered in to the National BCU Lifeguards Championships in Weymouth. Lifeguards from across the country compete against each other in a variety of disciplines and get judged on scenarios a lifeguard team might face.

At the end of Saturday the senior team consisting of Martin Suzan, Luke Calderon and Phil Claydon were leading the competition, with the rookie team leading the rookie competition but also holding second place overall in the senior competition! At the end of Sunday the seniors team was crowned overall winners and the rookie team winners of the rookie competition and fourth overall.

Members of the unit have lifeguarded at the UK's biggest swim and triathlon events, including The British Gas Great Swims, The Nokia Thames Swim, The Blenheim Triathlon, The Challenger World London Triathlon and the Devizes to Westminster Canoe Race.

Photo competition winners

We are pleased to announce that the winners for August's Photo Competition are Bill Maisey and Louise Turner for the adults and Chyavan Rees in the Under 18 category. There were no entries for July due to a technical problem. 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.

The Big 5 kayak final challenge

The London to Marrakesh by sea kayak and bicycle is the final expedition of 10 covering over 4,500 miles for the 'Big 5 Kayak Challenge'.

In early November a small team of kayakers will complete their epic journey from London to Marrakesh by kayak and cycle. The journey will see them start on the River Thames, cross the English Channel, head through France including paddling some of the Bay of Biscay, cycle into Spain through the Western end of Pyrenees and kayak the Straits of Gibraltar and round part of Morocco's north African coast, before the last stage cycling into Marrakesh.

The challenge originally consisted of five separate expeditions including sea kayaking 1,000 miles from Vancouver to Alaska. By January 2010 another five expeditions were announced, which

included paddling the Yukon River and cycling and canoeing London to Marrakesh, which would see them clock up over 4,500 miles in total.

With over 2,200 miles completed so far, they have embraced epic experiences of glaciers and ice flows, completed big open sea crossings and encountered wildlife such as wolves, whales, seals, bears and moose. They have survived wild camping, having had their tents flooded with icy cold water in the middle of the night and braved extreme conditions like storm force winds and blizzards.

They have also used their adventures to raise money for charities and awareness for the River Access Campaign (www.riversaccess.org) and the Marine Conservation Society (www.mcsuk.org).

The Big 5 Kayak Challenge 2010

1. Round Malta and Gozo, 88 miles – completed April 2010.
2. Canoeing the Yukon River, 700 miles from Whitehorse to Circle, Alaska – completed June 2010.
3. John O' Groats to the Orkney Isles, 120 miles paddling across the Pentland Firth and round the Orkney Isles – completed July 2010.
4. Scotland to Ireland from Oban to Giants Causeway via Corryvreckan, third largest whirlpool in the world, 140 miles – completed September 2010.
5. London to Marrakesh, cycling and kayaking – starting September 2010.



Above: Flying the MCS banner.

Justin takes on the 'gutless' canal marathon

Four friends will join St Mark's Hospital patient Justin Hansen this month on a 240-mile kayak trip on the country's canal network from Manchester to London to raise money for the Harrow based hospital.

The start and finish of the kayaking adventure have been chosen carefully as they are close to the largest and most specialist intestinal failure units in the country at Hope Hospital in Salford, Manchester and St Mark's Hospital, London.

Justin suffers from Crohn's disease. He has had most of his digestive system removed due to the disease and is calling the trip a 'gutless kayaking adventure'.

It is estimated that there are 60,000 Crohn's disease sufferers in the UK with 150,000 sufferers of inflammatory bowel disease and more than 38,600 patients diagnosed with bowel cancer every year.

Justin said: "The intestinal failure research being carried out is essential for the many people who suffer from intestinal conditions including, bowel cancer and inflammatory bowel diseases such as Crohn's and Colitis. I am very grateful for everyone involved with the Gutless Kayaking adventure and thankful to all of those who have been able to sponsor or donate to the cause."

Go to www.gutlesskayaking.com for a schedule of the route over the 20 days.

Clare Allan apology

In August's issue of *Canoe Focus*, we published an obituary to Clare Allan, who died on June 30th, aged 71.

It is with great regret that Clare's surname was spelt incorrectly and we'd like to take this opportunity to apologise to Clare's husband, Alex, and Clare's family and friends.

Clare and Alex's two children, John Allan and Gail King (nee Allan), were both slalom Premier Division paddlers in the 1980s. Gail was also part of the British slalom ladies team for six years, during which time she competed at three World Championships and won a Bronze medal in the individual event in 1985.

Gail, who is now a health and fitness manager at a leisure centre in Guernsey, took up triathlon and has just returned from Czechoslovakia as the Ladies Quadrathlon World Champion.

Having twice finished in the top ten in the World Age Group Triathlon Championships and also being a former world medallist for Great Britain as part of the canoe slalom team, the swim, canoe, bike, run format was always likely to suit her.

She explained that things had not gone to plan in the build up to the race, "After months of



Above: Gail King, the Ladies Quadrathlon World Champion.

preparation and training I had been feeling so good, but around two months ago I had a dose of Bronchitis and sadly my Mum died which really affected my training for a month or so, so I was so pleased to get my form back just in time for the race! Mum taught me to canoe and swim so when I was racing I'm sure she was willing me along!"

Clare will be sadly missed by all who knew her.

Ron Vessey

Ron Vessey, one of the founders of St Albans Canoe Club, has died.

Roger Fox writes: It must have been in 1974 that St Albans Canoe Club, founded in 1972, joined up with Mid-Herts Canoe club. Ron was one of a number of coaches who came to help St Albans at its Cottonmill courses and it was through him that the merger came about. He led, inspired and frightened us on Welsh river trips. Without his enthusiasm and persuasive powers Richard (Fox) would never have gone to slaloms at Dobb's Weir and Duck Mill and then the real start at Dedham Mill, in March 1975. Rachel too owes the start of her 12-year career at the top end of slalom to Ron, who agreed to take her on a river trip before she had learned to roll regularly.

Ron seemed to live exclusively on chips, black coffee and small cigars, sometimes partaking of all three at once while driving back from a weekend trip to the Wye or Usk in midwinter. A careful, caring and skilful but unconventional coach he did bring out talent where he spotted it. He introduced polo to St Albans at Cottonmill and was in the forefront of those seeking recognition for that branch of canoe sport.

I am really sad that he has not lived to see the realisation of a dream that he and I shared in the 1980s, of a slalom course in the Lee Valley Regional Park. The Fox family and St Albans Canoe Club keep many fond memories of Ron Vessey.

All our sympathies to Valerie, Alan and Michael.

Richard Fox writes: I was very sad to hear the news of Ron's passing. It has been a long time since we last paddled together with Ron, but some memories and images remain clear.

Ron was a leader to us raw recruits to the world of paddling. He breathed experience, knowledge and wisdom. He bred confidence in his young charges. A weekend river trip to the Usk or Wye opened up a world of excitement and adventure as well as a new vocabulary of haystacks and stoppers and general river banter. I am sure the waves were six foot that day! But the higher than expected water levels were not an issue, it was, "you'll be right, follow me and enjoy the ride." We did and grew from the experience. Fortunately, the trusted roll learnt in the pool in St Albans or Potters Bar and the push and shove of polo prepared us well.

Then it was slalom. Along with Terry White, Richard Scaife and others, Ron's gentle persuasion and guidance led us to discover, enjoy and ultimately become absorbed by a new passion.

In 2002 at the polo world championships the tap on the shoulder and a familiar voice took me back a quarter of a century in a flash. There was Ron, same as he ever was, breathing life's wisdom.

Ron, thank you for leading us to the river and for everything you gave.

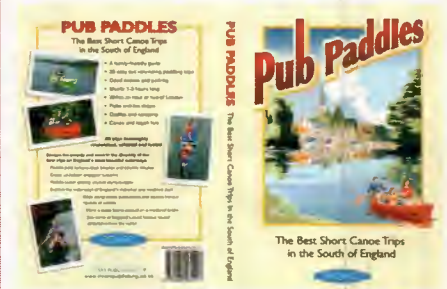
In brief

Paddle for a quick pint

'Pub Paddles – Best Short Canoe Trips in the South of England' was published at the end of May and is proving to be a bestseller. Peter Knowles, the author was invited as a guest of Sandi Toksvig on the Radio 4 'Excess Baggage' travel programme and talked about the joys of canoe trips in England – he extolled the benefits of Canoe England membership and then talked about getting shot at when kayaking in Iran!

Pete says "Canoe England supported the book from the start and I think its success is because of all the enthusiastic contributions and help from Canoe England members, river advisers, centres and clubs".

Pub Paddles is a lavishly illustrated book that makes a great present for any paddler in the South of England. It is available from the BCU E-Shop for £19.95



2011 Kayaking Expedition

The next British Universities Kayaking Expedition is taking place in 2011. Since the first expedition in 2005 to Kyrgyzstan, there have been two further expeditions – one to Siberia/Mongolia and another to the jungles of Vietnam. The selection process for the next trip starts on the 1st October and applications are invited from anyone who is currently a student and has a keen interest in whitewater paddling. It is however worth pointing out that this is no walk-in-the-park trip that will be organised for you.

Once the team has been selected it'll be up to you to select the destination, research the rivers, plan the logistics, obtain sponsorship, generate publicity and of course deal with any issues when you're on location. for more information go to www.uniyaker.co.uk.



In brief

Conquering the 'Canoeists Everest' for a minibus

The 125-mile Devizes to Westminster canoe race, known as the 'Canoeist's Everest', is the UK's toughest, open to all endurance event. No sleep, no rest, eating and drinking on the move – it is a true test of stamina and willpower, taking canoeists to the limit of mental and physical endurance.

Dean Coleman, Groundsman at Prior's Court School near Newbury in Berkshire, a specialist school for pupils with autism, will soon be taking up the challenge in order to raise money for a new school minibus. For pupils at Prior's Court, many of whom spend up to 44 weeks of the year boarding at the school, trips into the community are essential in order to practice the skills which are taught on site.

With no prior canoeing experience, Dean is aware that he will need to call on his stamina and determination in order to succeed. He is currently incorporating upper body strength work into his gym routine as well as training every Thursday evening in canoeing and K1 class. To sponsor Dean for the race, please go to www.justgiving.com/canoedean



Above: Dean getting to grips with his kayak.

The Welsh Open Canoe Symposium

8-10th October

The Welsh Open Canoe Symposium is coming! There will be a star studded cast of some of the best coaches in the business as well as Mike Cichanowski coming from the US (Mike is CEO of We-no-nah Canoes and is running sessions on fast boats). There will be a wide range of workshops, lectures and suppliers. Again it will be based at Glanllyn on Bala Lake. Details are on the Glanllyn website: www.urdd.org/glanllyn/index.php?lng=en

Laura to be new Tees ambassador

Canoe Slalom Olympian, Laura Blakeman is to be an ambassador for the new £4.6m Tees Barrage International White Water Course. Laura, 31, from Nottingham, has been appointed to provide a link between the new course and the canoeing community on both the national and international circuit.

She said, "I am delighted to be helping the Tees course attract an Olympic team before the 2012 games. There is already quite a buzz among the canoeing community about it and we are looking forward to trying out the course and facilities. There is a great opportunity to create a brilliant set up at the Tees whitewater course, it has huge potential."

She explained the Olympic athletes will be looking for a training course which has a high standard of eddies and features where paddlers can make good moves and are able to practice a range of different skills. The fact the Tees Barrage International White Water Course has the same rapidbloc system, as the 2012 whitewater course is also a major selling point.



Above: Laura Blakeman.

Open canoeing offer

Pentland Canoe Club, based in Thurso, Scotland, is now able to offer individuals the opportunity to try another canoeing activity with the recent purchase of an open canoe. The canoe was purchased with support from Dounreay Communities Fund and the Caithness Sports Council.

The canoe will enable the club to provide more opportunities for individuals to participate in paddlesport and allow the training and development of coaches. Ivor Muir, Chairman of the Club, commented "We are very grateful to Dounreay Communities Fund and Caithness Sports Council for providing the funding to enable us to purchase this canoe. The canoe will allow the sport to be more inclusive to individuals and allow our coaches to gain the training needed to meet the high standards required which will then allow us to pass this knowledge on to others who want to safely enjoy our sport."



Above: Members of the canoe club and Marie Mackay, representing Dounreay Communities Fund are pictured here with the canoe. In the canoe are Kim Cleminson and Eilidh Stronach and on the bank left to right are: Ivor Muir, Marie Mackay and Isobel Stronach.

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upandunder.co.uk
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Desperate Measures
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0115 981 6815

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aswatersports.co.uk
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brookbanklondon.co.uk
01992 711 611

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Family Adventure Store
familyadventurestore.co.uk
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Shepperton, Middlesex
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wwtcc.com
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kentcanoes.co.uk
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A residential centre running Open Canoe and Kayak, Sea and Surf courses at all levels.

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

AUTUMN/WINTER 2010

16 - 17th October
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For a brochure and details of all 2011 courses contact us at EBOEC,

East Barnby, Whitby, N. Yorks,
YO21 3SA Tel: 01947 893333.

Email: east.barnby@northyorks.gov.uk
www.outdoored.co.uk



Please contact individual stores to check model availability.

For information on products search online for :
Dagger Europe, Wilderness Systems, Mad River Canoe or Islander Sit-on-tops



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.

Central region ACMs

The following Annual Consultative Meetings are taking place in the Central region.

East Midlands

The East Midlands Development Team ACM to elect committee will be on Monday 8th November from 7pm at the Boat House Inn, Barrow upon Soar LE12 8PN.

Nomination procedures, which close on 18th October, can be found at www.empaddlers.org or are available from jim.mccarthy@dsl.pipex.com

West Midlands

The West Midlands Development Team ACM will be on Thursday 25th November from 7.30pm at Ackers Trust, Golden Hillock Road, Sparkbrook, Birmingham B11 2PY.

If you want to know more about your Regional Development Team or would like to get involved, please come along. Find out more at www.canoe-englandwestmidlands.org.uk

East

The East Development Team ACM will be on Saturday 27th November from 3pm at Brookbank London, Bowman House, Lea Road, Waltham Abbey, Essex, EN9 1AH

All East members are welcome to attend, nominations close 31st October. More details available on the regional website www.paddlesporteast.org

Project 2010 update

As reported earlier in the year the Canoe England Paddlesport Participation Programme was successful in applying to Sport England as part of the Capital Grants Programme for funding to support the purchase of equipment under the Canoe England Accredited Club Equipment Project 2010. Subject to funding, we hope this opportunity will continue in 2011. All Clubs who were currently accredited with Clubmark /Top Club /Top Club Gold status were eligible to apply.

A total of 29 clubs were successful in applying for the funding to purchase equipment aimed at supporting paddlers in the later stages of paddlesport development and as they move on towards the 'Train to Train' phase of Long Term Paddler Development. Accredited clubs were invited to apply for up to £1,000 of funding subject to them matching this amount. Where clubs wanted to purchase equipment above this amount, they had the opportunity to do so at their own cost. As part of the funding arrangement, clubs will be required to provide the equipment to support local events through Canoe England's Participation Programme and also make them available to local clubs to hire from time to time. In addition clubs are asked to provide Canoe England and Sport England with data relating to club membership, volunteers and coaches annually.

We would like to take this opportunity to thank all the clubs and retailers for making this project so successful and not forgetting Julia Robertson who provided the day-to-day support from the Canoe England office in Bingham.

The range of equipment has been vast from Ergos to buoyancy aids, open canoes to slalom kayaks, sea kayaks to Wavehoppers.

We hope to be inviting accredited clubs early in the New Year to express an interest in Project 2011.

This is what some of the clubs had to say about Project 2010

Lincoln Canoe Club:

Thanks for this good news. Thanks once again for all your help and efforts on our behalf.

Outdoor Adventure Group:

Thank you for your e-mail it is super news and will put smiles on a lot of faces when the goods arrive.

Chester Canoe Club:

Great news for the club this will make a big difference in training and progress towards coaching qualifications, as well as general participation.

Frome Canoe Club:

Thank you so much. You cannot imagine how grateful we are.

Stonehenge & Pewsey Canoe Club:

Thank you! Apparently the order will be ready in two to three weeks, which is great as we have a sea trip planned in October!

National success for the Ealing Lightning team

On August Bank holiday weekend Ealing Canoe Clubs intrepid Lightning team ventured off to Chester, to the National Marathon Championships. Following on from their success at last year's Hasler Final, winning the Geoff Sanders Trophy, they were determined to go for the 'double'

Despite the team being somewhat depleted, due to many paddlers on holidays, they fought their way to the front producing some excellent individual results and a winning team effort to capture the 'Spanish Galleon' trophy. Congratulations to, Molly Warren, Nicole Chretien, William Grenfell, Daniel Ashley, Shaun Pendlebury, Michal Michalski, Trevor Thompson, James Bell and Reef Hook.



Above: The 'Spanish Galleon' trophy presented by the Mayor of Chester.



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, Varied Experiences and Supporting Knowledge



Paddlepower Discover (Equivalent to BCU 2 Star)
Following on from Passport with a further four levels taking the young paddler to equivalent of 2 Star standard



Paddlepower Explore (Supporting levels 7-9)
Explore takes the paddler on an extensive journey exploring the great variety of Paddlesport- participating in events and journeys in competitive and non-competitive disciplines



Paddlepower Excel
Three levels of the Paddlepower Passport programme, including the Paddlepower Passport, Paddlepower Discover and Paddlepower Explore

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

Hartlepool tall ships

Canoe England hosted a three-day 200-metre sprint event using ergo machines during the recent tall ships event hosted in Hartlepool. Over 900,000 people visited to see over 70 sailing ships, with a constant flow trying out their paddling skills and competing in a 200-metre challenge. Many more people found out more about their local paddlesport opportunities.

Paddlers from 'West View Project' supported the event throughout the weekend along with local students and paddlers. Huge thanks for all the volunteers who supported the event throughout the weekend.

School night slalom

Tees Tigers organised a Division 4 ranked slalom on Monday 12th July at the Barclays Basin on Teesside. The event was run after school and arrangements were flexible on the evening, in that paddlers did their runs when they got there. Paddlers new to slalom were given coaching and allowed to have a practice run before their timed run when they felt ready. They were also encouraged to try single paddle in C1 and C2 in an arena that resembles a swimming pool that is very sheltered. Well done to a fantastic team who worked well together.

Halton gets the go ahead

The proposed housing development at Halton rapids has received planning permission and plans to start soon. As part of the proposed developments there is hope for better access for paddlers to the water and parking.

1st Yorkshire Ergo Championships

On Sunday 31st October, Manvers will host the first Yorkshire Ergo Championships, as a prequel to the British Indoor Kayak Championships later in November. There will be races for all ages and abilities, including sprint races over 200 metres. Is your club the fastest in the region? Put the date in your diary, more details on www.yorcie.org.uk.

Manvers 2012 event

During July members of the recently formed Manvers Waterfront Boat Club hosted a Canoe 2012 event. The club is so new that they hadn't even taken delivery of their first order of boats at the time of staging the event and were still waiting for the opening of their eco-friendly clubhouse, which is being sustainably heated from the lake.

However, with a bit of begging and borrowing they managed to bring together a range of craft to allow people to participate in a variety of activities on the water and 200m sprints on the ergo.

If interested please visit:
www.manverswaterfrontboatclub.org.uk

Cheshire Ring Race



Looking for a new canoe challenge after completing the Devizes to Westminster Race in 2009, Steve Seinet-Martin and David Truzzi-Franconi decided to take part in the Cheshire Ring Race.

Setting off from Bridge 18 on the Macclesfield Canal at 8.30am high on the hillside in the already strong sunshine found us paddling above the rooftops of towns and villages along the canal side and ended in a mad run through Marple as we descended the flight of 16 locks and headed on to Ashton under Lyne towards the suburbs of Manchester through Droylsden.

This section was once considered a no go area, but we were only greeted by the nods and grunts from fishermen and not by half bricks or bottles. We travelled through the heart of Manchester as we disappeared under the office blocks into a subterranean warren of walkways and locks as we descended the Rochdale 9.

Emerging into bright sunshine we were now able to make up time on the lock free run of the Bridgewater Canal through Lymm and Warrington

Above: The various stages of their race.

and yet another rendezvous with our support crew, Bob and Cathie and the pasta bucket!

Late afternoon found us skirting the Anderton Lift, the canal runs almost parallel with the Manchester Ship Canal and then a nice long run over Preston Brook Tunnel to get the legs working again! During the night we worked our way up 'Heartbreak Hill' another heavily locked section climbing this time through Middlewich a salt mining area and through a floodlit industrial complex that hummed gently and issued jets of steam like a film set.

Back on the Macclesfield Canal we had a clear section through Congleton before tackling the Bosley flight. Looking out over the Cheshire Plains it seemed to take forever to close the circle but eventually Bridge 18 came into view. We took 26 hours 30 minutes and 59 seconds non stop – hardly a record but not bad in a C2 and at my advanced years something to be proud of!

Peppa Pig goes paddling

In July, members of Canoe England Team North assisted by members of White Rose Canoe Club spent three days promoting paddlesport at the Yorkshire Show. Over the duration 742 people tried their hand at posting a time for 100m sprints on the kayak ergo machine.

The highlight of the show was the guest appearance of children's TV star Peppa Pig. To the delight of both children and adults, Peppa enthusiastically posted the fastest time for a pig for 100m at the event.

Right: Peppa Pig on the ergo machine.



Norwich sprints

On Saturday 21st August, Norwich Canoe Club ran a sprint event at Whitlingham, Great Broad, where Norwich CC in conjunction with Norfolk County Council, have set up a permanent 500m course with a 1000m course available on request. This is the third major event organised at the club this year.

The event was aimed at local paddlers as well as Norwich CC members new to racing and in particular straight lane racing. The main focus was on crew boats to maximise the experience for the new guys.

Each K2 was crewed with a novice and an experienced racer, with heats and finals for all boats. This showed the importance of doing well

in your heat. The event was attended by over 60 competitors. Following the success of this inaugural event, Norwich CC intends to include an annual sprint within its calendar of organised events.

There are a range of craft available for use by local groups outside the club for taster and community use, ranging from Lightning mini K1s, Hody K2s, Rocket K4s as well as top level K4s.

It would be fair to say that there are a limited amount of local low-key sprint or straight competitions available to the wider range of canoe or kayakers. It is clear to see by the Norwich event that there is a demand and enthusiasm for local participation.



Above: The Norwich Regatta.

Huge success for Bishops Stortford

An introductory course for school children, sponsored by the Herts Sports Partnership, has been a huge success for Bishops Stortford Canoe Club. The course was prompted by an appeal for clubs to run 'Sport Unlimited' projects as part of a national scheme to encourage children to participate in more hours of sport.

Working through the local Partnership Development Manager, nineteen 10-11 year olds from four schools were selected. A team of the club's volunteer coaches and other helpers, lead by Ant Wright, provided coaching. During eight weekly after-schools sessions the youngsters were taken through Paddlepower Start and Passport. The children used a variety of boats, mainly Poly Pippins, Lightnings and open canoes. The course ended with a grand finale in July where schools teams competed against each other in sprint, slalom and mini-polo games, alongside the club's existing junior members.

To build on this success, the club has recently signed formal partnership agreements with two schools and is now working on plans for the coming academic year.



In brief

Lea Valley at V Festival

The Lea Valley Regional Park Authority had a small display stand and information point at the Chelmsford V Festival, to help promote the Lea Valley White Water Centre. The main attraction was the chance to win a free rafting experience on the course when it opens in 2011. To do this, competitors needed to register the fastest time of the day over 100m on the ergo machine.



Arley to Bewdley

On the 22nd August the West Midlands regional development team organised a river tour from Arley to Bewdley inviting all paddlers (both new and old) in the region to join them for the event. It was a great day with 50 people of all ages and ability turning up in a range of canoes and kayaks to enjoy the trip down the river.

A record number

Nottingham Kayak club had a record number of attendances for its K4 10K event with 13 K4s on the water. The boats and start time are worked out on a handicapped basis, allowing new comers and developing paddlers the chances to paddle in the same boat as the fastest paddlers. A whole range of mixed abilities and ages enjoyed the fun event.

Lincolnshire new paddlers

Lincoln Canoe Club and Activities Away joined to organise a regional Go Paddling and Canoe 2012 event. On the day 35 new paddlers turned up to have a go and Pyranha brought their demo fleet along so there were a large range of different boats on offer to try, the event was a great success.

Who said that descent racing had finished?

November 7th 2010

The classic Avon Descent starts at Stratford on Avon and finishes 10 miles downstream at Bidford on Avon with six weir shoots or portages. There are classes for K1, K2, WWR, C2 touring and racing and touring singles and doubles. Handicaps are applied to even out the kayak classes. The start is at 12.15 with late entries up to 11.30. For information see www.mericiacanoeclub.org.uk

Contact Nigel Woollorton on telephone 07833 705806 or e-mail info@mericiacanoeclub.org.uk for details.

In brief

Bude mini sprint fun

Bude Canoe club and Simon Hammond from Shoreline joined forces to put on a 2012 mini sprint event on Bude canal. The event was well attended and fantastic fun, the real leveller being a series of knock out races in stable touring boats. The event linked in with Bude Heritage Day making it a fantastic day out.

South Cerney coach day

With over 40 coaches attending the day started with a minor hiccup we had forgotten the International Air Tattoo, happening just down the road. With traffic jams forming, some people could only access the wrong side of the lake until the centre kindly put on a water taxi service to ferry them to and from the venue. Apart from this everyone attending commented on what a great venue the centre provided, there's now a good chance this could become a regular venue for coach updates. Thanks to Gavin Lewis (LCO Gloucestershire) and South Cerney Outdoor Education Centre..

Fishing and kayaking

Pupils from Robert Blake School in Bridgwater and Blundell School in Tiverton enjoyed a fun day learning fly fishing and kayaking skills as part of a new sporting initiative 'FLYAK'. The Angling Development Board, Angling Trust, Canoe England, South West Lakes Trust and the Environment Agency supported this multi-partner initiative.

The pupils were split into two groups, each to have an hour's fly fishing tuition and kayaking. Having now mastered the individual skills of fly fishing and kayaking it was time for lunch with some rainbow trout caught earlier in the day. After they were paired up and given a two-person kayak, a fly rod, and a paddle, the pupils then had an amazing afternoon of exploration on the beautiful Wimblesball Lake.

All the participants involved had an amazing day, so looks like we have a group of young people who have been bitten by the 'FLYAKing' bug.

National recognition

Phoenix Canoe Club, based on the Welsh Harp Reservoir in west Hendon, has just been accredited with Clubmark status through Sport England/Canoe England. The club has also recently become a registered charity.

The club was set up in 2004 by a group of volunteer coaches following Barnet Council's closure of the former Welsh Harp Youth Sailing Base and the club would be very interested to hear from any former users of the base at info@phoenixcanoecub.co.uk.

The club is affiliated to the BCU and operates a progressive programme of training and activities including river trips, whitewater and surf training. Membership is open to children over nine and adults. For details see: www.phoenixcanoecub.org.uk

Cover for PPP triathlon



Above: The canoeing leg of the Pedal, Paddle, Pace Triathlon. Photo: by Roy at: www.f8studio.co.uk

Winchester and District Canoe Club were approached to provide cover during the canoeing leg of the Pedal, Paddle, Pace Triathlon in aid of MacMillan Cancer Support. The organisers indicated they were expecting up to 250 competitors, which was being filmed for Channel 4's, 5 O'clock Show who had entered a team.

The 2000m paddle section took place at Palmer's Field in Winchester on July 18th and club members Mike, Jo, Martyn, Chris, Alex, Barrie, Tony and Rachel all ventured out onto the Itchen to offer support, advice, safety and help if required. It was described by Mike as a nice relaxing day (he wasn't doing the triathlon).

Following the event the club received the following communication; "Hi, Just an email to say a huge thankyou for your support at the PPP triathlon event on behalf of Macmillan Cancer Support. I think the event went really well and I hope you enjoyed the experience? The kayaking at PPP makes it different to other triathlons. It's great that the Winchester Canoe Club supports this event in this way." Lisa Murphy, MacMillan Cancer Support.

Hampshire Watersports Officer case study

Samantha Jones joined Sport Hampshire and IOW as the Watersports Officer in July 2008. The role is split 50/50 with Canoe England and RYA both developing grassroots participation.

One of the main areas of her work is the Hampshire Games. June 2009 was the second year of canoeing at the games and saw nearly 30 children taking part in a slalom competition. In 2010 Samantha made an application to Sport Unlimited for funding to support a new school-club link initiative. All the clubs were keen to support the programme and eager volunteers helped set up seven new school clubs each with six children taking part in an eight week 'learn to paddle' programme. By the time the Hampshire Games Canoe 2012 competition came around in June, they had nearly 70 children wanting to take part! The children completed a combination of sprint and slalom in new buoyancy aids sponsored by local company 'On Tap'.

Another area of focus is paddleability and with successful applications to Aiming High for Disabled Children and Young People (AHDC) they have collaborated with the Calvert Trust and run a specific disability awareness course for club volunteers to support disabled people taking to

the water. The next goal for Samantha is to extend the Hampshire Parallel Games to incorporate disabled children in a 2011 canoeing competition.

Working in partnership with Sport Hampshire has made it easier to support club coaches and volunteers and access funding from the Coaching Hampshire club, coach and volunteer bursary. Working towards Clubmark is another area of her support to Hampshire Clubs. She is now keen to develop female coaches in the county and has secured funding for four coaches to gain a Level 2 or above qualification for the September round of bursaries.

Samantha has just produced some leaflets entitled 'Paddle in Hampshire' and these are directed towards outdoor centres, information centres and hire locations for people wanting to get into paddlesport. She is also producing a series of canoe trails. These are tried and tested trails donated by local clubs to be printed for people looking to take to the water in Hampshire with some direction to the local conveniences and sites of interest.

www.sporthampshire.co.uk
Samantha.jones@hants.gov.uk



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"This degree has catapulted my career forwards, I have really benefited" Craig Lindsay, Acting Centre Manager, Tile Barn DEC, Hampshire.

For further details please contact Chris Heaney
Tel: 01243 816346 Email: c.heaney@chi.ac.uk
or visit our website: www.chiuni.ac.uk/aded/
FDAinAdventureEducation.cfm

Paddle to New Horizons Canoe the Medway



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



In brief

Keep updated

Keep up to date on news and new resources by logging on to 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.

Canoe England Volunteer and Recognition Awards

Many thanks to everyone who has made their nominations in the Canoe England Volunteer and Recognition Awards. Presentations will take place at this year's English Coach Conference on December 4th and winners will be announced in the February issue of Canoe Focus! Keep up to date on the awards on the volunteers section of the website.



Above: Alison and Martyn Setchell receiving their award at the 2009 awards from Etienne Stott.

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

London 2012 Games Makers

Applications are now open to register as a volunteer for London 2012. Have you got what it takes to be a London 2012 games maker?

As a volunteer, you will be one of the faces of London 2012, with the chance to show what the UK is all about: excellence, passion and positivity. Volunteering will be hard work and time consuming and you probably won't see much of the action; but you will build new friendships, develop skills and play an integral part in a truly memorable, once-in-a-lifetime opportunity.

Up to 70,000 volunteers will be needed and millions are expected to apply. You will have the opportunity to state that you would like to be involved in canoeing, but unfortunately there will be no guarantees.

If successful, you will be required to attend a number of training events. You will receive an official uniform and free meals during your shifts but accommodation will not be included. Please note that you will be expected to volunteer for a minimum of 10 days over the Olympic period.

Applications are open until midnight on 27th October 2010. For more information and to keep



updated please visit www.canoe-england.org.uk or register on www.london2012.com/get-involved/volunteer.

Be a part of the Canoe England team!

Don't forget, if you aren't successful then canoeing will need hundreds of volunteers to help with the expected increase of people wanting to take part in our sport – be a part of our volunteering team! Email volunteers@canoe-england.org.uk to register your interest.



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 and Volunteering England 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.



During the Winter of 2010/2011, Canoe England staff will travel across the country to meet clubs and volunteers, providing you with updates and giving you the opportunity to share your ideas and ask your questions.

The **Club Forum Programme** includes sessions on:

- * **Making the Most of your Club:** Understanding your legal options (**CASC, charitable status & incorporated**), the **responsibilities** and **funding advantages** - a **runningsports** workshop designed especially for Canoe Clubs;
- * **Support available** to your club;
- * Update on **Safeguarding** in England;
- * **How clubs can work together;**
- * **Open Forum:** an opportunity to **ask your questions** and **share ideas** with other clubs on topics such as **funding; budgeting; action planning; Clubmark; membership** and much more!

Workshops in your area (10am - 3pm):

TEAM NORTH

- North East Saturday 27th November, River Tees Watersports Centre
Book your place by Wednesday 17th November
- North West / Cumbria Sunday 28th November, Kendal
Book your place by Wednesday 17th November
- Yorkshire Early February (date tbc), Manvers Lake (Sth Yorkshire)
Closing date to be confirmed

TEAM CENTRAL

- West Midlands Saturday 6th November, Worcester Canoe Club
Book your place by Wednesday 27th October
- East Midlands Saturday 13th November, Leicester (LOPC)
Book your place by Wednesday 3rd November
- East Saturday 27th November, Waltham Abbey (Brookbank)
Book your place by Wednesday 17th November

TEAM SOUTH

- South West Sunday 7th November, Melksham
Book your place by Wednesday 27th October
- South East / London / South Saturday 29th January, Royal Canoe Club
Book your place by Wednesday 19th January 2011

Places cost £15 per person. Refreshments provided, please bring your own lunch.
Booking form available on www.canoe-england.org.uk/volunteers; from your Paddlesport Development Officer or by emailing volunteers@canoe-england.org.uk.

Bronze for paracanoeing at the Sprint World Championship

Paracanoeing athletes travelled to the World Championship event in Poznan, Poland at the Sprint World Championships in August. Five paracanoeists represented GB against other paracanoeists from 29 countries.

Jono Broome from Newark won GB's first World Championship paracanoeing medal claiming Bronze in the men's K1 A category, finishing just behind Antonio De Diego from Spain and Frenandes Padua from Brazil who took Gold. This was Jono's first international competition after some encouragement from Newark based coach Julie Lowe, and has been training and competing for the past 10 years.

Jono commented, "It's been nice to compare my times against other paddlers and see how I come up against them. The start to my race wasn't perfect but I got up to speed as quick as possible, I flopped a couple of strokes towards the end of the race but did what I could and winning the Bronze is a great reward."

As coach for the World Championships, Trevor Wetherall commented about the whole team's achievements, "All paddlers achieved personal best times in their quest to win medals, which in its self, is a great achievement."

The team's determination and enthusiasm was demonstrated by Lucy Gardener and Maggie Taylor's late entry into women's V1 despite having never raced in that category before. Trevor said, "They did amazingly well to get down the course, this was their first time in this boat and Lucy came fifth!"



Above: Jono Broome with coach, Trevor Wetherall.
Photo: www.aephotos.zenfolio.com

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

Focus on Maggie Taylor

How did you get involved in canoeing?

I started sprint kayaking in 1992 after spending time Canadian canoeing in Sweden with Geoff Smedley the previous summer. He asked me to compete in the European Championships at Ferrara, Italy.

Where do you train?

I train mostly at my canoe club, which is Maidstone. When visiting Joe Brown I also train at Gailey Canoe Club. Joe has helped enormously in getting my kayak (and outrigger) prepared for the World Championships.

What do you like about the sport?

I enjoy winning – especially after working very hard in training before the event or should I say, knowing I have paddled as hard as I can and getting the best result possible at the time! I also enjoy the company of other paddlers – yes, my competitors!

I would like to say a big thanks to all those who have helped me get ready and prepare for Poznan. These include: Joe Brown for the mileage covered since I was chosen for the team; Paul Newman for the help in training, all the other Maidstone Canoe Club members for their help; and Gina and Allens Taxis, Faversham for helping with transport costs.



Above: Maggie Taylor.
Photo: www.aephotos.zenfolio.com

Focus on Patrick Mahoney

Where do you train?

I am a member of Outrigger Canoe United Kingdom (OCUK) and train out of the University of London Boat House in Chiswick with whom I have been paddling since 2003. OCUK is the largest and premier Outrigger Canoe Club in London, the passion for the sport within the club is infectious and as the only adaptive paddler I can't praise my fellow members and coach enough for all of their assistance, perseverance and the sharing of my passion with the sport.

How did you get involved in canoeing?

I first started in the sport of Outrigger Canoe Racing out in Australia in 1984 and immediately fell in love with it and the fact that it was primarily open ocean racing, which is now slightly different being on the tidal side of the Thames!

What do you like most about the sport?

The most enjoyable aspect of my canoeing is that it's you versus Mother Nature and the elements; with a strong Polynesian cultural background we are hugely respectful towards her.

Sprint racing in the V1 category was new to me until several months prior to the 2006 International Va'a Federation (IVF) world sprints held in New Zealand where I won a Silver medal in the V1 500m adaptive event. In the 2008 IVF world sprints held in Sacramento, California I was again a Silver medallist for the same event. Being able to compete in events such as these allows me to push myself to achieve the best that I can and to hopefully drive others with my enthusiasm for the sport.



Above: Patrick Mahoney.
Photo: www.aephotos.zenfolio.com

Disability audit

Canoe England would like to get a better picture of disability paddlesport in the country and are inviting clubs to respond to a questionnaire. The main aim of the questionnaire is to find out how Canoe England can best support your club volunteers who are working with any current disabled club members, and how they could support your club in the future to develop in this area. Canoe England would also like to gain an idea on the number of people with disabilities taking part in paddlesport as well as be able to identify where the local expertise and knowledge is, so that they can signpost any new paddlers in your direction.

Even if you currently are not aware of any paddlers with disabilities at your club, please submit your questionnaire. Log onto the Paddle-Ability page of the Canoe England website for more information.

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Great Britain's youths trip to the top of the world

After months of training in Cardiff and Holme Pierrepont, practicing slalom, sprint and endurance techniques it was time to start the journey to Holland for the combined World Youth Rafting Championships, and World Rafting Championships.



For the GB youth team, the first event was the sprint with their family and friends encouraging them with a mass of Union Jacks. The team pushed to the finish line in a time of 1.18.14, finishing in sixth. They were immensely happy, having had an amazing time and beating some of the more established junior teams.

Day two required more aggression and explosiveness for the head to head racing. First up they took on Brazil and after an explosive start won the heat and qualified to meet Holland, the third fastest team pre-qualified from the sprint. This time the boat had drifted and their explosive start didn't place them competitively against Holland and the team finished with their slowest time whilst Holland won with one of the fastest.

The third day was the slalom event which had proven to be their dominant race at selection. One gate stood in the way and deprived the team of a good first run. However, with run two they put down the fastest time of the second runs and third fastest overall. They finished fifth overall, a great result.

That evening the opening ceremony was held containing all the normal welcome speeches. For the team, the excitement came when a raft was placed on the flowrider - an inside pumped jet of water which can be surfed. It was a great experience and was to prove the exact opposite to

the situation they would be facing in the next day's race!

The fourth and final day of racing kicked off, which consisted of the Endurance. This included four laps down the course, around the lake, up the steps and across the volleyball pitch. After flipping on the first lap, the team crossed the finish line in 27 minutes, one minute behind the other teams. A reasonable time for the misfortune that had occurred. Even though they



Above: The youth team of Dean Buckingham, Ashley Roper, Stuart Parry and Arron Layton with their manager.

GB senior team World Championships

The men's team put an impressive performance throughout the competition and were smooth and consistent as ever. They placed seventh overall, bettering their result from the pre-worlds by three places.

The ladies took home the most medals out of all the women's teams, appearing on the podium for three out of four events and gaining their best result ever at a World Championships, with their first ever overall medal.

Massive thanks should be mentioned to sponsors Peak UK and all the parents and support crew that came out for both the youth and the senior teams – GB definitely had the largest support team out there and it certainly made a difference!

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were all physically and mentally exhausted from the focus and determination it had taken over the four days, they were all immensely proud of their eighth overall position.

The team would like to thank their supporters and their sponsor Squarerock.

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Four boats make top seven at junior world finals

GB athletes continued their strong performances in the individual finals at the Junior Slalom World Championships in Foix, France. Amid temperatures in the mid-30s centigrade, the Women's C1 event got underway with Mallory Franklin qualifying through to the final in third. In the final she put in a really attacking performance and a very competitive halfway split but a paddle back at gate 13 left her in fifth, the inaugural world title going to Australia's Jessica Fox.

In the Men's C1 event, penalties again were costly with Ryan Westley fast enough to make the final but two touches leaving him in 15th. George Tatchell was another victim of the 12-14 move in the middle section, which forced him out of the top 20. Adam Burgess stormed down in the final to put in another great performance and despite a disputed penalty at gate 12 he placed sixth.

In the Men's K1, penalties cost Ciaran Lee Edwards (24th), David Bain (16th) a place in the final and Joe Clarke was quickest to the halfway split but again on gate 13 found the tight line caused a paddle back and he had to settle for 30th place.

The Women's K1 promised much following the 100% qualification and Gold in the team event, but on the day it was not to be. Bethan Latham finished in 11th. Natalie Wilson and Emily Woodcock both made mistakes in the tricky middle section which left them out of the running. The race was won by Australia's Jessica Fox who completed double Gold at the age of 15.

The Men's C2 saw a great performance from Great Britain. In the final, the two GB crews raced hard with Matt Holliday and Matt Evans finishing fifth - the best junior worlds C2 result for a long time and Ryan Westley and George Tatchell placed seventh after two touches proved costly.

A great weekend for GB Canoeing – two medals and four finals – a big step up from the last Junior World Championships. Thank you to all the GB supporters and to Jacky Wetzig who acted as ICF judge for the event. Find full results at: www.123result.com



Above: Women's C1, Mallory Franklin

A positive future

GB's junior and Under 23 teams provided a positive vision of the future for GB canoe slalom at the European Championships, Markkleeberg, Germany.

Day one saw the team get off to an excellent start with 22 of 24 boats progressing to the semi final stages. Day two hosted team events and the junior's kicked off in some style with the C2 team of Westley/Tatchell, Holliday/Evans and Shaw/Allwood bringing home a fantastic Silver medal.

The men's kayak team of Lee-Edwards, Bain and Clarke followed that up by winning Silver behind the Czech Republic. Junior World Champions Wilson, Woodcock and Latham also took Silver in the women's kayak.

The Under 23 teams saw some excellent performances from a relatively young outfit. The team of Brady, Coombs and Franklin were a highlight finishing just 0.36 seconds outside of the medals.

Finals day saw the juniors open with calm controlled precision to bank seven finals, culminating in four boats in medal positions with three more finals being achieved in the Under 23.

Another superb display by Mallory Franklin saw her post the fastest time by some margin. Penalties meant she had to settle for Silver becoming Britain's first championship medallist in C1 Women. The C2 junior final saw Holliday/Evans paddle excellently to finish fourth.

Under 23 C2 finals saw Davies/Lister, junior medallists from 2009, comfortably stepping up to the senior ranks to finish a fine sixth. Proctor/Brady delivered an almost faultless display for a superb fourth place just 0.45 seconds from Bronze. Last off in C1 was team captain Thomas Quinn who mixed it with some of the world's best to storm home in sixth place. After having double shoulder surgery over the winter, Tom's performance was arguably the highlight of the event for Team GB.



Above: Tom Brady and Mark Proctor finished fourth in the Men's C2.

A new premier venue

The UK's top slalom racers converge on Cardiff Bay for the first ever Premier Race to be held at the exciting Cardiff International White Water venue in July.

The brand new venue at Cardiff is world class. Boasting all the modern features of an artificial white water stadium; conveyor belt back to the top of the course, moveable blocks, the ability to alter water flow rates and a superb main centre building; to name but a few. The first race to be held at Cardiff Bay couldn't have had better weather, with what was an unfamiliar course to many.

Fiona Pennie took the women's C1 and Adam Marshall the men's C1. In the men's K1 category, Richard Hounslow took the honours, whilst in the women's K1, Lizzie Neave triumphed after being the only women's kayak to deliver two clean

runs. In the men's C2 category, David Florence paired up with Richard Hounslow to claim the win.

To learn more about Canoe Slalom in the UK visit: www.canoeslalom.co.uk



Above: Men's C2 Tim Baillie and Etienne Stott. Photo: M Roberts.

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Gold for Ben Brown at Marathon World Cup 2

Following on from his win at World Cup 1, Ben Brown picked up another Gold at the marathon in the senior K1 category at World Cup 2 in Brandenburg, Germany. Ben also took a Bronze medal in the senior men's K2 with fellow athlete Jonathon Simmons to complete a successful weekend for GB canoeing. Vicky Croucher and Alice Haws took silver in the junior women's event.



Above: Ben Brown at the 2009 Marathon World Championships. **Photo:** Carolyn Cooper.

Masters Ladies

This year's National Championships sprint regatta was the first to offer specific classes for masters ladies (women over the age of 35 years). They produced some of the most fiercely contested and closest racing of the weekend where the K1 500 saw 0.37 seconds between Gold and Bronze. Seeing some of the more experienced ladies demonstrating they still have the competitive spirit was great. There are many more ladies who can and should be out there and now they have been shown the way we can look forward to full classes at next year's regatta.



Youth Olympic Games

Over 200 nations competed in the inaugural Youth Olympic Games in Singapore this summer. The games have been widely acclaimed as having been an outstanding success in both competitive and cultural terms.

Representing Team GB in the men's kayak sprint and slalom K1 was Andrew Martin who made it through as far as round three. In the slalom he made it through to the last eight where he was drawn against eventual gold medallist Simon Brus from Slovenia. He managed to post the fifth fastest time in the round just missing out on a place in the semi-finals.

The Youth Olympic Games now move on to 2014 where they will be held in Nanjing in China.

Golden polo women reign supreme

The Canoe Polo World Championships were held in Milan, on 1-5th September. Held at the Idroscalo Lake, a former hydro-port, the venue itself was ideally suited for this event.

The mood in the Team GB camp was good throughout the tournament. These athletes have dedicated a huge amount of time and effort with their training and have paid a substantial amount of money to attend both this event and the qualifying events. Their dedication to the sport cannot be questioned in any way.

The teams themselves worked very hard to get through the group stages as the pressure at such an event is immense. The senior men, despite a number of superb matches, narrowly missed out on reaching the semi-finals but congratulations must go to the Under 21 women and Under 21

men who finished their tournament with Bronze medals. The last team to finish on Sunday were the senior ladies who have dominated canoe polo over the last few years. They reached the final and played Germany in a match, which they dominated from start to finish ensuring that they gained Gold. This achievement came on top of their success as the winners of the ECA Cup, World Games and European Championships.

The end of these games is seeing the retirement of a number of players from the GB squad including Ginny Coyles and Alan Vessey. Alan has agreed to take on the role of squads manager and Ginny is continuing with her hard work with the GB sprint team. On a final note a large thank you must be made to all the coaches, players and supporters who make these events so special.



Above: The women's team in action. **Photo:** Glenn Summerbell.

True commitment in the torrid heat of Moscow

GB teams competed in the European Junior and Under 23 Canoe Sprint Championships, which took place in Moscow. The strongest performance of the weekend came from Lani Belcher (K1W 5000m Senior European Champion) who finished sixth in the A final of the K1 Women's 500m Under 23 category.

The British athletes as a whole dealt well with difficult conditions in order to produce their best performances throughout the competition. Several GB U23 and junior athletes progressed into B finals where their performances reflected high potential for the future.

GB Canoeing's National Performance Coach, Brendan Purcell said, "I believe that the athletes all delivered their best performances under very

trying and at time adverse conditions of 40 degrees plus temperature at the regatta course and with no respite of overnight to aid recovery. Many athletes were also suffering with a stomach bug but have not used this as an excuse illustrating to me the level of professionalism running through the squad at the moment.

"The GB coaches and support staff put all the measures in place available to aid recovery and health of all the athletes, which they adhered to with a great level of maturity. The results indicate areas for improvement to close the gap on other nations however the athletes racing, commitment, determination and attitude showed that they have the attributes required to achieve success over the next few years."

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The rain didn't dam

With the 2010 European and World Slalom Championships being held on two of the toughest white water courses in the world, extra water was not what the doctor ordered; yet it still came!

Feature by: European Championships

Helen Reeves.

Photos by:

Balint Vekassy.

Fresh from pre-worlds training in Tacen, Ljubljana the British team arrived ready and raring to go for round two of the European Championships at Cunovo, Bratislava. Having been postponed in June due to extremely high water levels and flooding.

The light soon came shining on the British team in the colour of Bronze, as the C2 team bought home the first medal of the championships for Great Britain. The crews of Tim Baillie/Etienne Stott, David Florence/Richard Hounslow and Dan Goddard/Colin Radmore had a challenging but composed run down the highly technical course, delivering a competitive time. With only the Slovak team to go, led by three times Olympic Champions the Hochschorner brothers, the British trio sat and watched as the Slovaks became unstuck leaving GB in the Bronze medal position behind Gold medallist Czech Republic and Silver medallists Poland.

With 11 of the 13 British boats on the start line for the semi-finals, another medal at the championship seemed inevitable.

Florence and Hounslow

Sporting a new focus after their disappointment in the individual categories and full of confidence after their team medal, Richard Hounslow and David Florence were on the start line for C2 final. Leading the C2 category off, after only scraping through to the final in 10th place, they worked in unison through the course with control and precision, putting down the time to beat of 103.38. It was déjà vu for Florence and Hounslow as they sat in the Bronze medal position with only the Slovakian crew of the Hochschorner brothers to go. Watching though squinted eyes, Florence and Hounslow realised the Bronze medal was theirs, as the Hochschorners made a fatal error at the bottom of the course. Tim Baillie and Etienne Stott, European Bronze medallist last year in Nottingham, came down in a time of 103.92 going in just behind Florence and Hounslow in fourth.

Head Coach, Jurg Gotz, spoke of the Championships, "The conversion rate from heats to semi was spot on 13 to 11 and then the conversion rate of 11 – 8 in the final, there is obviously room for improvement with the conversion from finals to medals."

World Championships

The Slalom World Championships were soon calling in Tacen, Ljubljana, Slovenia. Having spent numerous weeks exploring the every nook and cranny on the fearsome Tacen white water course, the British team were fired up and ready for the World Championships.



Above: Men's C2 Tim Baillie (front) and Etienne Stott (back).

Heavy rain and cold weather provided challenging conditions for the competitors and organisers and with the threat of flooding the race programme had to be adapted.

With fluctuating water levels on a technically demanding course the British team got off to a great start with 12 out of 14 boats progressing through to the semi-finals.

In glorious sunshine, David Florence and Richard Hounslow, European Bronze medallists, sat on the start ready to dazzle the crowds. The pair pushed hard as they snaked their way through the extremely tight and tricky course to cross the finish line in a time of 109.36 going into Silver medal position,

0.36 seconds behind leaders Lefevre and Gargaud Chanut from France. With eight boats still to start the British fans along with Florence and Hounslow watched in anticipation as one by one the boats went in behind them. With only one boat to go, Hounslow and Florence were still in the Silver medal position and guaranteed the Bronze. The Hochschorners once again showed their class taking the Gold. Leaving Lefevre and Gargaud Chanut with Silver and Florence and



Open the canoe parade



Top left: Women's C1, Mallory Franklin. **Bottom left:** Women's K1, Louise Donington. **Centre:** Men's K1 Campbell Walsh
Top right: Men's C2 David Florence and Richard Hounslow. **Bottom right:** Men's K1 Huw Swetnam.

Hounslow with Bronze, making their mark on history as they claimed Britain's first ever C2 World Championship medal.

David Florence comments on his medal, "We were one of the first off and when we crossed the finish line and went into second we thought maybe it wouldn't be enough to get a medal, but it was and we got the Bronze, which is awesome."

Richard Hounslow comments on his medal, "I am so pleased, it's been an exciting day, we didn't think we had done quite enough but getting the Bronze is fantastic."

Nick Smith, Men's C2 coach said, "I am so pleased for the guys today; to perform at the Europeans and now here at the World Championships. They have now got themselves to a technical level where they know they are capable of medalling at the major races. They were really confident with their plan going into the final run and delivered it – It's been an incredible year for them."

In the Women's K1 final, Fiona Pennie blasted off the start making her way in style through the top section of the course; unfortunately an early 50 second penalty was awarded at gate 4



putting an end to any medal hopes seeing her finish in eighth position.

It was disappointment on the final day of competition for the Men's K1 and Men's C1. David Florence had his eyes set on another medal after qualifying in second for the semi-final, but a costly penalty saw him pushed out of the top ten and a place on the final, finishing 12th. Mark Proctor also picked up a two second penalty, finishing in 15th

The pressure was on for the fast and furious Men's K1 event. On a tight technically demanding course the paddlers had to pull out all the stops to get a top 10 place. Losing time and picking up some costly penalties resulted in Walsh, Hounslow and Swetnam all out of the top 10. In the new World Championship events of Women's C1, Mallory Franklin demonstrated her potential and talent finishing seventh.

John Anderson, Performance Director, said about the Championships, "Firstly we are very pleased to get a medal in the Men's C2, we were fourth at the Worlds last year and didn't qualify a place for Beijing Olympics, so it is pretty special. Our Men's C2, Men's C1 and women's C1, K1 classes showed some real promise in terms of being on the pace and just need to make some technical improvements. As a team we will look at these World Championships and be slightly disappointed. We know its canoe slalom and a tough course but we have high expectations. We will re-group and come back stronger next year." ❖

Women and girls i

Want to help teach and encourage others?

Have you considered getting a coaching qualification?

Canoe Focus interviewed Hila Coggans

Level 3 Coach, Level 1 and 2 Training Tutor and Director and mother of one.

Hi Hila, thanks for talking to us, tell us a bit about yourself.

I currently live in the Chilterns with my son Jake, who is 16, just started college and is only interested in a sport if it involves a motor! I have been paddling for five to six years and first discovered kayaking through helping out at Jake's Scout water weekend at Longridge – one week later I went to Hurley! I am also a member of a local mountain bike club and get out at least two to three times a week around the Chiltern trails or days away to Wales, Peaks, West Country and have recently returned from a great week of biking in Morzine. I took a lifestyle change about five years ago when Jake started at secondary school and left the world of IT sales and started coaching with Jacko at Kayakjacko delivering BCU courses and other coaching sessions. I'm still hanging out there today.

What is it your favourite thing about the sport?

My favourite things are the community, the diversity and the constant opportunities to find new personal challenges.

How did you get into coaching?

I was looking for a way to be involved in people development – an area, which I was engaged and passionate about.

What do you enjoy about coaching?

The 'eureka' moments! The occasions when someone sees and thinks about something in a whole new and different way and being lucky enough to be part of that process.

Do you have any aspirations to do further coaching qualifications?

Maybe – but my personal development comes from the many different experiences I have. Qualifications may or may not be part of that.

Do you have any tips or advice for someone thinking of starting coaching?

My advice would be to see coaching in a wider context than only paddlesport.

Do you find that coaching benefits your own paddling?

Yes – for me, understanding how I am doing something allows me to always have ideas for personal improvement.

We understand you will be one of the tutors running some of the female only coaching courses Canoe England are running next year, what do you think the benefits of these will be?

Not having run a female Level 1 course before I am open minded and interested in finding out if there are any benefits and what they are. I'm sure there will be personal advantages for some attending the course. I can't wait to see...

What should someone who will be attending one of the female only coaching courses expect?

Like with any course – a chance to discover, explore and discuss all the different aspects of coaching with fellow coaches and a learning environment that promotes development and growth. Plus and most importantly – lots of fun!

Female mentors wanted

Are you a UKCC Level 2 or above or an old style Level 3 or above? Are you interested in mentoring other aspirant female coaches and would like to go to the Canoe England Coaching Conference in December? We are looking for a group of coaches who would like to be part of a pilot mentoring scheme in 2011. If you are interested or would like some further information please contact womenandgirls@canoe-england.org.uk.



Above: Hila Coggans

n coaching

Women and Girls
in Paddlesport



Female only UKCC Level 1 coaching courses 2011

Canoe England plan to pilot a series of six female only UKCC Level 1 coaching courses next year to help encourage and increase the number of female coaches in paddlesport. Some of you may ask why run female only courses? This is a very valid question however, as with many sports, canoeing is a male dominated sport both in participation levels and the number of coaches gaining qualifications (currently 22% of coaches are female). In a bid to create a better balance and increase the number of women and girls participating and coaching, a proven and successful method is to run female only courses, development days and club sessions.

Some women feel intimidated by learning in predominantly male groups, they find it hard to speak up and struggle to get fully integrated into the group dynamic and can often find themselves sitting quietly in the corner. By running women only coaching courses this can make coaching accessible to all women of all faiths, cultures and abilities and allows the women involved to be more confident and supported which often results in a greater learning experience and the desire to do more. By increasing the number of female coaches, we are also increasing the number of role models that can show young girls that paddlesport and coaching is something women can do too!

The low number of female coaches is highlighted in the fact that we will not be able to provide female directors and tutors to run all of the planned courses, however, this will not distract from the camaraderie and support that the participants, who will all be female, will share with each other during the course. The maximum number of people that can be on the course is 12 but if there is a demand greater than this we may be able to schedule some more, but do try to book your place early to avoid disappointment and to help us know if we need to plan more! A bursary is available for people attending the course.

To try and make the courses as accessible as possible some will be run in a block of five days midweek, whilst others will be split over a few weekends.

Course dates south:

- South West: 06 March 2011; 19-20 March 2011; 26-27 March 2011.
- South East: 24-25 September 2011; 30 September 2011; 01-02 October 2011.
- Southern: 09-13 May 2011.

Course dates central:

- East Midlands: 03 April 2011; 09-10 April 2011; 16-17 April 2011.

Course dates north:

- North East: 09-13 May 2011.
- North West: 18 September 2011; 24-25 September 2011; 08-09 October 2011.

For more information and to book your place please email rachel.derry@canoe-england.org.uk.



Women and girls club sessions and development days

As well as female only coaching courses we would like to encourage all clubs to run some female only sessions. A guidance document has been created to help answer some basic questions and provide some simple hints and tips to running a successful women and girls development session or day.

This guidance document along with others can be found at www.canoe-england.org.uk/our-sport/women-and-girls. If you do run a woman only development day or regular club session don't forget to tell us about it by emailing womenandgirls@canoe-england.org.uk. Your experience and feedback from the event can be used to help other clubs and ultimately increase the number of women and girls in paddlesport.



David Florence and Richard Hounslow

Men's C2 European Championship Bronze medallists
Men's C2 World Championship Bronze medallists



Adventure for Kali River expedition

On the 23rd October 2009, after 18 months of meticulous preparation involving trips to the Rivers Wye, Tryweryn, Usk and Teifi (to name a few), various fundraising events and grants, 37 members of the Phoenix Canoe Club, Barnet Network Scouts and Barnet Explorer Scouts set off from Heathrow for a two week trip to India, with the highlight being a six day expedition down the Kali River.

Feature by: Andrew Theobald,
Phoenix Canoe Club
www.phoenix
canooclub.co.uk

Despite some fairly strange looks at Heathrow, we got our 30 kayaks (seven of the party were rafting) through the airport and thankfully they all arrived safely with us in Delhi where we were met by Jam McManus our trip organiser and river guide from IntoIndia.

That evening and over the next day we went to visit the two community projects that we had been fundraising for, Sai Kripa an orphanage and the Social Outreach Foundation primary school. At Sai Kripa we were shown around the 30 children's desperately basic and crowded accommodation and got a chance to talk, play and eat with them. The school showed us to what good use they had put the 12 computers we had donated. They also fed us. We were proud to have been able to provide nine large suitcases of clothing and equipment to these causes as well as a school for the blind, and donating around £4,000 between them for specified projects.

When we arrived in Kathgodam we were picked up by two small coaches, which took us on a 10-hour drive along precarious cliff edges in the Himalayan foothills to our next hotel in Pithoragarh. Here we were given our 100L dry bags to share with a partner and live out of for the next six days. Sure enough, not everyone managed to squeeze everything they wanted into their dry bags! The next morning we were up bright and early to finally drive to the river. We arrived slightly before midday, and dragged our kayaks and equipment down a steep, narrow track to the beach. We were not quite at the Kali yet, but were starting on the Kali Ganga, which would meet up with the Kali soon enough. Together with the raft guides, safety kayakers and cooks from IntoIndia there were 53 people on the water, ranging in age from 14 to 56, with 38 in kayaks and 15 in six rafts which were holding all our

gear, tents and food – everything took a while to get moving.

As we set off we enjoyed some bumpy Grade 2 rapids, which were to prove a very inadequate warm up for what we were soon approaching!



Above: The raft team.

“I officially decided that there was nowhere else I would rather be, given the amazing backdrop of Himalayan jungle”

good causes



Above: The Taj Mahal.

kayakers into swimmers

Where the Kali Ganga met the Kali River, there was a section of large Grade 3 rapid which was much bigger than anything we had ever paddled in the UK and in almost no time at all turned the majority of kayakers into swimmers. I ended up Eskimo-rescuing a kayaker side-on in the midst of the carnage whilst approaching a boulder the size of a Transit van at fairly high speed. Needless to say, I had not intended to partake in this particular rescue as I was struggling to remain upright myself.

I was also beginning to think that perhaps bringing my Pyranha 4twenty wasn't the best idea, but since I had survived this first rapid I pressed on, with two others also in playboats. After another set of large rapids the river became a bit friendlier and I officially decided that there was nowhere else I would rather be, given the amazing backdrop of Himalayan jungle and the fun I had just had wrestling with the rapids so far. All too soon we

reached the beach where we would be camping, set up the tents, dug the latrine-holes and tucked into dinner around a camp fire.

The next morning the cooks were up at 0400 to start getting breakfast ready and we surfaced at 0630(ish) to eat and then get ready for the day's paddling. Putting on cold, wet gear early in the morning is still unbearable – even in India. The rapids on day two of the river trip weren't quite as big as on the first day and we had fewer capsizes.

Playboats swapped

By the end of day three, 15 kayaks were taken off the water as we were warned that the rapids started getting bigger from day four and 15 kayakers became rafters. The three playboats, which had served us well thus far, were also swapped for bigger boats, which might offer us better chances of survival.

Above: Indian wildlife.



Above: Taking a break.



Above: The Phoenix Canoe Club.



Above: Working in the community projects



We got into the swing of river-life quickly enough with early starts, four to five hour-long paddles and the setting up of camp again every afternoon. The afternoons were spent either sunbathing, playing games or fishing, although nothing was ever caught, least of all the nine-foot long man eating Goonch Catfish that we had all heard far too much about before the trip. The beaches further down the river had loads of firewood for some huge campfires; leopard paw prints in the sand and one had a small waterfall complete with plunge pool, which we all used for an impromptu shower. The guides taught us the game of Kabbadi, which to the untrained eye looks like a cross between tag and rugby. It was fantastic fun and provided an entire evening's worth of entertainment, for participants and spectators alike.

The rapids grew steadily bigger from day four, and the number of kayakers steadily decreased, due to sickness or a desire to face the river in a raft rather than by kayak. By day five, the rafts, at 16 feet in length were shorter than the faces of some waves and the kayakers were dwarfed. As a kayaker, you could see nothing but water in the trough of the wave, until you were flung up to the crest and were desperately trying to find the direction you had been advised to paddle in.

On the last day, day 6, we had to arrive at our get out point on time to catch our lift to the Jim Corbett

National Park. This meant that we were not stopping to scout any sections of rapids and were ploughing straight through some truly enormous waves. I made a serious mistake when I didn't follow the recommended line and headed straight for what looked like a good wave for surfing. As it loomed up I suddenly realised the size of the beast and was by now committed to paddling straight into it. I got a fairly serious trashing which felt much longer than the four seconds the camera I was wearing proved it to be, but managed to roll up again with a grin on my face! The last day was easily the best on the river, with plenty of spectacular capsizes, and the first major loss – a boulder landed on a pair of Werner paddles, snapping them cleanly into three pieces.

The middle of the jungle

When we got off we had another long road journey in seven 4x4s to the national park, for a jeep and elephant safari. We were staying at Camp Forktail Creek, which had open sided buildings for the bar, lounge and dining room and we slept in fixed tents and mud huts in the middle of the jungle. It was a fantastic place with comfy beds and crucially, proper toilets! The safari got us up close to several species of monkeys, deer and birds and some people were rewarded with a sighting of a tiger about 30 metres from their jeep. The elephant safari was another novelty, although we didn't see very much and were more than happy to get back into our jeeps afterwards!

After two days in the park, we travelled back to Delhi by overnight sleeper train (this time third class non air-conditioned, which meant triple bunks and no sheets and then by coach to Agra to visit the Taj Mahal., for a guided tour. Lunch was had in a revolving restaurant and shopping for souvenirs ended our visit to Agra as we went back by coach for our last night in Delhi.

As we got on the plane the next day, I think everyone could appreciate how lucky we were to have come on such a trip. Although some people would not dare define it as a holiday, it was an absolutely amazing experience which most of us would all happily do again. Some had had enough of curry twice a day for the last 13 days and were not amused when we were served it again on the plane! As a group, we had got on tremendously well, despite the age range of 14-56 years and it was such a shame to be leaving such a beautiful place. The company, www.intoindia.com was brilliant and ensured the trip ran without a problem, despite the many complexities and we are currently in the process of deciding where to go next! ♡

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Nutrition and hydration



By Ivan Lawler

Five times Marathon World Champion.

10,000m World Champion.

Three times Olympian.

The following is a summary of what I have learnt having been in competitive racing for over 30 years. I have given lectures on this

subject and have clashed with the 'conventional' on many occasions. You, the reader, must now decide if what I write is of any value to you.

My route to this point has been that around 1988 doctors at the British Olympic Medical Centre diagnosed me with 'overtraining syndrome'. For the remainder of my career I always felt I was on a knife edge and ran a fine line between training hard, which was my default setting, and resting which always felt like a waste of time. I took the advice I was given but rarely felt 100%.

Eventually age caught up with me, the motivation waned and I retired. I now run an osteopathic clinic with a leaning toward the holistic. Through this I have come across many interesting people and learnt a lot, which with hindsight would have helped me in my recovery process all those years ago, it certainly would have helped a lot more than the conventional wisdom I followed at the time. I have taken this information onboard and now continue to train, albeit a lot less frequently, and enjoy racing, but mostly I enjoy the fact that despite being almost twice the other guys age I can still keep up (almost). This I put down entirely to what I have learnt over the past 10 years. So, here is what I think you need to know!

Recovery

Training is a destructive activity; you wear yourself out, break down muscle tissue and use up your body's resources. Despite your body giving you every message it can to make you stop, you persist, as you are hard wired to push on. Most people who want to improve decide they need to train harder, longer, and more frequently or all of the above. Taken to its extreme this would mean training flat out 24 hours a day, seven days a week and it doesn't take a genius to work out that this can only end in disaster. Your job as an athlete/coach is to try to find a balance between the destructive aspect of training and the constructive aspect of repair, maintenance and recovery. It is not easy!

Below: Ivan competing in World Championships.



“If it didn't exist 200 years ago then don't eat it”

The body

The body is a very complex tool with very simple needs. It is at its happiest when everything inside is balanced and stable, this includes hormones, temperature, nervous system, blood sugar levels and a host of other things. Generally we don't have to worry about these things as the body beavers away quite happily looking after everything while we go about our daily routine. Our contribution to this background activity is that we can influence which building blocks we give the body to work with when we choose our food and drink. We can also choose activities and routines that take the load off the bodies repair and maintenance systems. As you will read, some inputs can have a very negative effect on recovery while others can be very beneficial.

Hydration

Before training: drink water regularly throughout the day. Generally somewhere around two litres a day is a good ball park figure. This does not include coffee, tea, caffeinated drinks, juices or fizzy drinks! Make sure when you pass water that your urine is clear. If it is not then you are not drinking enough water. Sugar/Sports drinks before training will lead to a sugar rush followed by a collapse. The only thing worse is a drink that contains artificial sweeteners, or 'a source of phenylalanine'. It is best to start training fully hydrated and well fed than to rely on a jump start. To do this drink water and eat food, simple!

During: for most of us sessions do not last longer than an hour and if they do, the work load is not actually longer than an hour when you exclude resting times. Rehydration, not refuelling is the priority. Water is the best rehydration drink and small quantities of sea salt can be added to improve absorption.

Below: Ivan competing.

Again 'Sports' drinks will cause havoc with your sugar levels so are best avoided unless the session is very long (two hours plus). The sugar drop after taking sports drinks not only cause a crash in energy levels but also will stimulate stress hormones, which in turn suppress repair hormones, not ideal therefore for a fast recovery post session. The acidity of 'Sports' drinks also causes damage to your teeth; a drink per session will have major impact on your dental health! If a sport drink is essential, i.e. you are doing extreme amounts of training, then try to find one with complex carbohydrates rather than simple sugars like glucose/fructose etc.

After training rehydrate with water to a stage where the urine runs clear again, if you want flavour in your drink now is a good time as the effect of the sugar in the drink can be countered by eating some real food with protein and/or fat to buffer the sugar rush.

Basics: unless you are doing something very extreme, 'Sports' drinks have no significant role in training or recovery. In my opinion the negatives far outweigh the benefits.

The following is a list of ingredients from a popular sports drink: water, Glucose Syrup, Citric Acid, Acidity Regulators (Sodium Citrate, Calcium Carbonate), Flavouring, Preservative (Potassium Sorbate), Sweeteners (Aspartame, Acesulfame K), Stabiliser (Acacia Gum), Vitamins (Niacin, Pantothenic Acid, B6, B12). Contains a source of Phenylalanine.

The acid in this drink will rot your teeth, the sugar will upset your blood sugar levels and suppress your immune system, the sweeteners will fry your nervous tissue and the chemicals will tax your body's removal systems. The vitamins may be fine though and the water is ok!

Food

In sport we tend to look at food as our source of fuel, hence the high carbohydrate tendency as it is carbohydrate that breaks down to sugar to fuel our activities. However, food does more than this, far more. Our food not only refuels us but also has to provide all our servicing and maintenance needs. If you just put petrol in your car and never service or maintain it, it wouldn't matter how expensive the car was it would still break down at some stage. For this reason we need to look beyond a high carbohydrate menu.

We need proteins (basically from things that can move around) carbohydrate (from things that grow out of the ground) and very importantly fats which have been the 'bad boys' of nutrition for a good few years now, only recently making a bit of a comeback! We also need all the extras like vitamins, minerals, enzymes etc.

All meals and even snacks should contain a mix of all these essentials and this takes some thought! Take a common breakfast (the most important meal of the day—not to be missed!). Cereal, toast and fruit juice: all are carbohydrates and break down to sugar. This is not a good start to the day! It will lead to hunger, cravings, energy crashes and weight gain! Rather have yoghurt with fruit and a boiled egg or any other combination you can imagine that contains all the major groups.

“unless you are doing something very extreme, 'Sports' drinks have no significant role in training or recovery. In my opinion the negatives far outweigh the benefits”



Competition

Once you have grasped the balancing of meals there are a couple of other issues to be aware of:

Quality: we need good food, not garbage. As a rule, good food will degrade if left lying about for a week. It has life in it, which is why we gain from eating it. Try leaving a burger lying around for a week and see what happens: basically nothing, it doesn't go mouldy or rot! This means it can't support bacterial or fungal life, so it has no chance of supporting your athletic development! Don't eat it! The better the quality of the food you eat the better the quality of the body you build with it. Simple! To this end I try to eat organic wherever possible, fresh always and real. The best advice I ever took on food was, "If it didn't exist 200 years ago then don't eat it".

Processing: the more highly processed a food is the less benefit you will gain from it. By the time grain has been turned into a loaf of sliced white it is so deficient in nutrient that it actually costs the body more to process it than it gains from eating it. It literally sucks the life out of you. The less processed a food is the better it will be for you. This is particularly true of fats, which should be eaten in their natural state. Olive oil is a liquid, by the time it has been processed into a spread it has been denatured and the body does not deal with it well! Avoid Trans fats and Hydrogenated fats.

Chemicals: we are not designed to eat a bunch of chemicals and preservatives, let alone the pesticides etc that get sprayed on our foods. The less chemical input you have the less work your body has to do to get rid of them all. The following is a list of chemicals that make up 'strawberry flavour' in a milk shake: amyl acetate, amyl butyrate, amyl valerate, anethol, anisyl formate, benzyl acetate, benzyl isobutyrate, butyric acid, cinnamyl isobutyrate, cinnamyl valerate, cognac essential oil, diacetyl, dipropyl ketone, ethyl cinnamate, ethyl heptanoate, ethyl heptylate, ethyl lactate, ethyl methylphenylglycidate, ethal nitrate, ethylpropionate, ethyl valerate, heliotropin, hydroxyphenyl-2-butanone (10 percent solution in alcohol), a-ione, isobutyl anthranilate, isobutyl butyrate, lemon essential oil, meltol, 4-methylacetophenone, methyl anthranilate, methyl benzoate, methyl naphthyl ketone, methyl salicylate, mint essential oil, neroli essential oil, nerolin, neryl isobutyrate, orris butter, phenethyl alcohol, rose, rum ether, gundecalactone, banillin and solvent.

Not one mention of a strawberry and a whole lot of work for your removal systems to be getting on with! Stay away from chemicals wherever possible!

Eating good food is pretty much the best guarantee that you are giving the body its best chance at recovery.

The standard advice of eating within 30 minutes of finishing your session is good advice. The body is very efficient during this limited time window at replacing used energy stores.

Sleep

Sleep is the essence of any recovery programme, it is while we sleep that the body's housework is done and repair and maintenance is the priority. Our



hormones cycle in such a way that growth and repair hormones peak between the hours of 10pm and 2am. If you are not asleep during this time you are missing out on prime recovery and growth time. To get the best sleep you may want to shut out as much light as possible from your room using blackout curtains and switching off all lights including those from bedside clocks etc.

Anything that stimulates stress hormone release should be avoided immediately before bedtime, this includes sitting in front of a screen, any screen, the flashing of which causes a spike in stress hormone production. Drinking caffeinated or sugary drinks is also not a good idea.

Planning

If you are training seriously there is plenty of pressure put on the systems of the body. The more you can reduce the unnecessary parts of this pressure the better.

Be sensible about the amount of work you do. Just because Tim Brabants trains two or three times a day it doesn't mean it is good for you, especially if you have a full time job to hold down, a family to consider and you have turned 40! Sometimes less is more, increase the quality and decrease the quantity.

If you are sick or injured, deal with the problem. To train hard under either circumstance will have negative long term effects. If you keep having the same injuries discuss it with a therapist and try to discover the cause of the problem. Do not cover a problem with medication and think it has gone away. The cause of your pain is very rarely a Neurofen deficiency!

Resting is not a dirty word! If you have to drag yourself to the canoe club and force yourself to train, or even worse if you find you are just going through the motions at your training sessions then you need time off. Go and do something else for a few days and come back when you are ready to train again. Cross training can be very beneficial to your programme and your state of mind. If even the idea of doing a different form of exercise is not appealing then there is nothing wrong with just taking a few days off entirely.

Active recovery is far more effective than passive; anyone who has spent the whole day in front of the TV on a rest day will know they do not feel great at the end of it. Rather stick to low level activity, walking, getting a few jobs done or catching up with friends. All are better than sitting still watching daytime TV.

Stretch

As we get stronger, typically we get stiffer. I learnt the hard way, if you don't maintain flexibility then injury will follow, it is only a matter of time. To incorporate one dedicated stretching session into your week not only gives you a bit more recovery time but also keeps you injury free and capable of performing the movements you need to be a good canoeist.

Prioritise

If you only have so much time in a week then decide what is important to you. I like to race my canoe so that is what I practice in my limited training time. Don't waste time and energy building beach muscles or running round the block if that is not what is important to you. All these aspects are fine to include if you have all the time in the world but to be fair that is only a very small percentage of us. Make your training time count.

Other

Your basic aim in your downtime is to reduce the amount of stress hormone produced to a minimum. Only when stress hormones are low can the maintenance work go on unhindered. To this end those under a lot of 'load' may even consider the energy building types of exercise like Yoga, Tai Chi or Chi Gung or similar. All are designed to enhance the body's ability to cope and recover and however whacky they seem to you now, they serve a purpose when things are tough.

General advice

You know the things you do that detract from your goals in sport, eating badly, not drinking enough water, staying up too late, drinking too much alcohol etc. You also know the things to do to improve. It is for you to decide how much of the bad stuff you want to give up and how much good stuff you want to adopt. If you don't want to give any bad habits up then fine, but you have to understand there is a long term cost. Your big decision therefore is: how much do I want to achieve in my sport? If you really want to do well then no sacrifices need to be made because you will want to do the right things, nothing will feel like a chore. ♡

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splits, cags, trousers, buoyancy aids,
wetsuits, footwear, gloves, helmets,
accessories, rescue equipment.

Bath2London

Having once upon a time been a part-time narrow boat resident near Bath, it was with great excitement that we had just motored along the M4 from London with the intention of returning home not by train or car, but by stand up paddleboard.

Feature by: I was joined by Sarah Outen, world-record breaking ocean rower and soon-to-be global circumnavigator, but for all her watery prowess just one lesson on a paddleboard was perhaps not the best training for a 150 mile journey along Britain's southern waterways between Bath's Top Lock and Tower Bridge. This was the Devizes to Westminster plus a little more, just in a less than ordinary upright position. Sarah at least knew she was capable of the distance but I'd managed just half of the 2009 DW before botching my elbow, so had a personal score to settle with the Kennet & Avon - Thames combination. The challenge was on!

Dave Cornthwaite.

More about this journey on www.thegreatbigpaddle.com

More about Sarah on www.sarahouten.co.uk

More about Dave on www.davecornthwaite.com

A leisurely week's paddle in early June to highlight a growing sport and a deliciously pretty cross-section of the British countryside was not without its obstacles – 114 of them, to be precise. Each lock and weir requiring a hefty portage of our 15-foot, 23kg boards and turning our endurance journey into an ultra marathon. On hand to help document the journey and help us collect for our charities, The AV Foundation and CoppaFeel, were George, Simon and Em, driving in a bright orange Spaceship campervan. We arrived at our first hurdle in Bradford-on-Avon after a delightful 13 mile paddle through Bathampton and over the aqueducts at Dundas and Avoncliff, our still unusual modes of transport turning heads as we approached a pub full of lunchtime snackers.

Stand up paddleboards are slower than your average kayak but provide a great all-over workout. This and the elevated view more than makes up for a lack of pace and Sarah and I both felt vindicated in our choice of journey by the end of the first day. It truly is a marvellous way to travel.

Experiencing watery environments

As ambassadors for the Blue Project, Sarah and I place a big emphasis on encouraging people to venture outdoors and experience their watery environments through sport and travel. Open invitations for members of the general public to join our Bath2London paddle were well received and our first companions joined us at the end of day one. Ben and Jack from Devizes Canoe Club were both in their teens but are already seasoned endurance paddlers, with over five DWs between them. Needless to say, their K15s put our K15s to shame, but the promise of a BBQ laid on by the club at the end of the day drew us swiftly towards Devizes.



We were measuring our journey in blue miles (a mile travelled on or beside the water) and the total grew as we paddled east, climbing over lock flights and nudging through long, dark tunnels. Even on the approach to Reading, when trains hurtle by just metres from the canal, much of our journey was spent in blissful silence but for a variety of bird call and the occasional rushed flapping of a moorhen escaping into the verges. Britain is such a densely populated nation it's hard to imagine such a tranquil escape right here on our doorstep, although we needed to be on our toes when passing young cygnets, especially after one swan took umbrage to our presence and treated us to a 50 metre charge – give me crocodiles on the Nile or snakes on the Murray over an angry swan on the Kennet & Avon!

Eyed suspiciously by passing boaters

Of course, nature doesn't do paddlers any favours on the canal, and after three days we were delighted to receive even the slightest flow. More stand up paddlers joined us as we filtered into the Thames and we were eyed suspiciously by passing boaters, who had never seen such creatures on the river before. Our days were lightened by comments from passers-by, such as "Which one of you is Jesus?", "I hope you don't get eaten by alligators" and "That looks like the working class version of punting...!" Naturally, we had the odd "You're never going to make it!" lines thrown our way, but not once did we listen, the

“Give me crocodiles on the Nile or snakes on the Murray over an angry swan on the Kennet & Avon!”

— standing up!



beauty of travelling slowly is that if you look after yourself and you're determined to reach the end, all you need is time.

Ordered off the water

To our dismay, however, as we made our approach into central London our Tower Bridge finish line all of a sudden seemed beyond our grasp. After an exhausting hour of paddling against the flow and with Vauxhall Bridge in sight we received a call from the Harbour Master ordering us off the water, doubly dismaying considering a couple of AP photographers were waiting by the bridge to snap our final strokes. Sarah and I looked at each other in disbelief; we had not been expecting this. As the Thames flows through the city it can become fairly turbulent and we were prepared for this, but the Harbour Master told us that work was being carried out beneath some of the bridges which then filtered water traffic through fewer arches than usual – thus creating more challenging conditions for stand up paddleboarders.

It didn't seem like we had a choice and for a moment we stared down the straight to the Houses of Parliament and the London Eye and considered making a dash for it. Instead, common sense prevailed and we hoisted our boards out of the water. But we weren't done; there was no way we were done just yet. There's a very good chance that we then became the first blue-clad paddlers to jog past Tower Bridge and the London Eye with racing paddleboards at the shoulder, but we figured that if we

“To our dismay, however, as we made our approach into central London our Tower Bridge finish line all of a sudden seemed beyond our grasp”

couldn't paddle to Tower Bridge then at the very least we'd trot there – after all, we'd spent a good deal of the journey portaging anyway!

Toughest of the trip

Then the call came, the Harbour Master had changed his mind and a boat had been sent out to lead us home. The final two miles into Tower Bridge from Waterloo were undoubtedly the toughest of the trip and we stumbled around on our boards determined not to plunge into the water. There is no wave direction in the central Thames due to numerous boats kicking up wake, which made staying upright quite a task, but somehow we made it, finally paddling beneath Tower Bridge six days after leaving Bath's Top Lock. We were kindly landed by the crew from HMS President, and instantly began plotting ideas for new journeys. Sarah's next one, it seems, will start from HMS President, although her two and a half year global circumnavigation by kayak, rowing boat and bicycle might just put Bath2London in the shade.

An interview with James Bebbington canoe freestyle



Quickfire questions!

I would describe my character as...

Optimistic and sensitive

When I'm not Canoeing I...

Eat... it's one of my passions too.

The last book I read was... Life's a pitch - How to sell yourself and your brilliant ideas.

The last film I watched was... Inception.

My ultimate goal is... To do what I love as much as possible for as long as possible.

I relax by... Eating and reading.

My favourite food is... Fish/seafood.

My favourite drink is... Banana smoothie with Cinnamon on top.

My favourite TV programme is... I don't watch much but I do like 'Come dine with me'.

My favourite car is... VW Transporter.

On my iPod, I'm listening to... Harry Potter audio books.

The person I most admire is... Kelly Slater and Lance Armstrong.

I get really angry about... Thoughtlessness, but I'd like not to get angry about anything.

The one thing I'd change about canoe freestyle is... I'd make it as well paid as Football!:-)

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

In 10 years time, I'd like to be... Kayaking as hard as ever and even happier.

One thing you don't know about me is... I was a vegetarian for three years after watching the Film 'Babe - Pig in the City'. I did get over it eventually :-)

Congratulations James on a great season!

Looking back now, how do you feel this year's been for you?

This year was my best so far competitively and was such a great experience for me.

The World Cup in Augsburg went great and I got exactly the runs I wanted in the finals to take the win so was very pleased. I was also very happy with how I paddled throughout the event and really enjoyed the excitement of the tight competition.

The Europeans in Lienz, Austria came around next and I was feeling very fired up going into it. I managed to win every round leading up until the finals and then in the final I took second place behind Slovakian Peter Csonka with a 100 points score difference (one move basically!) I was disappointed not to win but at the end of the day I had a great time in the event and with such good competitors around it really is very tight at the top end.

With a bit of time to reflect I don't feel displeased with second although I do know I can do better. It just gives me more motivation for the future. Overall I'd say the season went like a dream but still leaves me with a desire to do better.

How did you first get into canoeing?

I first got into canoeing after seeing Shaun Baker on TV, kayaking in Iceland.

Soon after watching the show I got my dad to find me a canoe club nearby that I could go to. So at aged 10 I went along to my first pool session with Wigan Canoeing Group.

When I was about 13 I first saw freestyle and it caught my eye straight away. It's definitely my main passion. Both playing for fun and competing, I get a big buzz out of doing both.

I occasionally go river running but don't like to do any really big drops, having had a few back injuries when I was younger. For now freestyle is my focus and hope it will remain that way for a long time yet but I'm sure when I'm old I'll still want to be out in my kayak, just tamed down a little bit!

We're already in October now and it's getting pretty cold. Are you able to train, on the water, throughout the winter?

Yes, the winters can certainly get a bit gruelling when your head is under water for half your session! I usually head away to Uganda in the winter to work on my Wave skills and I plan on doing the same this year, although I'll be around until January so will still get to see the real winter.

When I was based more in the UK, I would just tough it out, wrapping up in thermals and a scull cap helps a lot, but it does take a bit more dedication to keep training in the cold.

This spring however I'll be heading to Russia for an event, which I think will make the UK winter seem pretty mild!

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

Kayak-based I usually do two sessions a day, at Holme Pierrepont, working on my technical skills and competition runs.

Fitness wise leading up to big events I do a lot of running combined with press-ups, sit-ups and core stability exercises to make sure I'm fit and powerful when I need to be. I do this about five times a week, tapering it off as the event draws closer.

In the UK, I usually train at Holme Pierrepont and outside the UK, I live in my van and kayak wherever the water is good and throws up a good wave/hole or where my next competition will be.

This year I spent a lot of time in Germany and Austria and quite a bit of time in France training on various features. I find training on many different waves and holes makes you very adaptable to differing water levels and changing features.

To score points in Freestyle you have to be able to pull off lots of different moves. Which are your favourites?

In a hole, I'd say my favourite is the 'Phonics Monkey'. This is where you start facing forwards, spin around 360 degrees with the boat elevated and once facing upstream again you throw a massive air loop to finish. I like it because it's one of the moves I really excel at and can always seem to get a lot of height and speed on.

On a wave, I think my favourite move would be the 'Airscrew'. This is one of the coolest looking moves in freestyle and is where the boat does a complete aerial barrel roll to land flat on the hull facing perfectly forwards. I like it because of how dynamic it looks and the feelings you get from throwing it and landing it with a big 'thud' back on the wave.

Are there any moves that you've struggled to master or are still working on?

I think in the process of learning every move I struggled at first. It's all about repeating the same movements and making little adjustments every attempt until finally you've got it.

Sometimes the process is quicker for some moves than others. It took me quite a long time to figure out moves like the 'Airscrew', 'Trick Whu' and 'Lunar Orbit'.

Right now I'm working on various ways to link the different moves together as the new scoring system rewards linking moves very heavily. On top of this having spent so much of the year in holes I think I will need to spend some time over the winter practicing on waves again to make sure all my wave move are up to scratch.



Above: James in action.

Looking ahead to next season then, who do you see as being your biggest competition, and why?

I think the top Europeans are the ones to watch out for particularly, Peter Csonka from Slovakia, Mathieu Dumoulin from France and Gerd Serrasolses from Spain. They all paddle pretty much full-time and are very determined competitors.

Current World Champ Nick Troutman, Americans Stephen Wright and Eric Jackson will be up there too and will be giving it their all to keep the Europeans off the podium.

And which GB athletes would you tip to do well at next year's competitions?

The GB junior men are doing great right now and it looks like the youth freestyle series is bringing up some fantastic paddlers, in particular Brendan Orton and James Benns are on fire right now!

I'd also tip Matty Nicholas to do well. He's been improving so quickly over the last year and he'll be right up there next season.

And finally, what's next for you?

Right now I'm really enjoying being in the UK with my girlfriend Katya, who's from Russia. This winter is the first time she's managed to get a UK Visa and I'm really looking forward to showing her many of the beautiful places in the UK and taking her paddling on the good kayaking spots that we have here.

Aside from that, I'm really fired up for next season's competitions. This year went so well for me and I can't wait to go and battle it out next year!

Read the full interview with James on the Canoe England website, in the Members Area.

Find out more about James, and follow him through his season, by checking out his official blog at www.Riverzoo.eu

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One champion to Six medals and a new World Cham

The British sprint team continues to demonstrate their new found strength at the World Championships in Poznan, Poland.

Feature by: New World Champion is born

Helen Reeves.

Photos by: With the World Championships in the closing stages, the finals of the much anticipated new Olympic discipline of the 200m were ready to get underway.

Antony Edmonds.

Full of confidence and eager to add another title to his ever growing collection, Ed McKeever exploded out of the start and went head to head with the 2009 World Champion, Germany's Ronnie Rauhe. With 100m to go McKeever turned into a ball of fire and edged ahead of his opponents, crossing the line in first and taking the World Championship title, cementing his place as the fastest kayaker on earth.

On becoming a World Champion Ed McKeever says, "I am lost for words really; I just want to thank whoever made the 200m an Olympic discipline. I am so happy with my performance and am looking forward to doing it again next year."

With barely time to take a breath, team mates Jonnie Schofield and Liam Heath, fellow European Champions in K2 200m, were ready and waiting on the start line to follow in McKeever footsteps. In an extremely tight race the pairing gave it their all. Neck and neck with France and Spain as they crossed the finish line, Liam and Jonnie had an agonising wait for a photo finish to determine their position – finally finishing in third and taking the Bronze medal.

Tim Brabants

Olympic Champion Tim Brabants led the medal campaign. After only five months back in a boat since winning his Olympic Gold in Beijing, Brabants took the Silver medal in the men's K1 1,000m. Getting off to a flying start, Tim etched out a boat length lead by the 500m mark. Paddling with focus and force Brabants let the field know he was back to win medals. At 50m to go the reigning World Champion Max Hoff from Germany put in a final surge to just jump in front, taking the Gold and Brabants the Silver.

Olympic Champion, Dr Tim Brabants speaks on his Silver medal, "I am really, really pleased with that and even enjoyed it. I thought I had the race for a while but Max is always going to be tough to beat as he has been so consistent, but I think next year I will be back up there. When I started to tire in the last 200m I just thought about all really tough session my coach Eric has had me doing."

Speaking after Tim's race Eric Farrell says, "It was so special for him, he absolutely loves racing and it's fantastic to see him back out there with the best in the world. He took it out from the start and just let the others chase him down. It is a phenomenal result with only a standing start from February, he was desperate to be back on the rostrum and it's just going to inspire him more on the road to London 2012."



Above: Men's K1 200m, Ed McKeever.



Above: Men's K1 1000m, Tim Brabants.



Above: Women's K1 500m



another pion



Above: Men's K2 200m, Jon Schofield and Liam Heath in Boat 4.



Rachel Cawthorn

World Cup Gold medallist and European Champion Rachel Cawthorn demonstrated sheer guts and determination in the 500m final. With disappointment in the K1 1,000m where she finished fourth, Cawthorn launched her boat for the 500m K1 final with a clear mind. Focused on one thing, a medal, she pushed hard to close the gap on the leaders, with a final hard push at 100m to go Cawthorn crossed the line in third claiming the Bronze, making history as the first British woman to win a World Sprint Championship medal.

Excited about her medal Rachel Cawthorn says, "I was really pleased with myself for turning it round from yesterday, I didn't feel very well yesterday or this morning when I woke up, but I decided that I just need to give it my all. I didn't wear my lucky hair bands or do any of my usual lucky stuff; just decided I could do it. I knew I was down a long way, but I just wanted to know I had done everything I could in the race, so I focused on that. When I crossed the line I didn't know where I had finished then it came up and I was so chuffed."

With a smile still evident on her face Cawthorn was back in a boat, this time joined by team mates Abi Edmonds, Hayleigh Mason and Louisa Sawers, for the final of the K4 500m. The foursome had high hopes after winning their semi-final and storming through to the finals. As the boats blasted from the start, Hungary and Poland drew away, leaving the British crew battling it out for Bronze with Poland and Spain, finally crossing the finish line in fifth place - missing out on Bronze by only 0.16 seconds.

First paracanoeing medal

In its debut at the World Championships, Jono Broome won Great Britain's first paracanoeing medal, claiming Bronze in the men's K1 A category, finishing just behind Antonio De Diego from Spain and Frenandes Padua from Brazil.

The World Championships came to a close with the men's 200m relay - with the new men's K1 200m World Champion Ed McKeever and men's K2 200m Bronze medallists Heath and Schofield in the team, it seemed inevitable that the British would be challenging for a podium finish. McKeever, Schofield, Heath and Cox used every ounce of power they had to battle for the Gold against the Spanish, missing out by 0.4 seconds taking the Silver medal and completing the set for the 200m men.

Really strong position

Head Coach, Brendan Purcell, is delighted with the team's success said, "It's been such an exciting championship; we made five Olympic A finals - one more than last year, medalling in four out of the five. As a year it puts us in a really strong position for securing Olympic places next year. We also now have another World Champion, which is awesome; we are now seen as a serious threat across multiple events and are really starting to challenge the pecking order. Our group of athletes now firmly believe and expect to be in the final and challenging for medals." 



m, Rachel Cawthorn.



Above: Paracanoeing Men's K1 A Category, Jono Broome. **Below:** Women's K4.



Future of the Inland Waterways



The inland waterways are a critical part of the infrastructure of our society not only from an angling and boating point of view but also as part of our irrigation, water supplies, industry, transport, flood relief and leisure systems. Canoe England's staff have been involved in workshops and meetings looking at the future of our waterways and ensuring that canoeing and our thoughts are being heard.

The coalition Government has certainly begun to change things and none more so than matters concerning the inland waterways.

The Government has announced that it intends to abolish the arms length body for the inland Waterways that being the Inland Waterways Advisory Council. The Inland Waterways Advisory Council (IWAC) is an independent statutory body consisting of 14 volunteer members, a part-time Chair and two support staff, created on 1 April 2007 by the Natural Environment and Rural

Communities (NERC) Act 2006 to advise Government, navigation authorities and other interested persons on matters relevant to Britain's inland waterways. IWAC also produces reports which are used to show how waterways benefit us, can be developed and examples of best practice etc.

The Government stated that they, "Do not need arms length bodies to help us develop policy for the inland waterways but instead prefer that this should be the clear role of the Government

departments and Ministers. In the future we will therefore develop policy by consulting all interests directly including making full use of evidence that can be provided by the navigation authorities and having a closer relationship with stakeholders."

It does concern us that this impartial body, which has significant experience and expertise, will no longer exist to actively support our inland waterways. The inland waterways benefit all members of society and therefore are important to us all regardless of whether we are boaters etc.

So what does this mean?

Well the 'Big Society' (this is an example of it www.thebigsociety.co.uk/idea.html) is theoretically about local issues with local people including local authorities etc having the opportunity and responsibility to manage their areas, which will of course include their local waterway. What does it mean for you and indeed us all in terms of the waterways? It is important that we all promote the waterway in our own areas and become active in ensuring its relevance to the local community. Maybe it's through you just canoeing there; the local club being active; or getting involved in whatever river/canal management trusts that are set up. Maybe holding a river clear up, running a 'come and try canoeing' day etc. Whatever it is, it's important that you (with support from us) are able to promote it and the benefits it brings to you and your area. It might even be a neglected one; therefore it might be about what it could be if time and effort was used from the community to rejuvenate it (look at the Maidenhead Waterways article in this edition of Canoe Focus).

Who else can assist? Well the BCU, British Marine Federation, Inland Waterways Association and Royal Yachting Association are four leading national stakeholder organisations that represent people involved in water-based sport and recreation, as well as the industry that serves them. They work together to promote and represent the mutual interests of their members so collectively, possess much knowledge and experience of all aspects of boating and watersports and matters related to inland waterways.

It is important for us all that the inland waterways are effectively managed so that they can be placed on a sustainable long-term footing.



What about the navigation authorities?

Other changes in the management of the waterways are also taking place. For example important decisions are being taken about the future status of the navigation authorities – British Waterways (BW) and the Environment Agency (EA).



BW launched its statement 'Twenty/Twenty Vision' in April 2009 and opened the debate on the possibility of a move into the third sector. From that time onwards there has been much debate in all sectors of the waterway's stakeholders. However, subsequent to that announcement on 21st June, Richard Benyon, the Parliamentary Under-Secretary of State for Environment, Food and Rural Affairs, made a statement to the House of Commons giving the Government's position:

"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, including the possible inclusion of the Environment Agency's 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."

Subsequently the Minister confirmed that a transfer of EA navigations was actively under consideration and stated in his reply to a parliamentary question on 24 June 2010, "We will be looking in detail at options for a third sector model that will be appropriate for British Waterways, including the possible inclusion of Environment Agency navigations."

Currently the discussions are ongoing and the shape of a new organisation and its governance, plus what waterways and functions should be included are still very much open. There are many divided views from commercial and recreational stakeholders especially concerning the inclusion of the River Thames and other EA

navigations within any new civil society organisation. Defra has stated that they are listening to all stakeholders and are aware of the concerns and meetings are currently ongoing.

We, like other organisations, recognise that one of the primary responsibilities of the Government is to seek to reduce the burden of the public sector deficit and that tough decisions are and will continue to be necessary. However, our view is that the country's inland waterways are a national asset providing enjoyment and recreation to all sections of society and that it would be an immeasurable loss should they be allowed to disintegrate.



This Information is correct as of the 2nd September 2010 but the world of politics is moving very quickly and as the situation develops the latest activities and decisions will be reported on.



Maidenhead Waterways Restoration Group clean up!

A 20-strong team of volunteers and professionals spent the weekend of 21-22nd August working together to clear a kilometre of the Bray Cut channel of the Maidenhead Waterway. Unlike higher up sections, the underlying waterway is already 15 metres wide and 0.5 metres or more deep.

It is a side channel of the River Thames, but seriously overgrown and neglected since the Jubilee River overtook and replaced its role as part of the area's flood defences. The aim of the weekend, plus a second planned session, was to clear a usable channel five metres wide, with minimum 1.5 metres clear headroom, from Green Lane downwards and to remove the many water obstructions. The professional work is being funded by a small grant from the Waterways Trust.



This waterway runs southwards just to the side of Braywick Park. If only people knew it was there and what a wasted asset this is!

Maidenhead Waterways Restoration Group (MWRG) is working closely with the local council on plans to rejuvenate Maidenhead town centre via a long-term area action plan. The plans would see the waterway enlarged and turned into a major feature of the town centre, with a navigable waterway passing into and around the town.

The long term plans for the waterway will take some years to come to fruition – environmental impact assessments, planning consent etc, not to mention funding constraints. Yet with a little work the lower waterway is already usable today by canoes and other small boats and enjoys the same public right of navigation as the main river. The current clearance work will immediately open

up over a kilometre of open water for use by canoeists, whilst leaving the attractive bank side habitats undisturbed. MWRG has taken advice from conservationists from the Environment Agency and the Royal Borough on the work to be done. All cut materials are being shredded and spread on high ground at Braywick Park as a mulch. The council has disposed of the many foreign objects found in the channel – supermarket trolleys, old tyres, a bath tub and even a baby's pram!

Thanks go to the team of over 15 volunteers from MWRG, Rotaract, SITA, and YOT etc, who turned up on each of the two days to support the four strong professional team, whose work is being funded by a small grant from the Waterways Trust.

For more information visit:
www.maidenheadwaterways.org

Voluntary Access Arrangements

Canoe England Review

After some 18 months, the Canoe England position statement for Voluntary Access Arrangements (VAA) issued in January 2009 will be reviewed by the Access Policy Group and Regional Access Advisors. VAAs, also known as a Voluntary Access Agreements have existed for many years and created where there is not a right or it is disputed.

Many canoeists are familiar with the Government study that recommended to continue with a policy for VAAs as the means to gain access to inland waters; based on exemplar canoe access schemes that incorporated the key principles of providing all year round access subject to suitable environmental conditions. It set a standard for VAAs.

VAAs are the Government's solution for access to and along inland waters when, unlike elsewhere in the world, the public in England (and Wales) cannot assume there is an automatic right. A river bank owner can claim the land under water to the middle of the river, or the whole width if both banks are owned; and exercise a control of use. As such a VAA is a private arrangement with conditions and periods of use typically prescribed by landowners and other user interests and Canoe England does not grant nor control access and only advises.

The Canoe England position statement adopted the key principles from the Government's exemplar study with the aim to re-negotiate some existing VAAs with less liberal conditions of use to this new standard. The exercise was not productive and provided further evidence of the difficulty to negotiate new access and additional periods of use when voluntary access arrangements do not reasonably satisfy demand.

VAAs remain a contentious issue with divided views within canoeing for their retention and abandonment. Canoe England currently takes the view that the responsibility for observing VAAs and the interests of canoeing fully rests with the individual. The Access Policy Group will report in the New Year.

Coastal access – Dorset coastal footpath underway



More should be known on the programme for coastal access in this month of October following the Government's spending review. The Marine and Coastal Access Act 2009 has a £50 million funding package to create a near continuous footpath around the coastline of England with exceptions for docks and places that require security etc.

Natural England, the agency responsible for making this happen had ventured it would take 10 years and the prospect of cost saving measures by this agency's parent body, the Department of Food and Rural Affairs (DEFRA), could extend this period.

About 30% of the coast has no public access and it was not just the Ramblers who lobbied support for the 2009 Act in the face of strong opposition from landowners. A wide range of interests including rock climbers, the water recreation sector to include canoeists, surfers, kite surfers and sea anglers etc, joined them.

The Act not only has provision for a coastal route, it includes an access corridor between the high water line and the coastal path, making it possible to transit to and from the shoreline. For canoeists making a landfall it would provide a certainty of a right to go ashore in most places.




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Shared success for

The Lough Neagh fly may be harmless and non-biting, but when these midges descend in clouds during the spring and summer on warm days, they can get into everything!

Feature by: Why am I talking about Lough Neagh flies when the club festival was in Fermanagh? Well, it was mid-March when Ian Morrow. **Rodger Hamilton (CANI Participation and Club Development Officer) decided that it would be a good idea for the club panel group to meet at Ballyronan Marina.**

We fought our way bravely through the midge cloud, from the cars to the local community centre and commenced the meeting by slurping on midge/tea soup and munching on McVitie's Digestives with midge spread.

The plan was to have a club-led festival over two days, with a recreational paddle on the first day and various activities, organised by the clubs, on the second day. The objective was to provide something of interest for everyone regardless of their discipline or paddling ability and to even encourage friends and families of non-paddlers to attend and have a go.

The question was, would the event stimulate enough interest given the success of Paddlefest and other CANI recreational paddles? We decided that given the average attendance at recreational paddles we should, fingers crossed, be able to attract 30 or 40 paddlers and that would definitely make it all worthwhile.

The date was decided as 26-27th June and the Share Centre was subsequently chosen as the venue.

With the assistance of the people at Share we planned to provide a shuttle to Crom Castle for a full days recreational paddle on the Saturday, Banana Boating for the young people, BBQ/Bar on Saturday night and a day full of various water activities on the Sunday. We wanted to keep the price as low as possible; would it be possible to provide all this for £15 a head? Well yes, and your camping fee thrown in to boot!

The final number was 103 and it was great to see so many children and young people turning up, which bodes well for the future of paddling in the province.

Saturday morning commenced with bright skies and the irresistible smell of bacon butties wafting from under the swanky new CANI 'marquee'. This was supplemented by hot tea produced by water from Navarat's constantly boiling Kelly Kettle for just about everyone on the entire camp site.

Following a reasonably swift shuttle the main event kicked off from the beautiful estate at Crom. No-one need have worried about getting wet as the children ensured that the Super Soakers, that I had provided for my own defence, were put to good use in cooling everyone down, this was very much appreciated!



We all had a great day in perfect weather as we meandered north back towards Share with a lunch stop at Trinity Slip. There was even a little light wind to satisfy the canoe sailors and those with a spare brolley on board to ease the burden.

As we approached Trannish, Rodger split the group to allow some of the boats with small children a quicker run home, to prepare for the banana boating. The remainder enjoyed a longer paddle West of Trannish and North towards Inishcorkish before returning to Smiths Strand.

Fossil hunting

I was 'lucky' enough to spend some time fossil hunting with Navarat, Desi and Sharon on Trannish Island before we returned for the evening. It was interesting to discover that Trannish was once below sea level and that the fossils were actually sea coral. I have to say, that the interest began to wear off after we had photographed, in detail, several hundred fossils.

The kids had a ball on the banana boats, with a generously extended session, whilst most of the adults kicked off their boots and relaxed around the campsite. We then sat down to a superb Share BBQ, which was certainly a bigger spread than I had anticipated. As usual the evening rounded off with a few beers at the bar. There was the usual retold and reworked tales of adventure, banter, yarns and reminiscing on the great day we all had.

As people retired for the night there was competition among the clubs for the best late night hospitality. Blazing Saddles candlelit venue, supplemented by Maureen's fresh flower arrangements was, I'm afraid, outdone by the bright lights of Belfast Kayak Club.

The stillness of a beautiful night was broken only by the lament of the curlew, tree limbs rubbing gently in the light breeze and the



“The kids had a ball on the banana boats, with a generously extended session, whilst most of the adults kicked off their boots and relaxed around the campsite”



CANI



uproarious howls and shrieks of laughter from a number of locations around the site, as no doubt, the humour and jokes deteriorated with each additional 'nightcap'.

Everyone was up bright and early for an activity packed morning of slalom, children's games, polo, sea kayaking and open boating sessions to name but a few. This was another great opportunity to get to know people, share your particular skills, have a go at something new or even fine tune some aspect of your paddling that has become a bit rusty over the years.

The session finished off with lots of people having a go on some of Harry's waveskis, a great photo opportunity for Navarat as the event finished with the wettest session of the weekend.

Finally, as many of us gathered around the campsite, to lie in the sun whilst practising 'unwinding our backs' – apparently an exercise to achieve the perfect roll! We wondered what, if anything, we could do to make next year's even better – suggestions please!

From feedback thus far it is obvious that everyone had a great time and the first ClubFest was a huge success. Here's to an even bigger and better Clubfest next year, and as the man say's it was 'all good!'



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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.



Above U18 August winner: Chyavan Rees – Hurley Weir.



Above: Gavin Anthony – the Dordogne.



Above: Gordon Taylor – homemade canoe!



Above: Johan Burger – River Vechte, Germany.



Above: August winner: Bill Maisey – Tryweryn, Bala.



Above: Emily Gibson – the Fournel, French Alps.

tion



Above: August winner: Louise Turner – Canoe Freestyle European Championships, Lienz.



Above: Louise Bruce.



Above: Mark Ramsey – Fraoch Eilean, Loch Awe.



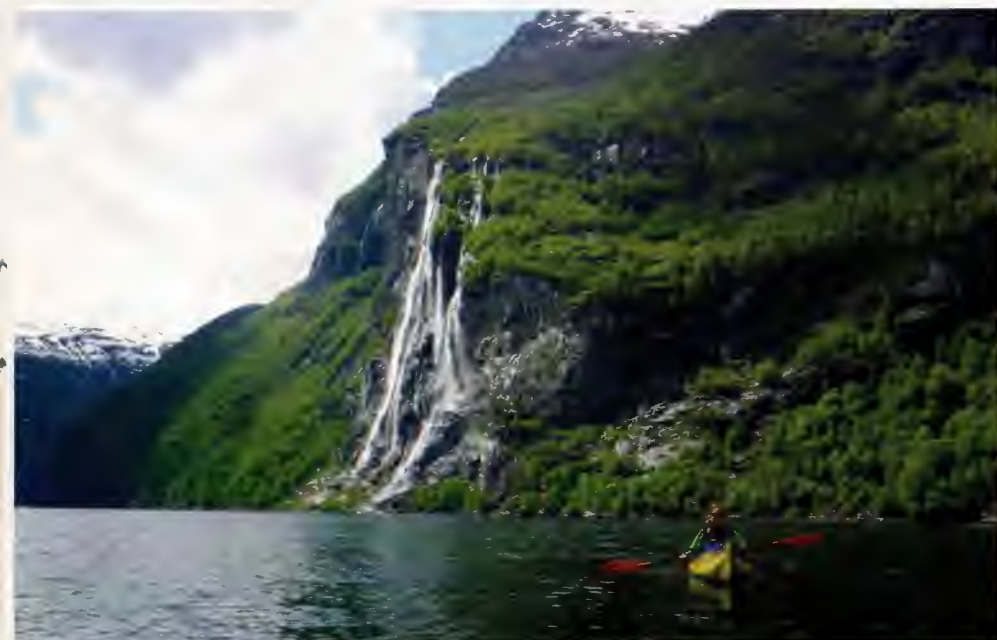
Above: Tom Foster – Lulworth Cove.



Above: Claire Willis – Tynemouth.



Above: Meryll Docker – Isles of Sicily.



Above: Dale Brown – Geirangerfjord, Norway.



Above: Pat Jones – Northumberland.

Canoe camping in Venice

And a day with 'the people of the oar'

It was late afternoon as our canoes slid along the tamarisk lined river with a Nightingale singing from almost every bush we passed, until we emerged into the head of the lagoon near Treporti, a sleepy town on the Lido to which we had entrusted our van to for the week.

Feature by: David Truzzi-Franconi. **Passing the old custom house and vaporetto/water bus stop, we encountered our first moto andoso or wash, something that was to become an alarming feature of paddling the city and its lagoon.**

Paddlers: Simon King, Steve Seinet-Martin and David Truzzi-Franconi.

Heading across the Palude de Traino towards Burano and the leaning spire of San Martino using the navigable channels marked by tripods of poles bound together, called bricola, we veered towards the quieter island of Torcello. It once played host to a population of 3,000 but now only a handful of people live here eeking an existence from the lagoon and their vegetable plots.

Turning out of the sun and into the shade, we entered a narrow tree lined waterway that wound its way into the centre until we bumped against the stone quay by the Locanda Cipriani and met its two guests, a Swiss couple with a Saint Bernard that fell in love with Steve!

After a beer and some useful local knowledge from the waiter, we pushed off the quay and went to find a wild campsite before the sun went down. We eventually chose a small spit of land with a miniscule crescent of beach, which on landing was found to be covered in weed strewn dredgings and, as we were to find out shortly a host of voracious insects!

The site however had a major redeeming feature in that it faced out towards Burano and we could look across the water at its vibrant multi coloured houses: lemon yellow, mauve, orange, sky blue, pink... We fell asleep after our 1,200 mile drive, to the sound of squabbling long legged stints and the ever present Nightingales.

Awaking with the sun we saw the lagoon fringed in the far distance by the snow capped peaks of the Alps and Dolomites to the east before they disappeared into the heat haze. The passing fishermen waved as they set off to examine the nights catch in the fish weirs at the far corner of the lagoon.

We mooched across to Mazzorbo and then nosed our canoes into the narrow, boat lined canals of Burano in search of breakfast. Mooring outside a café we replenished ourselves and our fresh food stocks and headed out, past the clam dredging boats and under the verbal barrage of two women chatting across the canal. We entered the lagoon once more letting the tide take us down to the tranquil island of Francesco del Deserto, a cypress lined Franciscan retreat, reputed to be a resting place



Above: Simon paddling off St Mark's Square.

of St Francis of Assisi. We then decided to paddle across to the truly deserted island of San Giacomo in Paludo, with the shell of an old workhouse style building on it, possibly a leprosaorium, we lay in its shade, dozed and had lunch.

Annual rowing race

We set off into an increasing chop and faced a stiff four and a half hour paddle against the wind across the six to seven miles of open water until we reached the lee of the garden islands of Vignole and Sant'Erasmo, famous for their artichokes, asparagus, peas, aubergines, zucchini and vines – all sold in the Rialto Market. Our intention was to get nearer to Venice itself as we had entered the annual rowing race around Venice and the islands. Called the Vogalonga or long row we collected our race numbers

“we saw the lagoon fringed in the far distance by the snow capped peaks of the Alps and Dolomites to the east before they disappeared into the heat haze”

the Venetian Lagoon...



from a temporary office on the Grand Canal the following morning. We cut through the Canale Vignole and emerged back into the wind at the fortress of San' Andrea bobbing around in the swell, whilst we tried to time and assess our crossing of the Porto di Lido. In addition to the usual adolescents in speedboats with their bows high, bouncing off the waves, the vaporetti, the appropriately named Bragosso and yachts, we had the added hazard of ocean going liners and tugs!

Reaching the pilot boats on the opposite side at San Nicolo, we then spent the next half hour using every sculling and bracing stroke we knew to keep away from the stone wall as the waves surged in and rebounded again whilst we waited for some kayakers to exit onto a floating air mattress prior to man handling their craft up an iron ladder. Our turn eventually came and was complicated by having to remove our gear to lighten the boats before we could haul our craft out, the ladders rungs would roar past your face whilst you tried to time handing up a dry bag at the top of the wave!

The following morning the whole process was reversed as we tried to stow our kit in a gentler three foot swell. We ran the gamut once more, realising that it was due to get worse as the water traffic increased as we neared Venice. Crossing a four foot swell with some of it breaking, we rounded St Elena by the naval college and fought our way up the Canale di San Marco paddling through the mayhem. Vaporetti only have two speeds – full forward and full astern and we covered by each stop waiting for the all clear as in Venice the largest engine has right of way!

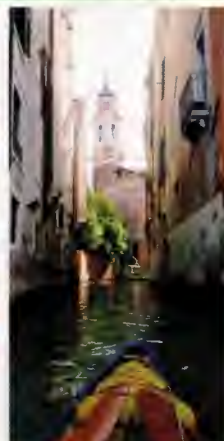


We finally entered the Grand Canal itself with a mental soundtrack of Vivaldi (a son of Venice) playing in my head. We passed under the

Left: Dave cooking with Steve looking dubious.



Above: The gang posing with race numbers.



Above: Small canals.



Above: Coffee stop in Burano.



Above: Dave entering Canale San Marco.



Above: Passing a Gondola.



Above: Simon and Dave on Burano.



Above: Simon and Dave with coffee on Burano.



Above: Approaching the Rialto Bridge.



Above: Approaching Torcello passing the Cathedral of Santa Maria Assunta.

Rialto Bridge, collected our race numbers and moored for a pizza, in the quiet Cannareggio area.

We cut through the residential side canals emerging opposite the Ostello Venezia on Guidecca Island, our home for a few days whilst the race was on. Crossing safely and getting out at some stone steps, the usual pantomime of trying to unload the boats in a swell ensued – this time with a new spin. We had to carry all our gear up four flights of marble stairs to our dormitory on the top floor, chaining the canoes to a lamp post. We lay on our bunks looking across to St Mark's Square and the Doge's Palace, whilst a procession of liners and their escorts slid past the window!

Race day

Sunday – race day, found us bobbing around with over 1,600 other competitors off the start line between St Mark's Square and San Giorgio Maggiore on the eastern tip of Guidecca, looking much the same as Canaletto's canvas painting of St Marks Basin on Ascension Day painted nearly 300 years earlier!

Eventually flocks of pigeons rose into the air as the 'crump' of cannon fire echoed off the ancient buildings and the serenity of the serenissima was briefly shattered! Oars were raised aloft in salute to San Marco and the whole crazy flotilla moved forward, lifeboats, dragon boats, Sandolo, Puparin, Bissona, various types of racing gondola: Dodesona 12-man crew and Disdotona 18-man crew etc, a converted dracombe dinghy, a pedalo, kayakers, some tandem open canoes including an eight-man one with a Dutch crew but as far as we could see we were the only solo open canoes taking part!

The race is more like a regatta and halfway around the 30k circuit of the islands, at Mazzorbo, is an official rest stop! We could hear bottles of prosecco being opened and hampers being broached. Being amongst the slower contestants we continued back across the lagoon towards the world-famous glass blowing workshops on the island of Murano. Cutting through the island on the Canale di San Matteo past the furnaces to cheering crowds on the Ponte Vivarini was certainly good for the morale. Another long haul across open water to Tronchetto, the industrial end of Venice, a sharp left and then onto the home straight along the Cannaregio

Canal and then the Grand Canal itself, all the time being cheered on by the crowds in the restaurants and on the Rialto Bridge.

Here it all went wrong as the canal narrowed and returning crews fought their way against the incoming craft. I saw a kayaker being enclosed by oars like a Venus fly trap as he tried to cut through between two 12-man gondolas! However, all was good-natured chaos and we reached the finish line with an hour to spare before the six-hour deadline. That is if you wish to receive your medal and certificate, which is encased in a plastic bag and thrown into your boat as you pass!

Monday was a day off, so we took the cheapest way to see Venice from the water, apart from canoeing, by taking the number two vaporetto, whose route takes you around the Guidecca side of Venice and back down the Grand Canal. It is also fun to use the traghetto, which are old gondolas used as ferries across the Grand Canal – the fare is 50p!

Venice is serene, provided you avoid St Mark's Square and just meander through the cool, washing line strewn alleys, past the artisan workshops and enjoy the peace away from the tourists!

Rialto market

Heading back the following day found us moored by the Rialto Market as we shopped for vegetables and then worked our way through the canal system to Fondamente Nove past the cemetery isle of San Michele and out into the lagoon again. Cutting through the tranquillity of Torcello once more, this time we stopped to visit the mosaics of Santa Maria Assunta Cathedral. Before our final wild camp on the island of San Cristiano, we paddled up an inlet at high water and pitched tents on a grassy promontory amidst the wild asparagus.

Here I concocted 'Pasta del Isola' with the artichoke hearts, peas, spring onions and zucchini we had bought in the Rialto Market, whilst the church bells of Burano and Torcello drifted across the marsh towards us.


On awakening we discovered that we had been beneaped, meaning left high and dry by the spring tide! The water should have been at the same height as our arrival 12 hours before, so we had no option but to lie in the grass as swifts screamed over our heads waiting for the tide to creep across the mudflats and up our creek once more. Levering our way out, we passed the fishermen of Torcello who were busy sorting their catch in the shade of parasols, returning the crabs and bycatch down chutes, watched over patiently by a black cat.

Our final crossing was back to Treporti and then onto an endless ribbon of tarmac and back to shopping on foot!

“ I saw a kayaker being enclosed by oars like a Venus fly trap as he tried to cut through between two 12-man gondolas ”

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SITUATIONS VACANT

GRAFHAM
water centre

Vacancies for Lead Instructors and Instructors

If you want a rewarding and enjoyable place to work and to be involved with developing young people then look no further, we are seeking to recruit a number of new staff. Grafham Water Centre is a wonderful site on the shores of one of Britain's largest reservoirs. The residential centre offers activity courses for schools, youth groups and adults. The Centre is open all year round and contracts will vary in length.

For 2011 and beyond we require enthusiastic staff who are able to deliver programmes of exciting and educationally valid activities for schools, youth groups, adults and individuals.

Activities include Sailing, Windsurfing, Canoeing, Kayaking, Climbing and Abseiling, Archery, High and Low Ropes Courses, Mountain Biking and Team Building. NGB qualifications are required although on-site training is given.

APIOL and RPIOL accreditation will be viewed favourably.

This could be the opportunity of a lifetime, whether you are looking for a full time career in the outdoors, experience of working with young people or just enjoy a challenge.

Salaries for Instructors start at £232.00 per week with opportunities for overtime. Accommodation is available

Catering staff are also required.

For further information and an application form please ring

Grafham Water Centre, Perry,
Huntingdon, Cambridgeshire
PE28 0BX on (01480) 810521

www.grafham-water-centre.co.uk



Cambridgeshire
County Council



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- Stunning Location
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YOU NEED

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

INTERESTED

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

Have You Got What It Takes?

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TEL: 017687 78463

WEB: www.activity-centre.com



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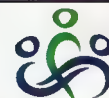
For further details:

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www.millonthebrue.co.uk

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tel: 01749 812307

Bewl Water Outdoor Centre requires exceptional individuals for the 2010 season

Senior Instructors

JNC point 11 (£20,387 pro-rata) April-October
Must have BCU Level 2 Coach (UKCC) awards or RYA Dinghy Senior Instructor, preferably both. Substantial experience working within outdoor centre's and leading a small team is essential.

Instructors

JNC point 1 (£14,003 pro rata) April-October
Must have BCU Level 1 Coach (UKCC), RYA Dinghy Instructor or RYA Windsurfing Non-Planing Instructor. Previous experience teaching outdoor education is essential.

Further details from Richard on 01892 890716 or go to www.bewlwater.org

Kent Youth Service is committed to safeguarding young people, and this post is subject to an Enhanced Disclosure Application to the Criminal Records Bureau.





www.longridge-uk.org

Specialist Instructors

for multi-activity centre on Berks/Bucks borders

Longridge has invested over 1.5 million pounds into its infrastructure over the last 2 years. We boast some of the best accommodation an outdoor centre provides for its staff plus a state of the arts training centre. Longridge is based on the Thames between Maidenhead and Marlow, where we benefit from a 12-acre site offering a wide range of water and land activities.

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

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

We are also looking to offer 6 trainee instructor posts for which you would need to be 18+, have an aptitude to learn new things, an interest in the outdoors and be a team player.

To apply to join the Longridge Team contact our Activities Director, **Chris Milbank** at Longridge.

chris.milbank@longridge-uk.org • tel: **01628 483252**

www.longridge-uk.org • Quarry Wood Road, Marlow, Bucks SL7 1RE



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Mega merlin surf kayak, full carbon (x tech spec) good condition! Orange fleck with red flames can send pics. Read full details on mega site, great fun in all conditions. £600 location Cornwall. Can help with pick up for petrol money. Tel chris- 07544280329 email- chrisriddell@hotmail.com

Wavesport Siren kayak - well used with cosmetic scratches. Hull & bung completely intact & no leaks. Robson Red paddle - very good cond. Playboater deck - minor cosmetic tear but does not go through. Palm Kinetic dry cag & pants - ver good cond. size S. Whole lot £350 need quick sale as moving abroad.

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Prijon T Canyon. Must be in good condition with working plate footrest. Any colour. Please call David on 01246 453134 or email webster160@tiscali.co.uk

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Behind the scenes

Alan Williams, Canoe Sprint National Planning and Logistics Performance Manager

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

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

Hi Alan. This year saw some great results at the Senior Canoe Sprint European and World Championships. Looking back now, how would you sum up the season?

Over the last ten years our performance programme has continued to grow in strength and we are now at a point in time where our athletes expect to make finals and challenge for medals.

This year we have won 19 medals at major competitions, including four Gold and one Bronze at the Senior Europeans, and five more medals at the World Championships, making 2010 our best ever year in terms of medal-winning performances at major internationals.

How do you, along with the coaches and support staff, intend to keep this season's great momentum going, through next year and on to 2012?

As well as a strong athlete base we also have a dedicated coaching and support team, led by Brendan Purcell. The keystone for performance is hard work and a professional approach to training. Consistency in training is also a fundamental requirement to success.

Describe your role in just three words?
A great job!

And now, with a bit more detail?

I work with all the performance staff and also with the BCU and SRC on selection issues and other external organisations such as the BOA, ICF and UK Sport. I also contact international competition organisers, travel

agents and other booking agencies. On a daily basis, I work closely with the National Performance Coach and the Performance Director to ensure that forward planning is on-track and the training camps and internationals are coming in on budget.

You've worked at GB Canoeing for 21 years, what's been the biggest challenge so far?

In the early years, when I first became National Coach, the biggest challenge was running the programme on less than £40K per year. Within three years the programme value was well over £250K. It's only during the last Olympic cycle that that we've got a fully-staffed coaching team.

And what has been the biggest highlight?

The highlights are always the medal-winning performances; Olympic medals give you a great buzz. I've been lucky enough to be there when all four of our Olympic medals have been won and hope to see this number into double figures before I retire!

What do you enjoy most about your role, in particular, working on the elite side of the sport?

It's great to be there when the team is winning medals but it's also good to know that your team is in the best environment that you can provide. I also take a great pride in delivering a value-for-money programme.

Which key part of your role do you think has the most direct impact to the athletes' performances on the water?

Providing a good living environment for training and competitions makes it much easier for athletes to focus on delivering results.

There is less than two years to go until the London 2012 Olympic Games. What would you like to see the team achieve at the Olympics?

I certainly want to see the team do well and would love to see our first women's Olympic medal. I would also like to see us challenging for crew boat medals as well.

What will you and the rest of the team be doing over the next couple of years to further prepare the athletes for 2012?

Nobody can take out more than what's put in. We will all have to be as consistent as possible in the build up to 2012, and the medal winners will all be consistent in their performance, whether it be racing or training.

Which international teams do you see as being GB's biggest competition in 2011?

The German and Hungarian teams are the strongest in depth but it's not a good idea to focus on another team's performance; it's our performance that matters. The best way to succeed is to focus on your own performance.

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 Olympics?

One of the biggest challenges is to improve the performance pathway for junior athletes. We also need to ensure that changes to the World Championships and Olympic programmes are well thought through and appropriately timed by the ICF.

Quickfire questions!

I would describe my character as...
dependable

When I'm not working I like to be...
outdoors, I love the country side and coast

The last book I read was... 1421 The Year China Discovered the World

The last film I watched was...
Jerry Maguire (Show me the Money)

My ultimate goal is Olympic medals in every class for GB Canoeing

I relax by reading or down at my local

My favourite food is smoked Salmon

My favourite drink is Malt Whisky

My favourite TV Programme is
Star Trek

My favourite car is Audi A8

My favourite subject at school was
carpentry

My favourite place, in the world is
Fowey

The person I most admire is
Tim Brabants (A great role model for anyone)

I get really angry about
my wife moving things

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

One thing you don't know about me is I once played at the Halle Orchestra in Manchester.



Above: Alan Williams.

pyranha

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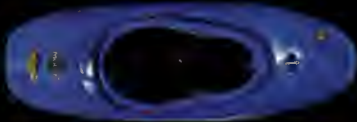
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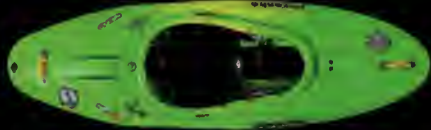
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