

canoe

focus

Features

Ottawa white water

Northampton to Wales

Lee Valley White Water Centre

Competition

British Indoor Kayak

Championships

Marathon World Championships



December 2010
No. 186, £4.00

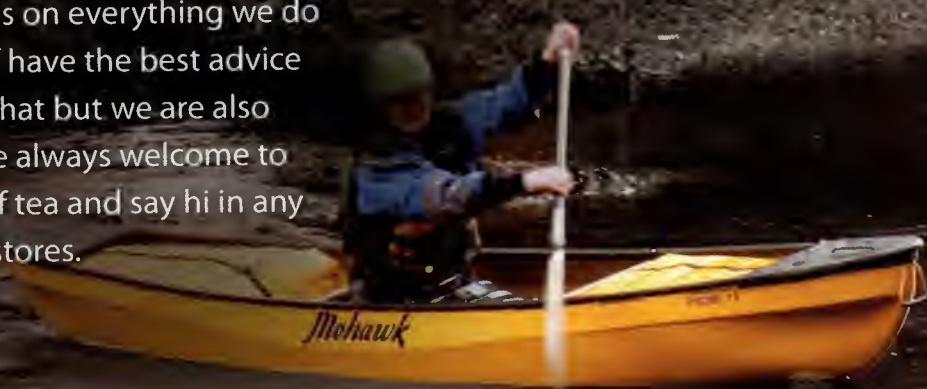
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Above: Ed McKeever with his winning cheque at the British Indoor Kayaking Championships.

Hello and welcome to the December Canoe Focus



As the year comes to an end we can all look back on another successful 12 months for our sport.

At the beginning of the year we reported that canoeing had been named the most popular and fastest growing watersport for the seventh year running and, in June, we saw a second successful National Go Paddling week, helping to inspire even more people to go canoeing.

Throughout the summer months our athletes picked up an abundance of medals, including seven world titles, and helped record GB Canoeing's most successful competitive season to date.

And we've also seen the major development of Cardiff International White Water, the Tees Barrage White Water Course and, of course, look forward to the opening of the Lee Valley White Water Centre next year.

Behind the scenes, we've been working hard all year to promote our sport and I am delighted to announce that Tesco Ltd are sponsoring GB Canoeing from now until September 2012.

Tesco's headquarters are just metres away from the Lee Valley White Water Centre, where our canoe slalom athletes will be competing on the Olympic canoe slalom course. Tesco are elated to welcome the athletes to the area and to follow GB's athletes in the run up to the Games.

This is the BCU's first major sponsor and has the potential to considerably raise the profile of our sport and we are thrilled to be able to share our sport with them. I hope you will all join me in welcoming Tesco into canoeing and look forward to seeing our relationship with them develop in the coming months.

For now, I'd like to wish you a merry Christmas and a happy New Year.

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*

LOVES PADDLING: *It's a good way to get intimate w/ water, be amazed at my surroundings & meet wonderful people*

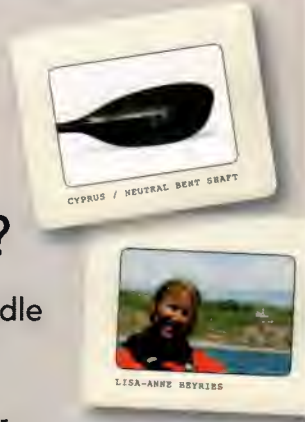
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	Start	Finish	Discipline	Event
Jan-April	29 Jan	30 Jan	Canoe Slalom	ICF World Ranking - Oceania Championships, Mangahao, NZL
	18 Feb	19 Feb	Canoe Slalom	ICF World Ranking - Australian Open, Penrith, AUS
	16 Apr	17 Apr	Canoe Slalom	ICF World Ranking - Solkan, SLO
	16 Apr	17 Apr	Canoe Sprint	National Regatta - Nottingham
	22 Apr	25 Apr	Canoe Marathon	Devizes to Westminster
May	30 Apr	01 May	Canoe Slalom	ICF World Ranking - Pyrenees Cup 1 - La Seu de Urgell, ESP
	06 May	08 May	Canoe Sprint	World Cup 1 - Poznan, POL
	07 May	08 May	Canoe Sprint	National Regatta - Nottingham
	07 May	08 May	Canoe Slalom	ICF World Ranking - Pyrenees Cup 1 - Pau, FRA
	10 May	15 May	Wildwater Canoeing	European Championships - Kraljevo, SRB
	13 May	15 May	Canoe Slalom	ICF World Ranking - Tartras - Liptovsky Mikulas, SVK
	14 May	15 May	Canoe Slalom	ICF World Ranking - Tacen, SLO
	21 May	22 May	Canoe Sprint	World Cup 2
	28 May	29 May	Canoe Slalom	ICF World Ranking - Teesside
	28 May	29 May	Canoe Polo	European Cup 1 - St Omer, FRA

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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The Big 5 Kayak Challenge completed

Richard Harpham, expedition leader of the Big 5 team cycled into Marrakesh on 6th November to complete 2,363 miles of kayaking and cycling. The London to Marrakesh Express had provided the sternest of kayaking challenges including sea kayaking the English Channel and crossing the Gibraltar Straits, two of the busiest shipping lanes in the world.

Richard also kayaked parts of the Spanish Mediterranean coast and paddled the huge Atlantic breakers off Casablanca. Whilst he alone completed all the expeditions, an amazing

support cast and different team members along the way have joined him.

Cycling has also proved tough, partly due to the total distance of 2,210 miles. This has included cycling through small dirt roads and rural villages in Morocco, plenty of off-road sections and also busy roads such as the N340 in Spain dubbed 'The Widow Maker' and reputedly the most dangerous road in Europe. Follow the big 5 kayak challenge adventures by visiting www.big5kayakchallenge.com.



Above: Richard heading out through the Atlantic Surf South of Cassablanca.

WWR – grow our sport

Wildwater racing is one of the purest of canoeing disciplines, it is also an exciting way to engage with natural rivers in an enjoyable and fun way and it can be competitive too. There are races and events for everyone; you don't need plenty of new expensive equipment.

Wildwater racing are immensely proud to have European, World and World Cup medallists within their ranks and the twice and current Ladies World and two times World Cup Champion, Jessica Oughton.

These successes have all been made possible by getting youngsters on local rivers early, inspiring paddlers to train and learn the skills needed to compete and win internationally. We very much want to make these opportunities available to as many new paddlers as we can... young and not so young!

Races and events take place almost every weekend and some will be in your area. These events do not need a 'special' boat or paddles,

just a willingness to have a go. To help us make you or your club aware of these opportunities, we are collating information from people on a dedicated and secure database enabling us to send targeted emails to those who have expressed an interest in taking part, or helping run races.

Full details can be found at: www.wildwater.org.uk or for any other questions email to www.events_info@wildwater.org.uk.



Above: Jessica Oughton.

In brief

New canoeing 50p coin

The Royal Mint has launched a new 50p coin celebrating the sport of canoeing. The coin, which features a competitor battling against the wash in his canoe, is one of 29 designs that represent the 29 Olympic and Paralympic sports to be contested during London 2012. A pristine uncirculated version of the canoeing coin is available to buy at www.royalmint.com/sportscollection

Over 50 and new to paddling

We are an enthusiastic group of paddlers, happy to take to our recently purchased canoes to explore the rivers and broads of Norfolk and Suffolk and all members of the University of the third age!

We are all over 50 and most over 60 and new to paddling. We would like to hear from paddlers of a similar age who have enjoyment from reaching their destination without falling in!

We usually meet on the second Friday of the month. If anyone would like to join us contact: Liz 01692 535269 or Roger 01692 400717.

Open Horizons

In February 2011 Russell Belcher and Aaron Price otherwise known as 'Open Horizons' will embark on an amazing adventure to circumnavigate mainland Britain in a tandem sea kayak to raise awareness and funds for the motor neurone disease association.

Russell and Aaron will be using a power kite to harness the winds and a custom-made sea kayak created specifically by Atlantis Kayaks of Vancouver. The trip should take roughly three months to complete and is possibly the first of its kind, find out more about the trip at www.openhorizons-expeditions.com where you can donate via Justgiving.

Get involved in a Gold Challenge

The Gold Challenge is a unique opportunity for everyone to feel the excitement of London 2012, by taking on multiple Olympic and Paralympics' sports and raising money for charity. Participants can challenge themselves to do 30, 20, 10 or five sports. This can be done as an individual or as part of a team of between two and 30 participants. For more information please contact the sports team on 020 7299 0914 or sports@goldchallenge.org.

Photo competition winners

We are pleased to announce that the winner for September is Adrian Krajewski and Emma Clarke in the U18 category. For October, the winner is Paul Evans. There were no winners in the Under 18 category. Turn to page 56 to see all the photos.

In brief

UK Anti-Doping issues supplement warning as it reaches first anniversary

UK Anti-Doping, the UK's first independent national anti-doping organisation, celebrates its first full year in operation this month.

Since it opened its doors on 14 December 2009, UK Anti-Doping has expanded its remit to include results management and an intelligence function with the aim of tackling the trafficking and supply of doping substances.

This year has seen a number of athletes around the world testing positive for the prohibited substance methylhexanamine, which is increasingly found in supplements. UK Anti-Doping has recently issued a warning to athletes to be extra vigilant if using supplements and recommends a thorough risk assessment before taking any. One way of assessing the risk is by contacting the Informed-Sport programme at www.informed-sport.com

Changes to the World Anti-Doping Prohibited List come into force on 1 January 2011 and include the downgrading of methylhexanamine to a specified stimulant, although it is important to remember that, despite this, it remains prohibited. Amongst other changes, it is no longer necessary to complete a Declaration of Use form, whilst it is now prohibited for any athlete to take any drugs which are still undergoing pre-clinical or clinical development and are therefore not officially allowed for human therapeutic use.

UK Anti-Doping continues to urge sports, athletes and support personnel to play their part in the fight against doping. By launching the Report Doping in Sport hotline, it has provided a confidential resource for anyone to lodge any evidence or suspicions they may have.

Through its outreach and education programmes, the organisation will also continue to support Canoeing with its own education strategy and ensure that every effort is made to maintain the strong relationship that currently exists.

For further information on the forthcoming Prohibited List changes, please visit the UK Anti-Doping website at www.ukad.org.uk.

Charity kayak challenge

Matt & Mike's Charity Kayak Challenge now has a website, where they will keep up to date records of their exploits and charity fundraising events at www.charitypaddle.org.uk

The aim of the website is to promote canoeing and kayaking in the north of England as a means of having fun, staying fit and raising money for charity all at the same time. So far they have raised around £1,500 pounds for Springhill Hospice of Rochdale from participation in the Devizes to Westminster Canoe Race and there are many more events planned for the future. Feel free to contact Matt at matt.hubbard@hotmail.co.uk with any advice, ideas or conversation regarding events or donations.

The 'Pool of Life'

The 'Pool of Life' is a charity helping to raise breast cancer awareness and demonstrate that women living with breast cancer can lead full and active lives. The charity was established in 2004 under the protective wings of Amathus Dragon Boat Club and was the first dragon boat team for breast cancer survivors (BCS) in the UK.

In 1996 a sports medicine specialist from British Columbia, Dr Donald McKenzie, formed the first crew (Abreast In A Boat). He believed that a special exercise and training programme involving teamwork and paddling could give survivors both physical and emotional benefits, as well as helping to build friendships and support networks. Abreast In A Boat tested the belief that repetitive upper-body exercise in women treated for breast cancer encourages lymphoedema (swelling of the arm following lymph node removal). Participants were carefully monitored: no new cases of lymphoedema occurred and none of the existing cases became worse. Recent research undertaken

in the UK by NHS North Lancashire has shown similar results. There are now more than 140 breast cancer survivor dragon boat teams worldwide.

In 2006, 'Pool of Life' attended the first World BCS Championships in Singapore, winning three bronzes and a silver medal. The team also travelled to Italy in 2008 and came first in the 200m and 500m races at the European Championships. In September 'Pool of Life' members raced with Amathus at the National Championships in Nottingham and helped the club win the coveted Colenorton Trophy for the highest club point score.

'Pool of Life' train every Sunday at Liverpool Water Sports Centre and are keen to hear from any breast cancer survivors who wish to try their hand at dragon boating. Please contact Linda Smith on 07808 319733 or visit www.pooloflife.net for further information.



Above: 'Pool of Life' members training on a dragon boat.

A 900-mile challenge

A father and son from Nottingham will race 911 miles in a Canadian canoe with to raise funds for 'When you Wish Upon a Star'. Andy (48) and Kurt (22) want to raise £50,000 for the children's charity to make the dreams of sick children come true. This figure will charter a plane to send 100 children to Lapland to meet Santa for Christmas 2011.

The challenge, spread across seven months will include the 125-mile Devise to Westminster, the 70-mile Wye Valley Challenge, and a record attempt of the full 168 miles of the River Trent and finally in the longest canoe race in the world, 460 miles of the Yukon in Canada.

The duo anticipate over 2,000 miles of paddling preparation before the events begin in February. Andy says, "Some of the best moments of my life have been with my family and I feel privileged to

be able to help others families create their own special moments."

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Above: Kurt and Andy.

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In brief

Planning map available

The Inland Waterways of Britain National Route Planning Map is now available from the BCU E-Shop. The map contains clear and easy to understand information and concentrates on the waterway corridors, showing boat user information and facilities, with detailed plans of important centres and illustrated guides to features of interest. The map is available from www.bcushop.org.uk for £5.75, excluding VAT, postage and packaging.



New kayak bilge

Lomo Watersport has launched a new kayak bilge. At £12.50 it is one of the lowest cost pumps on the market but all the features of the more expensive units. The product extracts water efficiently in both the up and down stroke of the handle. In hi-visibility yellow, the pump is easy to use, simply put the end in the water and start pumping away with the handle. Lomo have a video on their website that shows just how quickly the water can be pumped out.

Get set for adventure

The latest Kayak from BIC Sport is the first closed-cockpit expedition kayak in the line. The 'Adventure' is their next step from their sit-on-tops, enabling paddlers to move on to a more physical type of kayaking without difficulty. Its glide and performance is better than a sit-on-top and the pedal operated fin system at the stern aids tracking.

A wide cockpit allows good freedom of movement and makes it easier to exit and re-enter the kayak. The Adventure has two large storage compartments at either end of the vessel, also sealed by watertight bulkheads and rubber hatch seals.



24-hour Guinness world record

An intrepid squad of 20 paddlers mainly from the GB Senior Mixed Dragon Boat team paddled 109 miles in 24 hours, breaking the existing record by 4.4 miles on Derwent Water. The planned start was 10.00 but high winds put the complete attempt at risk. Eventually they set off three hours late with the difficulties being compounded by the local ferries creating huge washes. Fortunately the wind abated at night, but there were still some big gusts the following day.

Team fitness coach, Richard Parrott said, "It was a gruelling task, and keeping on the pace was tough, especially going into the early hours, but team spirit and the charity goal kept us going."

The team was fit but dragon boats races are usually much shorter. They had all expected to be stiff, but what they had not bargained for was just how sore they would be after 24 hours sitting on hard benches! Technical coach John Creaser commented, "The secret to endurance, beyond the

obvious physical and mental toughness, is to paddle smarter and minimise the effort but get optimal speed from it. We focused on this, and worked hard to maintain our timing and style."

The paddling squad comprised of: John Creaser, Sally Collison, Richard Parrott, Dave Buckland, Steve Lawrence, Steven East, Jay McGee, Tony Griffiths, Petra Sandy, Barbara Keenan, Fred Harris, Darren Leonard, Brian Lamb, Robin Oakley, Dee Patterson, Robin Flood, Vicky Wright, Garry Corr, Justin Randal and Steve Hickman. Supported by helms: Andrew Din, Ed McDonald, Dave Bangs and David Holt. Nichol End Marine, Suzuki and High 5 helped too, as did other supporters without whom the attempt would have been impossible.

To sponsor visit www.gbdragonboat.co.uk as they are still raising money for the East Anglian Air Ambulance, the Alzheimers Society, the Steve Prescott Foundation, as well as club funds for the world championships next year.



Above: The team paddling the dragon boat across Derwent Water.

Creating a raft of jobs

Lee Valley White Water Centre, the only brand new London 2012 venue to open to the public before the Games in spring 2011, is looking for more than 30 raft guides to join the team. This is a unique opportunity to become a Lee Valley raft guide and provide thousands of visitors with an unforgettable white water experience before the Games begin.

Lee Valley White Water Centre has two separate courses – a 300m-competition course and a 160m training course, perfect for sports development. Lee Valley Regional Park Authority is working hard to ensure the centre will be an inclusive facility, used by a huge mix of people, from schools and community groups to medal-winning athletes and future hopefuls.

The posts include four seasonal and 30 casual raft guides. Seasonal candidates will need to possess a Level One Raft Guide qualification at the time of application.

Casual raft guide applicants will need to possess a Level One Raft Guide qualification, available through a number of BCU course providers, however this is not essential at the time of application. Lee Valley Regional Park Authority will be providing a number of these courses at a reduced cost and sponsoring a number of scholarships. The three day courses started in November, with pricing, dates and further information on the Lee Valley website or contact the centre's Assistant Manager Paskell Blackwell on PBlackwell@leevalleypark.org.uk.

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In brief

Safeguarding and Protecting Children important contact numbers

Canoe England 24-hour child protection:

Email: childprotection@bcu.org.uk

Mobile: 0777 570 7364

(For use by individuals wishing to report incidents outside of office hours)

BCU Child Protection, Vulnerable Adults and Harassment Lead Officer:

Mike Devlin: 0845 370 9514

Canoe England Child Protection Support Officer:

Nigel Timmins: 07740 820 113

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

NSPCC Child Protection Helpline

Tel: 0808 800 5000 (24 hour).

Childline: 0800 1111.

Paddlepower Coaches Handbook out now



The new version of the Paddlepower Coaches Handbook is now available from the BCU Eshop; it is the essential coaches guide to running all of the Paddlepower Awards.

The Handbook is a practical tool for coaches to use as a reference point before and after sessions. It should be used to support and guide the structure of Paddlepower coaching sessions, so coaches can enjoy delivering Paddlepower and have fun! The Handbook contains an introduction to the scheme, guidance on administration of the award, good practice, and delivery notes for each award.

Go Paddling DVD out now



The new version of the 'Paddlesport: Do it Now!' DVD, is now available from the BCU Eshop.

Go Paddling shows a variety of canoeing disciplines, aimed to encourage and inspire new participants into canoeing and show what the sport has to offer. The DVD has an extensive set of options via the menu and allows you to select from a generic mix of canoeing, environment based options such as flat water, white water, sea and surf and also the disciplines of canoeing. The running time for the entire DVD is just under 30 minutes.

Go Paddling becomes Go Canoeing

What does the 'Go Canoeing Programme' involve?

The aim of the programme is to 'help and inspire people to Go Canoeing' and this will be achieved by your club/centre providing a positive and welcoming paddling experience within a managed environment. Each club/centre will be encouraged to provide a taster event and a follow up session at a time which suits you. If you already provide taster sessions we are not asking you to put on more, just that you let us know when and where you have them so we can help you promote them. If you do not already run taster sessions maybe it is something your club/centre could look into doing. We would like to encourage you to run the follow up session within a month of the taster session to gently taking the new paddlers on that next step along the paddler pathway.

National Go Canoeing Week 2011 April 30th to May 8th

National Go Canoeing Week provides an intense and focused period of participation across England. Clubs/centres are encouraged to use this week to launch their own Go Canoeing events. During the nine days of the National Go Canoeing Week, we aim to encourage and support at least 75 events in celebration of 75 years of the BCU.

What support do we get from Canoe England?

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

How does your club/centre benefit?

- Support from Canoe England for your club/centre to manage and prepare for the potential rise in interest in paddlesport.
- Potential and new members.
- Income – Canoe England will launch a commission scheme for clubs that send us completed membership forms from new members.
- Welcome pack templates and resources.
- Promotion of your club/centre through the website and local press.

How does your club/centre get involved?

Simply complete the registration of interest form and return it to Kimberley Walsh at 18 Market Place, Bingham, Nottingham, NG13 8AP. You will then be sent resources and the dates of your event will be advertised through Canoe England.

Over 180,000 young people now involved in Paddlepower

Merry Christmas and a happy new Paddlepower year to clubs, groups, centres and coaches.

Paddlepower continues to grow beyond our wildest dreams! Over 5,500 young people have achieved Paddlepower Passport, well done to all of you!

A huge thank you to all the clubs, centres and young people that have supported the award over the last 12 months, we look forward to continuing to support you in the New Year and beyond!



2010 Christmas card competition winner

The winning design for this year's Christmas card competition was submitted by Robin Bowen Bowker, age 12, from Oxfordshire.

Robin receives a £25 WH Smith voucher and his design will be the official Canoe England Christmas E-Card for 2010.

Many thanks to everyone who took part in this year's competition. It was great to see so many brilliant designs.



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In brief

Pool slalom races - it's so easy

Pool slaloms are a great way to encourage, excite and inspire paddlers.

Hexham Canoe Club recently organised their second event of this type at their 25m six-lane venues. Eight two-metre poles are used at Hexham to hold the four line bearers that hang the poles. It may be an option to ask the pool manager to have hooks screwed into the walls or use existing points along each side of the pool to build your own course. A 33m pool or those lucky enough to gain access to 50 metre pools can add extra gates. The course at Hexham pool takes just 15 minutes to set up. An identical course is quickly built each side of a central lane rope.

Paddlers start from one end at opposite corners and go head to head racing up and down the pool twice. Second runs are done on the other course. A gate judge armed with stopwatch and clipboard records times and penalties for each course. It's so easy! Why not look at the pool you use and see what your options are.



Young Cumbria ergo day

This year at Young Cumbria's celebration day, over 90 young people had a chance to compete against each other in a head to head ergo challenge. Young people from youth clubs throughout Cumbria raced against each other and their youth leaders.

Phil Hobbs Festival

At the end of August, Salford Quays Watersports centre organised and ran the Phil Hobbs Watersports Festival. The day had opportunities for young and old people from throughout Salford to come along and access watersports at the centre. With an opportunity to participate in canoeing, kayaking, bell boating and a canoe 2012 slalom event, the day was a great success with many people accessing the water.

ITT river clean up

At the start of September 13 volunteers from ITT Water and Wastewater in Manchester joined Canoe England and Salford Quays Watersports centre in a clean up of the quays. Throughout the afternoon the volunteers cleared the rubbish floating in the docks from their canoes eventually clearing away an industrial wheelee bin full of rubbish.

'Come and Try' goodbye weekend



Over the weekend of 11-12th September, members of the Tyne Valley Canoe Club came out in force to support one of their youngest coaches, Naomi Dean as she organised a farewell event before heading off to study at Manchester University.

The weekend was a 'Come and Try' event targeting the local community of Prudhoe in the hope that families would spend time on the water under the watchful eye of the club coaches.

Naomi gained a sponsorship award from UnLtd Sport Relief: Make It Happen Awards, which enabled the event to be free to all participants. With added sponsorship from Cotswold Outdoor, Keswick and prizes donated by Safequip for the cardboard canoe race, all that was needed was fair weather, water in the river and of course willing paddlers. There was no need to worry on any of these counts, as the weather held for the duration of the



Above: Naomi with her UnLtd award.

weekend, with glowing faces from too much sun by the end of day one. The rain fell plentifully on Friday evening giving a good flow to the river. As for willing paddlers, 135 people came to give it a go with some of them returning to try a different craft later in the day.

The highlight of the weekend was certainly the cardboard canoe race, which saw competitors attempting to paddle downstream (via a small rapid) to reach the safety of the 'beach' area. There were many wet competitors at the end of the course but one or two

survived to the end gaining them cheers and adulation from the watching crowds.

There were plenty of happy smiling faces – including the team of volunteers who worked tirelessly to make this a memorable event. Tyne Valley CC is now awash with requests about membership, which may mean more sessions "Doon on the River."

Rain forces fast race

The fourth Mersey Descent Canoe Race was very different from the previous year. From low flow and high turn out to high flow and a low turn out. The rain storms that delayed the Ryder Cup discouraged all but 12 paddlers and they had a very fast ride.

The hope was for the one hour record to be broken but the paddlers were delayed by Northenden Weir being declared a compulsory portage. Even so Amy and Jenny came within five

seconds. Sixty minutes and five seconds is pretty quick for 9.2 miles.

For competitors John and Adrian the race illustrated the proverb that a stitch in time refitting a spray deck saves nine emptying out a boat. Seventeen adults and four juniors also enjoyed a swift ride in the accompanying Mersey Mini Tour. The hospitality of Burnage Rugby Club at the start and Trafford Metrovick Rugby Club at the end was very welcome shelter from the rain.

Sponsored paddle around Lincolnshire

John Chapman and Paul Skinner of Boston Canoe Club, have completed a gruelling 175-mile sponsored paddle around Lincolnshire, raising £2,700 for the Pilgrim Hospital Breast Cancer Unit and Cancer Research UK.

They completed a circular route in specialised sea kayaks carrying all their own equipment. They started in Boston, travelling north through the Lincolnshire river network to the Humber Estuary, east to the North Sea and then south along the coast to the Wash, linking and back to Boston. After seven days they arrived home very tired but in good spirits. During their journey it was John's

birthday; heralded by a chorus of seals en route but still having to finish the day with a mile trek overland with their kayaks to reach their campsite.

As part of their trip they had assistance from a number of people and would like to thank the Hull Harbour master, the Humber River Pilot, John Irving, RNLI Cox'n of the Skegness Lifeboat for his professional advice, Jenny Sidwell of ASDA Boston and the shoppers of Boston for their generosity and the manager and staff of Weatherspoon's Moon Under Water for allowing last minute fundraising to take place as the duo arrived at the town bridge.



Above: John and Paul receive their cheque donation.

New Essex canoe club

October 29th saw the launch of Clacton Canoe Club in the Tendring district of Essex. The idea for the club came when Ian Whitehead provided training courses for young people in the holiday periods, supported by Tendring District Council; the participants persuaded Ian to start a club for them.

The launch was made by using the Canoe England ergo machines to do a sponsored 10k relay, which was completed in 63 minutes, to raise money for a local organisation, Seaside Cottages, which provide respite care for children. At the



Above: Ian on the ergo.

same time a second machine was used to run a Canoe 2012 sprint event over 200m. Stephen Mayzes, the local councillor put up a very respectable time of 54 seconds and was pleased to receive his certificate of achievement.

The club is open to people of all ages meeting at the Clacton Leisure Centre every Saturday from 16.00 to 18.00. The club is now looking for a suitable outdoors venue in the locality for next summer. Please contact Ian on clactoncanoecub@fsmail.net for further information.

In brief

Coaching updates

The coaching teams in Team Central have seen a busy autumn. There have been five coach updates across the team with two of each in East Midlands and West Midlands and one in the East.

Three of the updates visited new venues; Leam Boat Centre in Royal Leamington Spa, the Mill Adventure Base in Sutton-In-Ashfield (Notts) and Lincoln Canoe Club, with re-visits to Burton and Chelmsford. The Regional Coaching Organisers and Local Coaching Organisers also met for one of their two annual forums at Leicester Outdoor Pursuits Centre, and Club Welfare Officers have had two opportunities to participate in a 'Time to Listen' course, one at LOPC and one at Anker Valley CC (Warks).

Worcester Canoe Club put their heads above the parapet again and kindly hosted another successful Hasler final. Well done and thanks to all the volunteers for organising these events and a big thank you to the centres and clubs for hosting them! In addition the English Council meeting was hosted by one of Canoe England's key partners, ITT, in Nottingham, and some of their staff joined Canoe England PDOs very recently in a 'River Clean Up'. In the run up to Christmas we look forward to the club forums in each of the three regions.

Dwarf Sports Association take to the water

On September 4th, the Dwarf Sports Association and Pleasley Vale Canoe Club joined together to offer people with restricted growth a chance to have a go at canoeing and kayaking in a recreational setting. It is an annual event, which has been held at Rother Valley Country Park for the last five years, which consists of lots of fun events and games on the water.

Participants experience a sport they may never have tried before and have come to appreciate that canoeing and kayaking are both accessible and fun. The DSAuk would like to thank Rother Valley Country Park and the Pleasley Vale CC for all their support over the last five years and to encourage anyone with a restricted growth condition to make contact; if they would like more information about the association go to www.dsauk.org.

Rising from the ashes

One year on since Holme Pierrepont Canoe Club was the victim of an arson attack, losing their boats, equipment and storage facilities, the club held an official opening ceremony on September 11th to celebrate the wonderful work that has been put into the new club compound. It was a great day and evident from the large number of members present that the unfortunate situation has not affected the spirit of the club.

In brief

New Clubmark accreditations

Chippenham Sailing and Canoe Club have gained Clubmark and Top Club and shortlisted for the inaugural Wiltshire and Swindon Sports Awards in the category of 'Team of the Year'.

It is a dynamic club, open to all ages and abilities and has been in existence for over 50 years but only recently moved forward within the canoe element with six additional and newly qualified coaches able to provide canoe and kayak skills. In total, 67 people went through 11 different courses throughout the summer. All of these people were awarded a certificate of achievement on the night.

Congratulations also to Phoenix Canoe Club in attaining Clubmark and to Westminster Boat Base in attaining Top Centre accreditation. The hard work and dedication in making their respective clubs run smoothly and enjoyable venues for young people to go paddling has earned them this accreditation.

Young coach excels

Edd Dobson is a 17-year old, Level 1, paddle sports coach, currently training for Level 2. Edd has consistently helped coach and encouraged a wide variety of paddlers and freely gives his time to the recently formed Devizes Canoe Club; introducing new paddlers to the sport and helping more experienced paddlers develop their skills. He encourages both young and older members of the club to learn the correct techniques and develop stamina.

Edd has been strongly involved in the development of paddlers from local schools in the area, during training for the Devizes to Westminster Canoe race and took four juniors, who were complete beginners at the end of November 2009 to successful completion of the race in April 2010. He has also assisted/coached Devizes School pupils in a new initiative to encourage youths who would not traditionally have been involved in sport to learn a new skill. All attained confidence on the water. This initiative was over subscribed and will be repeated in the coming months.

New funded pool boats

On Saturday 9th October the launch of a set of 'pool boats' took place at Saltash Leisure Centre. The project was devised and driven by club treasurer Rebecca Pearce, who was inspired to provide a more permanent opportunity for all year round skills practice in a warm, safe, clean environment. The scheme is being run in partnership with Saltash Leisure Centre who will be incorporating kayak training into their programme.

This project was part funded by Canoe England who provided a third of the cost of the boats and equipment. The Tamar Canoe Association has also received funding from Waitrose Community Matters.

Surf weekender 2010

In its second year now, over 40 paddlers from various south western clubs gathered in a field near St Eval, Padstow for a weekend of surf coaching and camaraderie!

Led by various local senior coaches, assisted by some surf kayaking legends and inspired by some national juniors, they experienced two wonderful days that took them from intensely challenging heavy waves at Harlyn Bay, to some soul surfing in the sun kissed waters of Mawgan Porth.

The force of the offshore wind on day one and the sheer size of the waves led the less skilled amongst us to become concerned. However, the upside was that the coaches felt confident to let 40 kayakers onto the more sheltered waves at Harlyn Bay. What a sight! There was a mix of specialist surf kayakers, whitewater and play boats, the odd sit-on-top and even a sea kayak!

The session after lunch got even more exciting as we were joined by some more legends from up the coast at Bude and some of us got to try out Mega demo kayakers – proper job! There was a well-stocked evening barbecue laid on by the team at St Austell Canoe club, served in an old Scout marquee. Those who made it happen know who they are – and they all know we are all very grateful.



Above: Participants enjoying the weekend.

River Ock fun race

This event organised by Pathfinders Youth Canoe Club in September, is designed to be a fun event for all club members.

The course involves a start on the River Ock, a tributary of the Thames, over a small ramp weir onto the Thames and back to the club. To give an edge to the race, the paddlers are set off in pairs. The overall winner was Chyavan Rees (15) from Pathfinders YCC with a time of 11.26 beating Ollie

Bowyer from Riverside by eight seconds. The emphasis in Pathfinders YCC is more on recreational whitewater than racing but this event is a great opportunity to broaden member's

horizons as well as being a fun event with the emphasis on participation. We even had the Abingdon Town Crier start the race, which ended with a barbecue with the obligatory dodgy sausages!



Above: A pair setting off for the race.

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In brief

Canoe England Club Forums

A number of Club Forums took place during November and there's still time to book your place on the last two forums!

Volunteering England provided workshops to club members during the morning session of the Club Forums. The workshop focused on how clubs can make the most of the legal statuses available to them discussing options such as CASC, charitable status and incorporated status.

Feedback so far has been great with clubs feeling the day was worthwhile as well as providing a network opportunity to meet other volunteers and bounce around ideas. There's still time for volunteers and clubs from Yorkshire and South East, London and the South to book onto your Club Forum – book early to avoid disappointment! For more information, go to www.canoe-england.org.uk/volunteers.

Club Forum Dates:

Saturday 29th January 2011

South East, London & South – Royal Canoe Club

Sunday 6th February 2011

Yorkshire – Manvers Canoe Club.

Volunteer website – keep updated!

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

Volunteer coordinator pack

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

A big thank you!

Season's Greetings to all volunteers! A big thank you from Canoe England to all the volunteers whether at a national, regional or local level in clubs, centres or committees. Without our dedicated team of volunteers the sport would not succeed like it does.

Whether you are the chairperson, secretary, welfare officer, volunteer coordinator, coach, or official down to the volunteers behind the scenes who make the tea or fix the equipment – no matter how much or how little you do, every volunteer is valued in paddlesport! Thank you!

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

Local volunteer award

Volunteers in the sport are being recognised for their hard work across the country in local sports awards. Latest to receive honours in his local awards is John Hatton from Chester Canoe Club. Receiving his award for Volunteer of the Year at the Cheshire West and Chester Sports Awards on Monday 11th October, John was recognised for being a major driving force behind the development of the of the junior section at the club.

If you, or someone you know, has been recognised in your local sports awards let us know!



Above: John (left) receiving his award from with Councillor Richard Short and John out on the water.

Volunteer and Recognition Awards

Winners of the Canoe England Volunteer and Recognition Awards 2010 will be announced this month. Presentations take place on Saturday 4th December, during the evening of the Canoe England Coach Conference. This year's awards will be presented by Women's K1 1000m European Champion Rachel Cawthorn.

Thank you to everyone who nominated the dedicated volunteers in your area. We received an outstanding number of nominations this year, highlighting the large number of amazing volunteers in the sport. Keep an eye on the website for the announcement of the winners and how to make your nominations in next year's awards!



Above: Ushma Chohan receives recognition from Etienne Stott at last year's awards.

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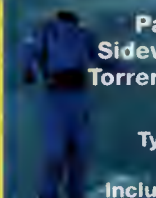
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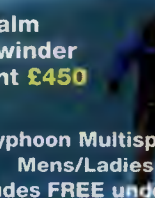
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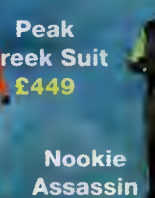
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Paracanoe training day

Burton Canoe Club was the host of the first ever Paracanoe Training Day. The group of eight started the day on the water with some short speed work and ended it with some 500m time trials. After lunch the group worked on ergos to develop and improve forward paddling technique with coach, Trevor Wetherall. The athletes discussed gym and off the water training plans to ensure that they are all fit and strong for the coming season as well as for the next world championships in Hungary. To finish off the session, the group did a number of 200m paddle tests. Trevor commented: 'I am pleased with the commitment of the athletes, they looked as though they have moved on from this time last year. Many thanks to Bill Lawrenson and Burton Canoe Club for the day.'

Canoe England will be holding another Paracanoe Training day on Saturday 26th February 2011. If you are interested in taking part please contact Clarisse Smith.

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

Paddle-Ability awards 2010

September 5th saw the presentation of the annual Paddle-Ability awards at Holme Pierrepont following the National Sprint Regatta. This year has been particularly successful with Jono Broom winning a Bronze medal at the World Championships. There has also been a vast increase in the number of people taking part in Paddle-Ability races at sprint regattas as well as a positive increase in the number of people enquiring about activities for disabled paddlers.

This year, GB Paracanoe coach Trevor Wetherall and Chairman of Canoe Sprint Pete Moule presented the awards. The Men's A/B Trophy was awarded to James Oldham, while the Men's C Trophy went to his GB Paracanoe team mate Jono Broome. Competition for the Women's A/B Trophy was tight with Lucy Gardner only just missing out to her GB Paracanoe team mate Maggie Taylor.

Catherine Robinson found herself with two trophies when she was awarded both the Junior

Women and Most Improved Junior Women's trophies, while Cameron Bentley was awarded the same in the Junior Men's category. The senior men and women's most improved trophies were awarded to James Savoury and Katie Smith, both showing substantial improvement over the season.

An Endeavour Trophy is also awarded to one male and one female participant who has really shown great determination over the year. This year, these were awarded to Dougie Downing and Tara Chettle.

Other trophies awarded:

Men's D/E Trophy: James Savoury.

Men's F/H Trophy: Carl Wilson.

Junior Men's B Trophy: Karl Hassell.

Junior Men's C/D Trophy: Robert Phibben.

Women's C/D Trophy: Heather Osmond.



Above: Chairman of Canoe Sprint, Peter Moule, and Coach, Trevor Weatherall, present the awards.

Overcoming adversity

A coaches perspective

Ann Lewis contacted coach Andy Holt early in 2010 regarding commercial coaching and guiding trips. Andy tells us about his journey as a coach and outlines that it isn't as daunting as people think to coach disabled people.

Feature by:
Andy Holt
www.escapetoadventure.com.

Ann got into outdoor activities from the age of 10 through sailing and later started to explore the mountains and climbing. Unfortunately in 2005, Ann sustained a spinal injury, which left her with no feeling or use of her legs. As Ann was recovering she discovered open boating at the centre where she was working in Surrey.

My first reaction was that I have never taken anyone with a disability kayaking before, let alone to the Alps. My thoughts then progressed to asking myself, "Can she swim" and "what about self rescue" or "how will she portage?" I was a little apprehensive at first, however, the more I thought about it the more I liked the idea as I was very interested as a coach to understand how she kayaked without the use of her legs and looked forward to the challenge of coaching a disabled paddler.

July arrived and I met Ann and her sister near Braincon. As soon as I saw Ann I could tell straight away that this was a determined woman who would not let her disability get in the way and was very mobile with the use of her sticks.

The only support Ann needed was carrying her boat down to the water's edge, where she would quite happily get into her Pink Burn and shove her sticks into the back.

Ann has adapted her style to suit her disability. By using her stomach muscles more effectively, dynamic leaning and a more active blade for support to stop her going over. As Ann is a level 3 canoe coach and not spent as much time in a kayak everything was quite slow at first.

With a little tweaking we were soon able to use her upper body strength to drive the boat harder, apply power strokes at the right time setting up her angles more quickly. The transition from canoe strokes to kayak strokes was fantastic, as Ann tended to hang the blades in the water a lot more than kayakers and this worked really well giving more support when doing manoeuvres.

As a coach this was great to see - somebody controlling their kayak on whitewater using



Above: Ann on the water.



Above: Ann chilling.



Above: All the crew getting on the upper Durance.

their upper body only. Here is a great example that people can adapt a style to allow them to paddle.

As a coach I soon realised that we didn't need to 'babysit' Ann down the river as she was quite capable of looking after herself. It was inevitable that Ann did take a couple of swims but she could self rescue as good as the next person and it wasn't a problem for her – she would just sit and wait for someone to chase the boat down.

Her determination, independence and outlook on life are outstanding. It just shows you what the human spirit is capable of and, no matter what your circumstances are, nothing should get in the way of your dreams. Ann is an inspiration to us all and it was a pleasure coaching her.

A big thanks to Alastair Randall for his support and the rest of the team who were Will Hartley, Trevor Jones, Katie Lewis, Mike Storrar and Tony Becker for a fantastic week in the Alps!

CANI help you?

CANI Sit On Top Awareness Course

If you own a sit on top kayak, the Canoe Association Northern Ireland (CANI) is offering a safety awareness course. It's a good way to gain confidence whilst kayaking in a safe environment. Attending the course myself and not being the most secure person interacting with new people, I felt at ease seeing other beginners of all abilities gaining as much information as possible, having fun and finding others who would enjoy future touring expeditions together.

Feature by: James Budde. **Our group meeting was taken by Rodger, the CANI Participation and Club Development Officer and Ashley, the CANI Coaching and Development Manager, at Donaghadee Sailing Club in May of this year. They started by outlining the aims of this course, which were to provide us with basic skills, rescue techniques and the knowledge that we all need to paddle in different environments. General introductions and our experiences of kayaking were then discussed within the group. It became apparent that everyone was there not only to increase his or her own understanding, but also to have an enjoyable day.**

Now with the chat flowing we separated into teams taking part in various tasks to determine what would be required and essential to take when going on a paddle, then the difficult part trying to fit it on a kayak! The importance of this task was to ensure that you would bring with you the appropriate gear for whatever environment you were going paddling in. Now for my favourite part – the kayak, the water and I. This was where the fun began.

Assisted rescue techniques

All kitted up and ready for action, we played games that had us sitting, kneeling and standing on our kayaks, with the occasional dip keeping us alert! "Oh the water was cold" but it didn't dampen anyone's spirits. We learnt some basic paddle strokes to get us from A to B, and then we paired up to do assisted rescue techniques and then self-rescues. These made you realise the importance of not going it alone as many people do. After the session out in the kayaks, we headed back for some heat and dry clothes. Our group was also especially lucky to have members from the coastguard to give a short overview of their job and stress the importance of contacting them on every excursion. Knowing that help is at hand if you get yourself into any difficulty can make all trips out more enjoyable and relaxing.

Since taking part in this course, I have become a more prepared paddler, planning out my trips in advance and having the appropriate gear with me for different environments. It also provided me with additional information on pathways and courses that I could go on, to gain more skills and knowledge. This CANI course is not only about education, but is also there

to encourage people with the same interest to meet again for future excursions. I'm now a member of CANI and have since joined in on other recreational paddles organised by them. So if you think this rocks your boat and want more information, check out their website www.cani.org.uk.

CANI would like thank the following for supporting the project; Islander Kayaks, Feelfree Kayaks, Ocean Kayaks, Perception Kayaks, Triboard Kayaks, Emotion Kayaks, Coast Guard, Tollymore National Outdoor Centre and Sport Northern Ireland.



Photo: James on the water.

“It became apparent that everyone was there not only to increase his or her own understanding, but also to have an enjoyable day”

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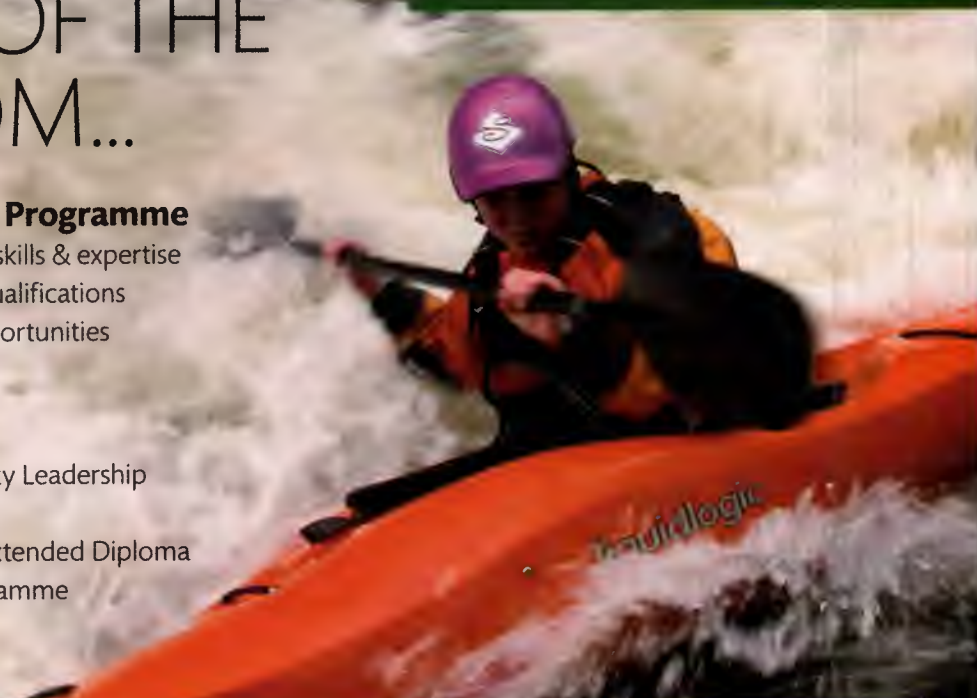
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Big Freestyle weekend

The turnout of over 110 paddlers at the Holme Pierrepont National White Water Centre was tremendous in the third installment of the British Freestyle League linked with the second National Club Championships.

Saturday kicked off with the Junior Women who warmed to the wave quickly with big opening loops and ends being thrown. Kim Aldred took first place, before the Senior Women took to the stage. It seemed like a day for the introduction to British Freestyle with the 'Marmite' of all moves the 'Felix'. Emily Wall pulled off the Felix in both directions to score an amazing 900+ points taking the overall win.

Next up were the Junior Men, always a good one to watch as they compete as a tight knit group of friends. The competition saw James Benns and Bren Orton stand out with dynamic runs throwing a combination of ends, splits, Godzillas, Phonix Monkeys, McNastys and huge loops.

The C1 took to the stage with David Bainbridge taking the top spot once again in his new Carbon VE Kayak, showing he can go bigger and faster in carbon. The OC1 title went to Paul King although Chris Noble certainly got attention with his ability to activate a pump to empty his kayak!

During the event the National Squirt championships took place with James Reeves taking the top spot for the Men and Claire O'Hara still dominating in the Women.

The day then split into two separate features, Novice and Open events on the second feature (formally twin waves) and the Men's Expert on the sluice (inlet). The standard in Novice and Open was high with Jamie Austen and Jon Hancox taking the titles. The Men's event saw the return of James Bebbington who scored an amazing 2,740 points, with his first run of 1,686.67 points enough to beat the total points scored by second place Sam Anderson, showing he is by far GB's best chance at the Worlds at Platting next year.

Unfortunately, the Club Championships were cancelled due to poor water conditions. Pyranha, Square Rock, Wavesport and System X had all donated prizes for the event and anyone who had returned their bib had a chance of winning! A big thank you to all the sponsors and organisers of the event.



Above: James Bebbington.

Surf's first Triple S

Great surf and every type of weather greeted paddlers at the first Triple S – Shoreline Surf Symposium – run at Crooklets Beach, Bude.

This inaugural event supported by Mega Surf Kayaks and Shoreline Extreme Sports gave paddlers the chance to benefit from some first class surf kayak coaching and the chance to try out top of the range surf kayaks, whilst involved in BCU courses. Paddlers enjoyed a real range of surf and weather conditions, including, on the first day, heavy and blown out surf with white water waves to the horizon and then fantastic three-foot clean peeling surf on the next.

Paddlers were treated to lectures on weather and swell forecasting, surf kayak design and performance as well as subjects such as etiquette, leadership and beach assessment. On the beach the coaches and students ran through dry simulations of top turns, bottom turns, bongo slides and diagonal runs with plenty of visual analogies and key points to help the paddlers improve their technique in the water. Then on top of any technical

development the paddlers were given advice and the opportunity to improve their paddling out, wave selection, judgement, leadership and coaching skills for aspirant coaches.

The water temperature during this course was 'almost tropical' said one paddler (admittedly he was from the North East coast!), but certainly warm enough for those in wetsuits and positively hot for those who chose the dry suit option!

BCU Coaches David Oxnard, Paul Hurrell and Simon Hammond were totally delighted with the event and the feedback from the participants. Simon Hammond said, "We are so pleased with how this event has gone that we are already planning a follow up in the spring and next autumn with the aim of two such events every year including a full range of BCU surf training and assessments. Of course we can't promise another Queen tribute band playing on the Saturday night but we aim to put a full weekend programme together including some all important entertainment on the Saturday evening!"



Above: Running through dry simulations on the beach.

The British Slalom Open

International and British Slalom athletes took to the waters of Holme Pierrepont for the final race of the international and national slalom season. With Olympic medallists and two World Champions in town it was destined to be a fiercely fought race.

A demanding course set by Craig Morris provided a solid challenge for the paddlers. In the Men's K1 Class, junior Joe Clarke led the field putting down a run full of finesse to take the win and his first British Open title. Joe said, "Amazing, awesome! The hard training is starting to pay off and things are coming together. This is my first win at the British Open and makes me hungry for more in 2011, for my first U23 year, and I want to push the senior boats further!"

Following her season of success in the new World Championship discipline Women's C1,

Mallory Franklin continued to show her class taking the title with 25 seconds to spare. The 2010 World and European Bronze medallists David Florence and Richard Hounslow continued on their medal streak, to the win the C2 class. In the Men's C1 David continued to rule the roost making it two British Open titles for him. After finishing third in the Women's C1, Fiona Pennie was back on the water in her Kayak. With fighting spirit, Fiona blew the field away taking the win and the British Open crown.

Over the weekend an explosive and dynamic competitive display of racing was seen, along with an array of awards presented to highlight the achievements of Britain's Slalom talent, over the past couple of seasons. Marking the end of another successful season of Slalom canoeing in the UK.

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Eric Ja...

Ben inspires

Watching a World Championship winning performance is usually inspiring, combining mastery of the water, power and a perfectly executed strategy is on another level. Ben Brown's victory in the 2010 World Canoe Marathon Championship Men's K1 event had all of this and more.

Feature by: James Smythe. **The arrival of this 24-year old from Elmbridge Canoe Club at the top of the sport has taken few by surprise. His international success began with a junior world title in 2003, and continued with a fourth place in the Senior Men's event in 2006. In between these years he has enjoyed considerable success in sprint, reaching the Men's K2 500m world final in 2007. In recent years he has been mentored by Ivan Lawler, whose comprehensive understanding of how to win has brought even more confidence and maturity to Ben's racing.**

Photos by: Anselmo Bernal.

However, to win his first senior world title, Ben had to beat Spain's own 11-time World Champion Manuel Busto on home water. Busto has dominated the Men's K1 and K2 for many years, rarely meeting opponents capable of staying in touch, let alone beating him. In last year's World Championship, Ben was the best of the rest, claiming silver behind Busto, so the champion was clear where his 2010 challenge would come from.

This year's championships took place on the beautiful Lake Banyoles in north-eastern Spain, which is one of those clear blue expanses of water we can only dream of in the UK. Racing was held over multiple laps, each including a portage in front of the supporters' grandstand.

The Great Britain team fielded 16 athletes in nine classes with a string of excellent results. First up were Worcester's Jon Tye and Norwich's Albert Hicks, both racing their first championships in the Junior Men's K1, followed by Jenny Illidge racing in the Junior Women. Jon had a huge contingent of supporters who decorated the grandstand with Union Jacks and a very fine banner. This encouragement spurred him to fifth place, and confidence that he can improve on this in his final junior year in 2011. Albert, at only 16-years old, raced with a confidence beyond his years to 16th place, three minutes behind the winner. The keenly competitive Jenny was not delighted with her seventh place, but given the size and power of her competitors this was still another excellent performance.

The afternoon featured Norwich's Tim Pendle in the U23 Men's K1, and Richmond's Lizzie Broughton in the corresponding

women's race. Tim's race was fiercely competitive with frequent changes in the lead group and to add to the drama took place in a torrential rainstorm. Tim led the



Above: Ben Brown.

second group home in fifth place only a minute behind the winner. Only a year back into racing following her university degree, Lizzie raced to eleventh place.

Saturday saw the Junior K2 races, with Jon Tye doubling up with Bradford's James Webster and gaining another fifth place. A great result but with frustration, as damage to the boat at an early portage saw them progressively take on water. In the Junior Women's K2, Jenny Illidge raced to ninth place with Banbury's Laura Ferguson, while Wey KC's Vicky Croucher and Alice Haws gained a really impressive fourth place, under 20 seconds from a medal. They are also young enough to come back and try again in 2011, so hopes are high for next year's World Championships in Singapore.

Wey's Claire Gunney then raced her championship debut in the Women's K1. She achieved an excellent eighth place in this blue riband women's event, showing genuine medal potential for future years.

Senior Men's K1

Then came the Senior Men's K1. Ben Brown was of course our great hope, but we were also looking for a strong performance from Wey's Jon Simmons, in his first outing in the K1 class.

From the start, Ben quickly established himself in the lead group of around six boats. Each portage offered an opportunity to gain

“The Great Britain team fielded 16 athletes in nine classes with a string of excellent results”

GB Marathon



“ A smart decision to run a longer but less slippery line on the final portage helped Ben enter the water first only 1000m out from the finish line ”



Above: Tim Pendle.



Above: Jonny Tye.



Above: Lizzie Broughton.

excellent but frustrating fourth place. Ben and Aaron raced very well to eighteenth.

This result wasn't the team's last success of the championships. When the Men's Kayak World Cup points over the season were totalled, Great Britain had come out on top for the first time in over a decade. A report on the championships would also not be complete without a mention of Worcester's Stuart West, who won the over 40 Masters' K1 title.

Like other disciplines, marathon is enjoying a surge of success and with a young team and a new World Champion to inspire them, a new golden era of for the GB Marathon team may be beginning. ♡



or lose tactical advantage, but Ben raced with control and was rarely threatened, even by the fast running South African, Len Jenkins. A smart decision to run a longer but less slippery line on the final portage helped Ben enter the water first only 1000m out from the finish line. From there Ben held the lead despite a determined challenge from Busto and Jenkins, and took the Gold medal after just under two and a quarter hours of racing. Jon Simmons could enjoy his friend's victory with a great view from the water as he raced home 12th.

In the post-race interviews, Ben was quick to thank his family, club and coaches for supporting him to the peak of his career, but also Jon Tye who had taken on the high-pressure job of supporting him with drinks at each portage, an experience he later described as scarier than his own races.

Excellent but frustrating

Sunday saw the final race with British involvement. John Sawers of Elmbridge and Andy Daniels of Reading, both very experienced sprint and marathon racers, doubled up in the Senior Men's K2 and were joined by Maidstone's Aaron Jordan and Norwich's Ben Bradshaw in their first World Championship. John and Andy were inspired by Ben's performance and powered to the front group. Dropped at one stage, they fought back to contest the final portage in the lead group, together with the two Spanish crews and the Argentines. Boxed into the diamond wash behind the leader, they had to settle for an



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BIKC attracts all from Olympians to stars of tomorrow

November was host to this year's British Indoor Kayak Championships and it proved another exciting competition, attracting entrants from as far away as Europe and the USA. Olympic Gold medallist Tim Brabants MBE and World and European Champion Ed McKeever were there too, competing amongst the stars of tomorrow in the Under 10 to Under 16 classes!

The Championships, sponsored by Ontario Canada, were held over two days on 20-21st November. The Lee Valley Athletics Centre, home to Olympic athletes Dwain Chambers and Christine Ohuruogu, provided a fantastic backdrop complete with 70-foot stage for the competitors to perform on.

Racing began on the Saturday with the 200m races followed by the 5000m team relay. Sunday saw racing across 500m and 1000m distances. With £750 prize money up for grabs for the eventual winners there was all to paddle for!

In Saturday's 200m finals Ed McKeever, paddling for Bradford on Avon Kayak Club, put in a thrilling performance to win Gold in 31.5s. The current 200m World and European Champion was joined on the podium by fellow GB Canoeing athlete Ed Cox with Silver whilst Hungarian Istvan Bee won Bronze. In the Women's final Timea Paksy of Hungary got off to a flying start taking the top spot in 37.7s, followed by Leanne Brown of Royal Canoe Club in 40.4s. There was joint Bronze for Nottingham Kayak Club's Victoria Towers and Jenny Swallow from Brunel University who both finished with a time of 40.8s.

Saturday afternoon saw some fierce team spirit as over 20 teams took to the stage, in contention for the 5000m team relay title. Océ Océ Ana were eventual winners in 17m 03.3s. Richmond Canoe Club won Silver and Norwich Canoe Club took Bronze.

Sunday saw even more excitement, as the lengthier 500m and 1000m finals got underway. First off were the women's 500m finals. Current BIKC 500m Champion Rachel Cawthorn found herself up against new Women's 200m Champion Timea Pasky. Cawthorn, racing for Wey Kayak Club, paddled hard in the last 100m and retained her title with a time of 1m 48.3s, just ahead of Pasky in 1m 50.6s. The pair were joined on the podium by Wild Water Racing star Hannah Brown who won Bronze in 1m 51.8s.

In the Men's 500m it was an agonisingly close race between Jon Boyton racing for Sheen Sports and Tim Brabants for Elmbridge Canoe Club. Boyton finished on top with a time of 1m 32.1s, closely followed by Brabants in 1m 33.4s. The pair collected their medals alongside fellow GB Canoeing athlete Paul Wycherley from Wey Kayak Club, who won Bronze in 1m 35.2s.

Sunday afternoon drew to a close with the 1000m finals. In the women's racing, Cawthorn, current 1000m European Champion, was feeling confident after her earlier victory and was "really pleased" to win her second Gold of the day with a time of 3m 58.8s. Cawthorn found herself on the podium again alongside Bradford on Avon's Hannah Brown who won Silver in 4m 08.8s and Richmond Canoe Club's Lizzie Broughton with Bronze.

In the last final of the weekend the men stepped up to the stage, all of them keen to take the last medals of the Championships. In a repeat of the 500m finals Jon Boyton and Tim Brabants found themselves battling against each other in contention for the top spot. But it was Euro Diffusion's Stephane Boulange of France that left the pair behind in the last 50m to win Gold in 3m 25.2s. Brabants finished with Silver – it's becoming a "regular occurrence" he later joked – and Boyton finished with Bronze.

Whilst all the winners showed fantastic skill and technique, the Championships also provided a great platform for the stars of tomorrow who will be truly inspired after sharing a stage with some of the sport's most successful athletes.

The British Indoor Kayak Championships were sponsored by Ontario Canada and supported by Kayak Pro and Lee Valley Regional Park Authority. A big thanks to all our sponsors and partners for helping to make BIKC 2010 happen!

Feature by:
Coral Jackson.

Photos by:
AEphotos.co.uk.




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Men's K2 200m World Championship Bronze medallists





Celebrating 2010

As this year draws to a close we can look back and celebrate what has been a successful year for the development of 'Women and Girls in Paddlesport'.

You may remember the 'Sizzling Summer Success' article in the August edition of Canoe Focus celebrating GB Canoeing successes. Now the international competition season is near the end, we can reflect on the outstanding successes of female athletes across all of the competition disciplines. In 2010 GB Canoeing can boast five World Champions, three European Champions and a World Cup Series Champion (including team events) with a grand total of 51 medals at Championship and World Cup events and a further eight medals at other significant International events. The ongoing development of the C1 women class is progressing well and worth keeping an eye on over the coming years!

In addition we have also shown a significant rise in general participation numbers; Sport England figures show that over the last three years the number of females who canoe once a week has increased from 7,400 to 19,400. Over the last year female Canoe England membership has also risen from 17,777 to 18,913.

More and more clubs are finding the benefits of female only sessions and development days; introducing many new paddlers to clubs and the paddling community. There is ongoing, invaluable input from female volunteers with the recent volunteer awards highlighting this. During this year Canoe England have also published a series of guidance documents to help clubs have a better understanding of the potential barriers that face women and girls in sport, ways to overcome them and things to consider.

Looking forward to 2011

Exciting new initiatives will be launched in 2011! We will see the introduction of pilot female only Level 1 coaching courses, aiming to increase the number of female coaches and a pilot female mentoring scheme which aims to provide support to those newly introduced to coaching as well as providing development opportunities to those already qualified. This year saw a slight dip in the number of female coaches from 21.9% to 20.8%; we hope these initiatives will help us gradually increase those figures to meet our Sport England target of 23%. We also aim to work on increasing

the number of female representatives on committees and in leadership roles. We plan to encourage clubs to hold more female development days, increasing participation

Women and Girls in Paddlesport' merchandise

Keep an eye on the BCU E-shop in the New Year.

numbers and we will also be introducing some new 'Women and Girls in Paddlesport' merchandise to help spread the word.

Did you know?

- Over 50% of female paddlers are aged between 16 and 34, whilst 7% are aged 55 and over.
- Female paddlers are the most likely of all sports women to volunteer an hour a week to a sport.
- One in 10 female paddlers take part as a member of a club compared to one in five men.
- Female paddlers are less likely to compete, only one in 25 females compared to one in eight men.
- 1 in 52 women would like to do more paddling.
- A fifth of BCU affiliated coaches are women, which is above average for all National Governing Bodies (average is 15%).
- Female paddlers are more likely to engage in coached session – even if they are not members of a club.
- 68% of women who paddle do not have children.
- Females are more likely to canoe as opposed to kayak.
- The South West region has the most women who paddle.
- Yorkshire region have the most women who paddle formally* with the East Midlands having the least who paddle formally.

(*as part of a club, has tuition or takes part in competition)

Figures based on Sport England Active People Survey 3 (2008-2009)



An Ottawa odyssey

KJO Burner's WW trip to Canada

One car, two paddles, a couple of spray decks, various other bits of outfitting on kayaks and a soul or two. This was the broken list from the KJO Burners on our return from a two-week trip to Canada, not bad for nine of us really. Before I get into the story, I should probably mention no one's soul was actually broken – we all came away from Canada buzzing and eager for the next trip. Although a couple of swims dented the pride of some people a little.

Feature by:
Todd Zillwood-Hunt.

A seven-hour flight from Gatwick to Ottawa saw us landing early evening, leaving just enough time to collect the hire cars and find our way to Carleton County Jail (now converted into a youth hostel) for the night. Early morning wake up, jet lag sets in but we're off again to find our next stop in Renfrew and from there find the river. Out comes the old-school guidebook and we start wildly guessing at what features will be running, "maybe Garberator?" "The river will definitely be low, maybe around two or three on the gauge." A few hours later after much exploring trying to find put-ins and take-outs, we found our way to the Waikiki Wave. Oh how wrong we were to begin with! The river is running at nine on the gauge and getting higher apparently. This was definitely the biggest white water any of us had seen in our lives. Funny that, seeing as we're looking at a huge hole mid-river affectionately known as the Bus Stop.

We got on the water and had a blast on Waikiki, a really fast surging wave. Great fun was had and we were all keen to see what lay ahead on this awesome river. One thing we were sure of was that we needed someone who knew the river well to show us down the next couple of kilometres, as rapids like 'Butcher's Knife' and 'Coliseum' awaited us. Happy days when EJ turned up and kindly offered to show us down the rest of the river. Whilst we'd been playing on Waikiki the river level had risen to around 11, which meant that the rapid down from

Waikiki was in perfect flow for Brain Douche to come in. If you want downtime, this is the place to be! The strong flow here creates some immense whirlpools that will happily swallow you and your boat for

“ A family of Garter Snakes have taken up residence in amongst the stones and even though I was told they're not poisonous I'm sure a bite from one wouldn't be much fun at all ”



Top: Joe going huge on Odyssey.

Odyssey



Above: The KJO Burners meet Steve Fisher.



Above: Todd and George getting a beating at Brain Douche.

a few seconds or more; safe to say we spent way too much time here throughout the next couple of weeks.

With EJ leading we cruised down to Lunch Stop Wave. It's tricky to catch, though sweet as once on it, nicely green and steep. The wave train also offers a great spot to practice kick flips and other down river moves. Too soon again we move on to Normans, a big bouncy roller coaster of a rapid with waves crashing on you from all angles headed up by a cheeky little wave known as Triple Nipple. Don't swim here as Coliseum lurks just downstream - could be fun... though probably wouldn't be.

Huge crashing wave train

You know a rapid is big when EJ tells you to scout it, and from what we could see Coliseum definitely lived up to its name. In medium to high flows it becomes a huge crashing wave train starting with Big Kahuna, which leads nicely into the middle of Pac-man and then Mikey. The safe line is to hit Big Kahuna to the right, the fun line however is straight down the middle, though some good timing or a spot on tuck and duck is needed as Pac-man probably will crash on you leading to a beating from Mikey if you get it wrong. Be wary if you eddy out on the left after the last wave as a family of Garter Snakes have taken up residence in amongst the stones and even though I was told they're not poisonous I'm sure a bite from one wouldn't be much fun at all.

One small rapid after Coliseum and we find ourselves at Blacks, a fun wave-hole feature, which most moves could be thrown on and was perfect for a spot of no deck action. That was until I filled up and subbed out - from here to the take out is flat but heck what a first day for all of us: no epics, met EJ and a good first taste of the Ottawa River.



Above: Todd performing a blunt on Odyssey.

The weather is beautiful and we've discovered a new wave whilst trying to find McCoy's. It's a smaller feature called Odyssey but it's perfect for fine-tuning moves like Helix's and Pistol Flips. As the levels drop this wave becomes a feisty hole great for McNasties and big loops. A bit more exploring and we found McCoy's, complete with the infamous Phil's Hole. No one got a beating, which was lucky for me seeing as I was 'volunteered' to run it first. From here we tried out the middle channel, which offers a different type of paddling to the main channel. With only 30% of the Ottawa River's water flowing down it it's a bit more technical and has smaller features on it, until you reach Garvin's Chutes.

As we paddled down river we realised we had no idea where we were going and hence got lost before the first rapid named Little Trickle. This leads down to a super friendly play wave known as Angel's Kiss, great for a bit of soul surfing and chilling in the sun. Moving on downstream another really nice wave called Butterfly awaits, which, at 7-8 on the gauge makes an awesome green barrelling shoulder. These smaller features do nothing to prepare you for Garvin's Chute! Several islands split the river into four main channels giving very different routes down. We ran Elevator Shaft, a good 10-foot or so creek type drop with a surprisingly sticky stopper at the bottom, though if you're feeling adventurous there's always Dragon's Tongue or Wt Chute to run. Get a local to show you the lines for these two as a beating is in store if you get it wrong. The final two rapids go by the name of Upper and Lower No Name; Upper is a fun chilled out affair, where as Lower requires a bit more concentration due to bouncy waves and a chunky hole at the bottom. Unfortunately this is the end of the middle section and a long paddle on the flat leads back to the take out.

Gatineau River

If you're ever in Ottawa be sure to check out the Gatineau River. It's tricky to find as there is only one campsite and one access point in the area, however it is well worth it. The rapids are quite spaced out but each has its own big volume character and all are great fun. Apart from one or two obvious munchy holes they're relatively easy to run and a good warm up for a few hours on High Tension. The levels had peaked perfectly for our first day meaning High Tension was at its prime, a powerful six-foot wave with a big foam pile and a strong left hand shoulder. Everything will go here and everything will go massive. Unfortunately the pros know this and hence a long wait in the eddy is likely. Speaking of pros, I met Steve Fisher at the put in on the Gatineau proudly showing off Riots new carbon prototype. Funny that every time we saw him in those three days he had a barbecue on the go and a beer in hand.

On from the Gatineau we made our way to Montreal to find Lachine Rapids hoping to play on Big Joe Wave. As levels go it could have dropped by about 3,000 cumecs to make it ideal; the eddy up is one hell of a work out otherwise. Though in between getting back up the eddy and your next ride there's a convenient platform at the top of the rapid, perfect for chilling out on and taking some photos. A few hours later and we're knackered, finding our way back to the cars to return to the Ottawa for the last couple of days.

The last couple of days were spent having a really good time on the main channel of the Ottawa, spending time at each playspot and finding new features as the levels dropped. All too soon it was time to pack up the tents and head back to the airport. One top tip to see you through a trip to Canada though: listen to the locals, everyone out there is incredibly friendly and helpful and for a couple of beers will probably guide you down the river for the day. I could not commend this trip more; with the right people a trip to the Ottawa River could easily be the best experience of your life. ♡



Above: Adam gets air on high tension.



Above: Tom throwing a pistol flip on Odyssey.



Above: George in mid McNasty.

“ Get a local to show you the lines for these two as a beating is in store if you get it wrong ”

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Northampton

Eight people, 10 boats, one minibus, two rivers, one canal, one estuary, six days and 150 miles of paddling – an adventure on our doorstep!

Feature by:
Mike Fawcett
Head of Longtown Outdoor
Education Centre.
www.longtownoec.co.uk

The team:
Mike, Lee, Ewan, Rae,
Alice, Tom, Pete and
Laurianne

The snowflakes began to fall as the team unloaded their boats and readied their kit for the departure. The team comprised of instructional staff and supporters from Longtown Outdoor Education Centre, Northamptonshire County Council's out-of-county centre nestled on the Welsh Border near Abergavenny.

It was a cold Monday morning in February beside the Grand Union Canal in Northampton and a group of hardy souls had gathered to wave us off on our quest. Amongst them were a group of three men who had helped motivate us to plan and train for this undertaking. They were all centre users at the Northampton Hope Centre that provides practical support and help for homeless and disadvantaged people. Their commitment to our efforts was so great that they joined us for the first five miles!

A mixed fleet of boats including sea kayaks, touring kayaks and open canoes set off from Abington Lock shortly after 11 am. During that first stretch the team learned that the town park we passed had been the 'home' of one of the Hope Centre users as he slept rough for six months and was regularly subjected to 'tramp bashing'.

Grand Union Canal

Having waved goodbye to our friends from the Hope Centre we then continued our paddle through Northamptonshire on the Grand Union Canal. We finished late that night deliberately paddling into the night to maximise mileage for subsequent days. We took refuge in our friend's house in Long Buckby. I say 'in', but two hardy souls spent the night outside to get a sense of what the homeless might struggle with at this time of the year. They awoke to find a light dusting of snow on the ground. Definitely time to get up and get going.

Day two saw the team make the transition from canal to river, joining the River Avon in Rugby close to its source. In Rugby the river was more like an urban ditch than the broad majestic waterway flowing past Castles and stately homes further downstream. Leaving Rugby behind, the river twisted and turned through a series of tight meanders and narrow channels formed by a variety of grasses and reeds. This was pleasant

“ Leaving Rugby behind, the river twisted and turned through a series of tight meanders and narrow channels formed by a variety of grasses and reeds. This was pleasant touring paddling through attractive countryside ”

touring paddling through attractive countryside.

The second transition of the day occurred after a necessary portage near the village of Little Lawford – to avoid a very low bridge. The following section gave us a taste of what was to come for the rest of the day with numerous



strainers and river-wide blockages. Given our tough assignment (150 miles in six days) it became clear that our relay system would need to evolve to give us a fair chance of covering the distance in the time available. Simultaneous paddling of consecutive legs was the key. So, whilst the kayak team set off, the canoeists were shuttled downstream to the delightful village of Ashow, downstream of Stoneleigh Abbey. We'd asked permission to paddle through the Stoneleigh Abbey estate in writing but when we followed up with a phone call they advised us they were doing substantial works and requested we put in downstream of their estate, which we duly did. The canoe team set off towards Warwick basking in the glow of the winter sun in the last two hours of daylight.

The kayak team meanwhile was still doing battle with the undergrowth and still a long way from the agreed rendezvous. To make matters worse (yes we know, a 'rookie' error) the main phone to be used by the paddling group was ringing in the minibus rather than on the water when the driver called it. By now however, contact had been established with the canoeing group who had sensibly exited the river at dusk and had hunkered down in a rather posh pub complete with warm and real fires. Eventually the kayak group were located, after a long, dark walk by the river they had made it to Bubenhall and were sighted by the driver mid-way through his circular search of all possible approach roads. After the obligatory jokes /

to Wales



Above: Playing around on the river debris.

“ Chadbury Weir provided an excellent place to work on moving water skills and the team’s moving water novices were soon performing high crosses when it started to snow! Thick swirling snow carpeted the landscape and us in a matter of minutes ”



Above: A morning dusting of snow.



Above: Paddling down the Grand Union Canal.

cajoling and meeting with the warm, smug canoeists it was time for an excellent curry in Warwick (biggest Naan breads ever seen!) and an early night for most on a Church hall floor in Lapworth.

Day three and another 6.30 am start to try and make the most of the available daylight. A big push on the River Avon was the plan for the day. This was thwarted at an early stage when we were spotted trying to get on the water at Barford by two Barbour clad types who appeared to be taking an undue interest in our preparations whilst using their phone.

We sent over an emissary in the vain hope that a cheerful greeting and the journey’s charitable intent would win the day. They were self-declared as ‘non-supporters’ who stated clearly that we were not welcome within their estate. Back into the vehicle, down the road a few miles to Hampton Lucy and we were away, this time secure in the knowledge that the nice people from the National Trust at Charlecote Park approved of our venture.

Just downstream of Stratford we paddled our first big weir of the trip. A face full of water all-round, big smiles and an eagerness for more of the same. After two more weirs we made it to the next transition at Binton Bridge – the ‘Four Alls’ pub was very tempting but we made do with a cup of tea before pushing on to set up the next shuttle at Evesham. By now the snow and sleet



Above: The team.

of the first couple of days were a distant memory as we basked in bright winter sunshine – but not for long.

The kayak group set off from Evesham with Fladbury in their sights. Chadbury Weir provided an excellent place to work on moving water skills and the team's moving water novices were soon performing high crosses when it started to snow! Thick swirling snow carpeted the landscape and us in a matter of minutes. After 20 minutes or so the snowing had stopped leaving a pristine white landscape behind and blue skies in the distance. The vehicle team in the last light of the day met us. Some team members were so cold they needed assistance to get into their dry clothes – but after some support from their 'buddies' we were off backtracking along the road to Alveston and a very welcome night in the Youth Hostel with all mod cons.

Day four and relishing the benefits of dry kit courtesy of the Youth Hostel drying room the team set off in bright sunshine for the push to the River Severn. The kayakers set off from Fladbury and the canoeists from Eckington Bridge. The kayakers made short work of their 12 miles and three weirs – the night of 'luxury' seemed to have recharged everyone's batteries. For the canoeists the river changed in character becoming ever broader and exposed to the wind. Before long the distinctive shape of Tewkesbury Abbey began to dominate the skyline and we knew that our journey on the Avon was almost over.

According to the West Midlands River Guide we could carry straight on down the town branch to the River Severn, which we anticipated to be both wide and soon tidal, so we opted to swap to the sea kayaks for the next stage of the journey. It is worth remembering that guides are only that because half a mile downstream a very nasty weir appeared that had to be portaged. The portage was made more difficult by the crumbling sandstone blocks that collapsed around us as we attempted to enter the water. A few meanders later and we were at the confluence of the Avon and the Severn. Now the sea kayaks came into their own and the miles passed quickly as the boats glided downstream in our quest for salt water.

The canoeists were aiming to complete the final leg of the day to Gloucester. Pleasant paddling in the winter sun and an egress just upstream of the docks ended a great day's progress. A short hop on the road saw the team returning to Tewkesbury and their overnight accommodation generously provided by Croft Farm leisure. Sadly the team's achievements on the water could not be matched off the water when they came a resounding bottom place in the local pub quiz.

Day five, the penultimate day - a shorter day paddling along the Gloucester to Sharpness Canal as far as Purton. Paddling past the old sailing ships at Gloucester docks was one of the highlights.

Day 6 and the final push to Wales. We arrived to see the tide still flooding but nearing its high water level so were pleased that our tidal planning had worked out. We planned to launch before slack water and then seek to maximise tidal advantage as we made our way downstream. After a short period of hard paddling the first of the Severn bridges appeared on the horizon and still looked a very long way off across the huge expanse of brown water.

Within minutes the tide eased and then started to ebb and we started to rocket! According to Ewan's GPS we hit a maximum speed of 9mph which was a great way to travel. The sea kayaks were expectedly making easier work of the chop created by wind against tide, whereas the GP boats were 'shipping' quite a lot of water. The team put in a big ferry glide to the western shore of



Above: Reaching the Severn Estuary.

the estuary as we stormed to our first rendezvous at Beachley. Our progress had been better than we'd dared hope, so contact was made with our support team (busy buying the celebratory bubbly for the finish line) and our sights were set on Portskewett.

One of the big unknowns had always been how much mud we would have to wade up on our arrival at the finish and we were soon to find out. A short distance under the bridge and we were crossing the mouth of the Wye and picking out the markers for the rocky(ish) landing. The final push was hard work for some but we all made it. Our shore party (Lee and Laurianne) seemed remarkably reluctant to wade out in the shin-deep estuarine mud to help us in. We'd made it – a short carry up the steps and the bilingual signs with County of Monmouthshire on them bore testament to the fact that we'd arrived.

Croeso i Cymru!

Acknowledgements

The expedition would not have been possible without the support of the following: The Keech, Miller and Sterry Families. Northamptonshire CC, Lees Chapel, Northampton Hope Centre, British Waterways, Croft Farm Leisure, YHA Stratford-upon-Avon, the National Trust and our family, friends and colleagues. ♡

“ Within minutes the tide eased and then started to ebb and we started to rocket! According to Ewan's GPS we hit a maximum speed of 9mph which was a great way to travel ”

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Going with th

As a recovering drug-addict I welcome anything that will fill the huge space in my life created by the absence of drugs; so far I have climbed a mountain and gained an appreciation of the great outdoors, despite exhaustion, repeated soakings and being pushed to the brink of hypothermia. The man to blame for this is Dave Stork, the Co-ordinator for User Involvement in Gloucestershire. Dave, a former drug user himself, who runs our local Service User Support Team (SUST) and is the only man I know brave enough to take a group of ex-drug users up a mountain and bring them all back down again.

Feature by: Kate Pinks. **Now, for the second time in less than a year, I was being offered the opportunity to take part in what would undoubtedly be an adventure – this time a three-day canoe trip. As this did not involve any mountain climbing I did not hesitate to accept when Dave rang me with the news that someone had dropped out; their misfortune made my day. I was delighted to find that Liz, my tent-mate from the mountain trip, was going, along with John, Johnny, Dave R, Evo, Dave and Matt. Our instructor from the mountain trip, Steve Bedford, on loan to us from the Christian Adventure Centre at Viney Hill, was again to take the lead.**

In the preceding weeks we spent time learning how to manoeuvre our canoes, at first on a lake before facing the fast-flowing water of the river. 'A lake in the forest' for me conjured up a picturesque scene, crystal clear water, blue skies, rolling green banks. Not a muddy, stagnant, evil-smelling former quarry, its murky waters swollen by recent floods to include the usual parking area. We stood in a huddle, gazing dismally at the water, knowing that sooner or later we were all going to have to get wet. Properly wet. "You won't get me in that. No way," accompanied by shaking of heads. Suffering from the recovering addict's aversion to water, the prospect of a dunking was repellent and I think we all questioned our sanity at this stage.

Our intrepid leader, Steve, ever the optimist, coaxed us into our canoes; the fact that we were in pairs helped to boost morale.

“Suffering from the recovering addict's aversion to water, the prospect of a dunking was repellent and I think we all questioned our sanity at this stage”

Once we were out on the water and the initial rolling of the canoe had subsided without either Liz or me being seasick I began to feel more optimistic. It was really good fun. Hard work, not always easy to get the canoe to go where



Above: Dave and Matt.

you wanted it to, but even the intermittent showers failed to dampen our spirits. Later on when Steve introduced some water-based games involving the retrieval of tennis balls, which we then lobbed into our opponents' canoes, we forgot our trepidation and threw ourselves into the task. Liz got so carried away that she threw herself into the lake, capsizing her canoe in the process; fortunately for me we had swapped partners by then, so I avoided a dunking for another week. Matt, unfortunately, did not.

After the second session on the 'lake' we had all, as part of the safety training, either jumped or been thrown in. To my surprise we had all survived the experience; I felt that I could face anything after that. We had also gained the skills required to coax our canoes in approximately the right direction and it was deemed that we were fit for our expedition.

Beautiful weather

The weather was beautiful on the day we set off. After a great deal of preparation we eventually sat in our canoes with our tents and supplies sealed in barrels and fastened with ropes, ready to go. Day one of a three-day camping and canoeing adventure and the excitement was tangible. Liz and I, team girly, stayed upright for almost the whole of the first three...err, minutes.

We learnt very quickly that water that is really only knee-deep shoots up to your armpits when it is flowing that fast and it is


e flow



“In a canoe you cannot change direction if the craft is stationary, and the same is true in life; you have to be going somewhere in order to make changes”

Although it was a new skill, I think we all took to it extremely well; Dave Stork even managed an Evel Knievel-style stunt involving a fast flowing stretch of water and a half-submerged tree-trunk, and became momentarily airborne. We noticed, however, that he was unable to repeat this for the camera.

We were very lucky to be under the leadership of Steve Bedford; a philosophical sort, Steve has a wonderful way of drawing parallels between our current activity and life itself. He pointed out that in a canoe you cannot change direction if the craft is stationary, and the same is true in life; you have to be going somewhere in order to make changes. Such nuggets went down well with us, a bunch of people very keen to change things for the better.

Away from our usual surroundings and day-to-day worries, with no phones ringing, we were able to put life into perspective. I know that I was not the only one who felt very sad when the journey reached its end. We all gained in different ways, in addition to the canoeing certificate we now have under our belts, and felt that we came back more confident and capable people. Even now, months later, we still talk about our adventure; it is something we will never forget. The experience proved to be so positive for all of us that we have vowed to do it all again. Ok, we will probably wait until the weather warms up a bit, but we will do it. We know now that we can. 

almost impossible to hold on to a canoe that wants to go off on its own. With help from Big Al, a nearby instructor, we were soon on our way, pleasantly cool from our dip and trying not to laugh in case we tipped the canoe again - I have to say that Liz's sense of balance is far superior to mine.

Canoeing is the most beautiful way to travel. The scenery was stunning, almost prehistoric at times, and we saw amazing wildlife including kingfishers, cormorants and buzzards. Seeing the countryside from the perspective of the river with only natural sounds and the beautiful Wye valley as a backdrop is really very special.

Pulled together

The changing weather kept us on our toes; we experienced hot sunshine, torrential rain and winds so strong we had to paddle like mad things just to stay in one place. We were constantly on the alert for tree branches, white water or rocks to be avoided. We carried our canoes up vertical banks at the end of each day and down again in the morning, we pitched our tents, built huge fires and cooked enormous meals; we talked for hours under the stars. We pulled together as a team, changing places if one of us felt tired. In total we travelled 23 miles, using a skill that was new to all of us; the lads all travelled at least part of the way solo. We proved that we could do it.



An interview with Glyn Brackenbury Surf Kayak



Quickfire questions!

I would describe my character as... Chubby.

When I'm not Canoeing I... Snowboard.

The last book I read was...

The Girl with the Dragon Tattoo – Steig Larson.

The last film I watched was... Inception.

My ultimate goal is...

To help paddlers develop, in the surf.

I relax by... Sleeping!

My favourite food is... Free.

My favourite drink is... Coffee.

My favourite TV programme is...

The guilty pleasure that is Grand Designs.

My favourite car is... A van.

My favourite subject at school was...

Technology.

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

At home.

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

The XX and Portishead.

I get really angry about...

People who get really angry.

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

Install chairlifts to take you out back.

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

Thinner, but still regularly boating.

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

I once won North Devon's strongest man competition.

Hi Glyn! Thanks for taking part in the interview.

Tell us, how did you first get into canoeing, and what made you choose surf kayak?

I attended a one star kayak course with Nigel Dennis on Anglesey in 1982; I still have the certificate, which I store with my Level 5 Coach certificate, as both were a great achievement! I began my paddling life as an inland and sea paddler, frequenting the rivers and coasts of North Wales. However I chose surf kayaking as a discipline because of my geography, living and working three minutes from the Atlantic offers some great opportunities for practice.

After having taken a break from competitions, what inspired you to get back into competing in Surf Kayak again?

My son started to compete, and given that I didn't particularly want to stay watching from the beach I thought I would give it another go! The surf kayak competitions are really enjoyable to attend, as they are as much about the social aspects of chatting on the beach as they are about the surfing!

You competed for England for the first time at the World Championships in Portugal last year. What was the main highlight for you?

The worlds were held at the Ocean Spirit festival, which is a huge multi sport, and music festival, so seeing the sport showcased alongside massive sports like surfing and kite surfing, with large audiences on the beach, was fantastic. The main highlight had to be winning the team event with England.

What is the next event that you have your sights set on?

Apart from all the English events, next year is all about the defence of our team title at the World Championships in the USA.

From the coaching side of things, what do you aspire to bring to the world of surf kayak?

Too few people have access to effective coaching in surf kayaking compared to say the stronger disciplines of sprint, slalom and racing. I'd like to encourage both paddlers and coaches to build a

stronger coaching culture in surf kayaking. Having better skills equals the ability to have more fun too!

The English League is now very competitive with many up and coming talented juniors. Who are future stars we should look out for?

In England we have Jack Barker, Dylan Petherick and Aidan Brackenbury, in Northern Ireland there is Jake King and Andy McClelland and from the Channel Islands there is Adam Harvey, these guys are all very strong contenders for the next World title, and are able to beat the senior men on a regular basis!

Do you have any advice for any budding surf kayakers out there?

I could write pages on this! But perhaps the simplest and most useful tip is to ensure you always look where you want to go. That turning of the head will pre-rotate the torso and allow the boat to follow the body's lead. Every single manoeuvre always starts with the turning of the head.

Is there any off water training or conditioning work required to compete successfully in surf kayak? Do competitors follow a particular diet?

Normal strength and conditioning training, with an emphasis on explosive power works best. Top competitors will follow a normal healthy diet, but it's not unusual to see people eating a pasty from the beach side shops! Sadly, I've always based my diet around super foods like pies and cakes!

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

There have been lots of places but the best is probably Barbados, because of the quality of the surf, in warm water over coral reef.

Where do you still look forward to visiting?

Costa Rica is very much on the list of places.

Your son Aidan now competes for England in the sport; do you ever get concerned about him beating you?

No not at all, I would be disappointed if he doesn't. The next generation of paddlers should always be better than the previous one!

Have you ever had any scary experiences whilst out surfing?

None when coaching thankfully, but at the worlds last year I took a wipeout that was so heavy that my paddles snapped across my chest and broke the front of my boat.

And finally, what are you looking forward to in the New Year?

Surfing as much as possible, visiting new breaks and meeting some great people whilst doing so.

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





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The waterways and the Comprehensive Spending Review



It may be all change in terms of what is going on with the waterways and the Comprehensive Spending Review but for us despite what is going on around us and in some ways because of what is going on around us, the access question is still as prominent as ever.

In these times of austerity there is a need to concentrate minds and this makes for a much better discussion about return on investment and use of public money (taxpayers!) for public betterment. Where public money is used to provide a facility, or make a facility better than it should be used by the public... rights and responsibilities.

It is common knowledge, as a result of the Brighton University work around access to water, that access agreements cost on average £6,000 per km. The implementation of CRoW (Countryside Right of Way Act) implementation cost £69m and hasn't quite achieved what was agreed in the 1996 review. It has not given the access, as was originally thought nor encouraged huge numbers of additional people to visit the countryside. Part of this expense was in the huge mapping exercise, which took place which many think was unnecessary!

What about Scotland?

Well the Scottish Land Reform Act cost less than £1m to implement and has done it all! This fact provides a very powerful argument at this time as a way to move forward.

In general the waterways are in better condition now, however, this cannot possibly be sustained or even improved upon unless long term planning and funding is guaranteed.

The Environment Agency (EA) navigations have attracted funding for maintenance and capital works to upgrade 'their' system. So therefore by and large there has been a measurable improvement.

British Waterways (BW) has reduced its maintenance backlog to move towards what is termed a 'steady state'. Funding cuts now threaten this progress to allow maintenance backlog to again develop.



Canoe England believes that public money, which is put to the betterment of the waterways, should therefore mean that waterways should be open to the public.

The political party conferences had their usual programmes this year not only in conference but at fringe events too. We were working at the Labour and Conservative Party Conferences on the Boating Alliance stand alongside the British Marine Federation, Royal Yachting Association and the Inland Waterways Association. We attended several of the fringe meetings, which had a great deal of relevance to us.

It was interesting to note that the philosophy, especially from the Conservatives (as part of the coalition), mentioned time and again by the Minister Richard Benyon MP and others from DEFRA, that access, use of facilities, development of sites etc will be undertaken or not allowed where there is strong evidence for or against increasing activity. The plan is that everything should be evidence based and not anecdotal. The evidence will not only be taken from one source so it will be interesting to see how the general DEFRA activities change in their areas of work from farming, waterways through to flood risk and climate change.

Several ministers and ex-ministers as well as MPs who came and visited the stand were aware of the access issue and mentioned it without even being provoked! Ben Bradshaw MP mentioned how he is regularly lobbied by canoeists about access and other canoeing matters in his area. So thank you to all of you who lobby and put the point across that canoeing is such a tremendous activity, beneficial to the community etc. More can be achieved if access was available for all!



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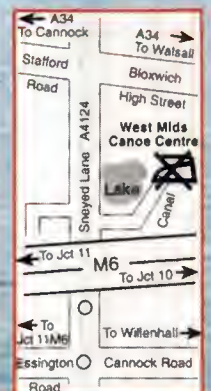
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Non-native invasive shrimp found in UK waters



The Gammarid Shrimp, *Dikerogammarus villosus*, common name 'killer shrimp', has been found at Grafham Water, Cambridgeshire in

September and the first recorded outbreak in the UK. Anglian Water and Environment Agency scientists are monitoring lakes and streams nearby to assess whether it has spread to other sites.

Dikerogammarus villosus is thought to be one of the most damaging invasive species in Europe. The UK Technical Advisory Group for the Water Framework Directive (UKTAG) has included it on their list of high impact species and it is in the top 100 of invasive species in Europe (www.europe-aliens.org). It has the potential to significantly affect the ecology of our major rivers, canals and lakes, and as a voracious predator it kills a range of species, including young fish. It does not have an impact on larger fish or drinking water quality.

It originates from the Ponto-Caspian Region of Eastern Europe and has spread rapidly across to Western Europe following the opening of the Rhine-Main-Danube Canal in 1992 as a link to the crustacean's home waters.

Identification

- Total body length of up to 30 mm (large for a freshwater amphipod).
- May appear striped or uniform in colouration pattern.
- Mandibles are relatively large.
- Behaviour is particularly vicious and destructive.

If you find this species, please send a photo and details of the sighting to: alert_nonnative@ceh.ac.uk

Protection measures

Anglian Water has put precautionary bio security measures in place around Grafham Water, to try to stop the shrimp from being transferred to other waters. Further tests are underway to establish if the shrimp is more widespread. To control any further spread all water users at Grafham Water are asked to:

- Check their equipment for shrimp when they leave the water.
- Remove any shrimp they find on any of their equipment.
- Clean and dry equipment before using it in any other water.

For further information visit www.environment-agency.gov.uk/homeandleisure/wildlife/123281.aspx and <https://secure.fera.defra.gov.uk/nonnativespecies/alerts/index.cfm?id=3> complete with a link to report any further sightings.

With acknowledgement to the Environment Agency in producing this article.

Canoe trails – canals

Which bit of waterway to choose to go canoeing?

Traditionally we have featured canoe trails on rivers but we would like to increase the canoe trail portfolio and are seeking canoe trails on canals. There is something special about canals from the busy and bustling heart of London through to the peace on the summit of the Pennines; from the industrial areas of the Black Country and the newly revived Birmingham City centre to the canals below sea level on the middle levels, all have a huge amount of intrigue and history surrounding them.

The historic canal architecture such as aqueducts, toll houses, swing bridges, tunnels, canal side building all contribute to our diverse landscape and tell us so much about Britain's industrial development.

It is now over 200 years since the height of canal building and today the canals are probably more widely used than at any other time in their history. The main users of the canal network are in fact canoeists! Not all canals are 200 years-old as the Ribble Link opened in 2000 was the first new navigation for 100 years and there are plans to create other new waterways and restore old ones over time.

We are writing canoe trails to suggest places that can be paddled. However, this is only the tip of the iceberg as there are so many different permutations in terms of places to canoe and variations of routes on the waterways to do!

Do you know somewhere great to canoe?

If you have anything you can offer please contact access@bcu.org.uk we would also be happy to accept pictures of the areas the trail goes through. We will be building this up over months, if not years!



Local River Advisors listing – update

The following changes have been made and the Canoe England web updated:

- **River Nene – Above Peterborough:** Paul Knighton has stepped down and the post is currently vacant.
- **River Stour (Dorset):** Clive Jarvis has withdrawn from the role and Canoe England welcomes Jill Exton for taking over the post. Contact Jill at jillexton@hotmail.com.

Thanks go to Paul Knighton and Clive Jarvis for the valuable service they have provided for canoeing on these rivers.



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Get Out There

MPs visiting can

The General Election brought several hundred new MPs into Westminster and we felt that we need to highlight canoeing to them all, both newly elected and those who were re-elected. Letters were written to all MPs explaining the virtues of canoeing and asking if they would like to come and meet canoeists in their constituency. Many have taken us up on our offer and dates for them to visit are being set up.

The Coalition Government has turned things completely around and now it is all about local matters so it's the benefits canoeing brings locally that are considered more important:

- To individuals.
- To the community i.e. revitalising them.
- To the economy (especially in the rural areas).
- For education – in schools, through youth groups, or older groups.
- Care for the environment and looking after their 'own' stretch of water – river clear ups etc.
- Volunteering.

The some of the many other benefits include:

- Health.
- Personal development.
- Social cohesion.
- Social inclusion i.e. combating social exclusion.
- Youth development.

Opportunities for all generations to get active together to in age related groups... able or disabled.

The aim is to promote all the benefits of canoeing so MPs can hear about all the excellent work that goes on in the name of canoeing and the benefits it brings to the millions who get out on the water each year. MPs are fundamentally only interested in hearing from their own constituents and though we do lobby at a national level it is always more meaningful to come from someone who can potentially vote for them!

Volunteering is another key strategy within the new Coalition Government. Canoeing is by and large promoted, supported and run by volunteers under the guidance of a relatively small number of paid staff. We can show that we are already supporting that philosophy and that we have an excellent network of volunteers.

Banbury and District Canoe Club

Tony Baldry MP visited Banbury and District Canoe Club on Saturday 18th September. Mr Baldry met some of the juniors at the club before they started their training session. He also spoke to several of BDCC's Junior International paddlers, who have represented GB in both marathon and sprint. He declared how impressed he was by the amount of things the club was involved in and how well they were doing in both regional and national competition.

BDCC is currently under threat as their premises are being sold by British Waterways. After being shown around the club and finding out more about the training and support programmes run there, Mr Baldry was pleased to offer support and advice to the club in its fundraising efforts. He also generously launched their 'Buy a Brick' campaign, where individuals, companies or organisations can help support BDCC by donating £10 to 'Buy a Brick' (or more!), contributors will be acknowledged on a page on the website as well as receiving their own 'Brick' certificate.

Find out more on how you can help BDCC's fundraising on www.banburycanoeclub.com.

Tamar Canoe Association

MP Sheryll Murray the South East Cornwall Member of Parliament visited the River Tamar based club in response to a letter from Canoe England. Her agent Bob Davidson escorted her and both took to the water with great enthusiasm.

Sheryll took an evening out from her busy schedule to meet with the Tamar Canoe Association on the river in Saltash. In a statement she said, "It was great to get back into a canoe after so many years. I really enjoyed my time with the Tamar Canoe Association and would like to thank them for their time. At a subsequent meeting with Environmental Agency I raised issues of access to rivers. I am pleased to report that they have already taken this on board and are looking at ways to improve access in the constituency."

For further information on the Tamar Canoe Association visit www.tamarcanoeassociation.org.uk

oe clubs



Impressed by Colchester Canoe Club

Bob Russell MP for Colchester responded to his invitation to visit his local canoe club and asked to meet with Colchester Canoe Club.

On the 6th October, Bob visited the club at its evening session on the river Colne outside the club building. Francis Turner, the secretary, showed Bob around the clubhouse, explaining to him the plans for the building now that they have just secured a new 30 year lease, with the need to put in permanent changing rooms and toilet facilities. He also explained that the club had just secured funding from the Essex Community Foundation for 12 of the members to complete their Level 1 coaching award, and their goal is to get them to go onto their Level 2 award.

Francis explained the links that the club has with 16 of the local Scout and Guide groups, facilitating courses for up to 250 participants from these youth organisations, pointing out that the majority of the paddlers that evening were from a local Scout group. Bob had come prepared to join in the action on the water, but time did not allow for this, he was very impressed though with the age range of the paddlers..

The club would like to thank Bob for coming to see them, and have promised to keep him informed of developments regarding the clubhouse.

Why not make sure your MP knows more about the work you do. All MPs have had a letter from us so why not write or call them and invite them down to meet you on the water, in your clubhouse, at a pool session or at an event. To find out the address for your MP visit www.parliament.uk/mps-lords-and-offices/mps/

Do write and let us know how you get on. Pictures and a short article would be helpful too. If you need any help from us please do contact us and we can assist. tamsin.phipps@bcu.org.uk

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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 9.



Above September winner: Adrian Krajewski – En route from Oban to Fort William.



Above: Diane McGaley – Cardington White Water Course.



Above U18 September winner: Emma Clarke – Nene WW Course.



Above: Elie Shorthouse – Chertsey Weir.



Above: Andrew Birdsall – River Ant.



Above: Christine Wycherley – Cable Bay, Anglesey.

tion



Above: Louise Turner – Inlet Gate, Holme Pierrepont.



Above: Peter Morton – Lake Coniston.



Above: Steve Bray – Minnesota.



Above: Alex Nicol.



Above: Colin Schofield – Moraine Lake, Canada.



Above October winner: Paul Evans – Falls of Falloch, Scotland.



Above: Tom Monday – North Cornwall.



Above: Sid Sinfield – North West Greenland.

Rafts of fun a

The clock is ticking

The countdown is on as Lee Valley White Water Centre prepares to open its doors to the public in April 2011.

The Centre Managers are in post, water is pumping down the 300m Olympic Standard Competition Course and the 160m Training Course, bookings are being taken this month and the recruitment process for over 30 raft guides is underway.

The Centre, on the northern edge of London, just north of the M25, near Waltham Cross, Hertfordshire, will be the only brand new Olympic venue the public can use before the Games. It will host five days of intense canoe slalom competition during the Games and post Games it will be a major canoeing and rafting attraction drawing in thousands of visitors annually.

Shaun Dawson, Chief Executive of Lee Valley Regional Park, said: "It's a really exciting time as we are preparing to open the doors to this world class venue, delivering a pre 2012 Olympic legacy.

"As well as creating a brand new international canoeing and rafting attraction, Lee Valley White Water Centre will provide a fantastic opportunity for learning and skill development in white water sport. The shorter Training Course is perfect for paddlers wanting to learn and improve their white water skills, while the Olympic Standard Competition Course is ideally suited to the more experienced paddler. We'll also run a sports development programme which will ensure the Centre is used by everyone from elite athletes to schools, sports clubs and community groups from across the region."

“As well as creating a brand new international canoeing and rafting attraction, Lee Valley White Water Centre will provide a fantastic opportunity for learning and skill development in white water sport”



Kayakers will make up a large number of the overall visitors to the venue. Clubs can book exclusive slots on the Training Course in advance to secure their chance to ride the rapids. Bookings will start to be taken this month.

Shaun Dawson continued: "As the finishing touches are being put to the building, landscaping and access roads and footpaths, our team has begun preparing for the April 2011 public opening, with rigorous operational testing on site and rolling out the Centre's marketing plan, with the rafting booking system going live this month.

"Lee Valley White Water Centre will be a fantastic leisure attraction and will be a catalyst to the wider regeneration of the local area creating business, employment, tourism, culture and sporting opportunities – a lasting Olympic legacy in so many ways."

School spirit

September saw the launch of an Education Pledge – Lee Valley Regional Park's commitment to provide an early legacy for school children, from the areas which fund the Park. One secondary school class from boroughs and districts of London, Essex and Hertfordshire will have a free raft down the rapids at Lee Valley White Water Centre before the Games.

Lizzie Neave, World Championship medallist and member of Great Britain Canoe Slalom team and Paskell Blackwell attended the launch.



nd excitement



Lizzie said, "This is a fantastic opportunity for the nation's children to be involved in the build up to the Games and to inspire the next generation of Olympic hopefuls. Team GB is looking forward to training at this unique Centre and we are all very excited about what we can achieve here on home soil during the Games."

Bookings

Formal bookings for Lee Valley White Water Centre will start to be taken this month with the Centre opening in April 2011 so don't miss your opportunity to ride white water.

For more information on the site, its activities and to book please visit www.gowhitewater.co.uk or call 08456 770 606.



The team

Simon Ricketts, a former international kayaker, has been appointed as the Manager of Lee Valley White Water Centre. Simon will be joined by Assistant Managers Paskell Blackwell, Captain of the Great Britain Mens White Water Raft Team and Calum Ferris-Lay, an active paddler and raft guide with a wealth of hands-on experience.

Simon Ricketts, who has been involved in canoeing and kayaking since the age of nine, said, "My job is to capitalise on the wave of enthusiasm building around London 2012 by encouraging thousands of people to try paddlesports, while having the time of their lives."

The team is currently on the hunt for over 30 skilled raft guides that can provide thousands of visitors with an unforgettable white water experience as they navigate down the course, before the Games begin.

Those interested in four seasonal raft guide positions will need to possess a minimum of a Level One Raft Guide qualification at the time of application.

Simon continued, "We are looking for confident individuals who can ensure our visitors have a first class experience and a great day out. With thousands of thrill seekers set to head through the doors in spring 2011, it's crucial that we have the right people and right skills on board."

Lee Valley Regional Park Authority will be facilitating a number of Level One Raft Guide courses in 2011 at a reduced cost and will also be sponsoring a number of scholarships to help recruit up to 30 casual raft guides. For further information about the three-day training courses, pricing and dates please visit www.gowhitewater.co.uk.



Above: Centre Manager, Simon Ricketts



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Mike Watson, South Cerney Outdoor Education Centre, Lake 12, Spine Road, South Cerney, Cirencester, Gloucestershire, GL7 5TL. Tel: 01285 860388
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 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.bowlwater.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.



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Assistant/Trainee Instructor (£10,500 - £13,000 initial seasonal contract with the opportunity to become full time)

You should have started working towards a range of NGB awards, have experience of working with young people, and the same skills as above.

Closing date: 21st January 2011

For more details and an information pack, please contact Ian Thorpe on 01751 417112 or ian@peatrigg.co.uk



SITUATIONS VACANT



SEALYHAM ACTIVITY CENTRE

Our Centre is situated in a 100-acre wooded (war) valley with multi-activities taking place with in the grounds and the nearby Pembrokeshire Coast National Park.

We are looking for motivated, pro-active instructors to deliver our 2011 Programme here at Sealyham. Applications are invited from suitable qualified people. You will be working with a wide range of clients offering an exciting range of activities.

Applicants should hold at least 1 qualification from any of the following organisations:
 BCU L2 KAYAK OR CANOE
 RYA INSTRUCTOR
 GNAS COACH
 MLTB SPA
 BSA LEVEL 1
 A CLEAN DRIVING LICENSE WITH D1 IF POSSIBLE

PLEASE SEND CV TO ALEC WILLIAMS AT SEALYHAM ACTIVITY CENTRE WOLFSCASTLE, HAVERFORDWEST, PEMBROKESHIRE, SA62 5NF
 WWW.sealyham.com
 TEL 01348 840763
 enquiries@sealyham.com

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www.robinwood.co.uk

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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





Situations Vacant

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

We have over 30,000 users per year, aged from 5yrs upwards of all abilities and backgrounds.

Our users include:

- Schools and other educational establishments
- School Holiday activity provision
- After School Club
- Families and individuals
- Corporate training
- LOPC also provides a diverse annual coach education programme for land and water activities.



During 2011 we need more enthusiastic, qualified individuals to join our friendly team.



Activity Instructors



LOPC is seeking applications from enthusiastic, hard working, team players to join their staff team for the 2011 season.

In house training and NGB qualifications will be on offer to successful candidates.

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

- BCU Level 2 Kayak or Canoe Coach or BCU / UKCC Level 2 Coach
- MLTUK Single Pitch Award or Climbing Wall Award
- GNAS Community Sports Club Leader Award
- NSRA Youth Proficiency Scheme Tutor
- BFA Activity Leaders Award

Closing Date for applications: 5pm 31st Jan 2011

Interview Dates: W/C 7th Feb 2011

Start dates: From 1st April 2011

Salaries: From £12,000 p.a. pro rata based on qualifications.



Senior Instructor



LOPC is seeking applications from experienced, pro-active, inspirational and dedicated individuals capable of managing the quality and ongoing development of LOPC activities, including the supervision and training of activity staff and maintenance of equipment.

Essential Qualifications and Skills:

Either

- BCU Level 3 Kayak or Open Canoe Coach

or

- MLTUK Single Pitch Award

with

- Minimum of 16 hours first aid.
- At least two other coaching or instructing qualifications
- Experience of working on high ropes courses
- The post-holder must be able to operate a computer and be proficient with word processing, spreadsheets and emailing.

Closing date for applications: 5pm 21st Jan 2011

Interview Date: W/C 24th Jan 2011

Start date: 1st March 2011

Salary: From £14,000 p.a. based on qualifications & experience.



For more information and an application pack visit:
www.lopc.co.uk/get_involved/jobs/



or contact Ed Sibson on:

Tel: 0116 268 1426 **Email:** manager@lopc.co.uk

- No C.V.s accepted, application by completed application form only.
- Successful applicants will be subject to reference checking and an Enhanced CRB check.
- LOPC is a non-residential Centre so no accommodation is available.
- LOPC is committed to offering equality of opportunity.
- "Committed to Safeguarding Children and Young People."

Leicester Outdoor Pursuits Centre, Loughborough Rd, Leicester, LE4 5PN



Approved Centre for Climbing, Trekking and Water sports No. L9066/R0628

UKSA is the charity dedicated to changing lives through personal development and maritime education. We aspire to provide the very best quality maritime education and the widest range of opportunities to develop self-esteem, confidence and motivation. Find out more about us on www.uksa.org. We are currently looking to recruit for a number of positions.

UKSA SENIOR WATERSPORTS INSTRUCTORS

We are looking for a senior kayak, canoeing instructor to head up and develop our kayaking department.

The key responsibilities are to deliver an inspiring customer focus to our students, to manage the quality of delivery, and ensure compliance with UKSA Standard Operating Procedures, and external governing bodies, and implement effective staffing and course structures within watersports and the training department.

EXPERIENCE AND QUALIFICATIONS REQUIRED

- // BCU Level 3 coach with 4 star sea and surf
- // Dinghy Senior Instructor qualification essential
- // BCU FSRT Assessor and Windsurfing Intermediate instructor would be an advantage
- // Proven experience in the watersports industry with demonstrable skills in running a large proportion of the RYA/BCU syllabus
- // The ability to mentor fellow instructors and command a high level of instruction/coaching afloat
- // Excellent Communication Skills

WATERSPORTS SEASONAL INSTRUCTORS

We are looking for outstanding individuals who are RYA and BCU qualified watersports instructors for the 2011 season.

The role includes; teaching a variety of watersports disciplines to adults and youths on our RYA, BCU short courses, schools and groups, and long term career training courses. Candidates will have excellent inter-personal skills, be a strong team player and have a proven ability to multi task.

EXPERIENCE REQUIRED

- // A minimum of coastal RYA dinghy and windsurf qualifications, or dinghy and kayaking instructor qualifications
- // Relevant teaching experience
- // RYA powerboat instructor would be beneficial

If you would like to be considered for either of the above positions, please send your CV with a covering letter to personnel@uksa.org

The successful applicants will be asked to apply for an enhanced disclosure. Further information about disclosure can be found at www.crb.gov.uk



SITUATIONS VACANT

PARTICIPATION COACH



Would you like to help us increase participation in Paddlesport, support club development, increase the range and number of

opportunities for young people & adults to participate and ensure there are accessible pathways for progression? Then read on...

As a result of funding from Sport England we are now able to recruit the following post to the Paddlesport Participation Team.

Participation Coach Worcester Canoe Club (6 hours per week) Starting salary £4,000 per annum

We are seeking applicants with the following attributes:

- Commitment to developing both young people & adult participation from across the community in Competitive Paddlesport
- Experience of coaching in a volunteer setting, including session planning
- Can demonstrate a passion and practical enthusiasm for both competitive and recreational aspects of Paddlesport
- The ability to be a team player but also to work on your own initiative and under pressure
- Hold a valid Driving Licence & able to use your own car to support the post
- Able to access remote locations
- Willing, enthusiastic and energetic!

Closing date for applications Friday 14th January 2011

If you are interested in applying for this position and meet the above attributes, please send your CV to:

Kate Clark, HR Manager, British Canoe Union, 18 Market Place, Bingham, Nottingham NG13 8AP email kate.clark@bcu.org.uk

As an equal opportunities employer the BCU welcome applications from all sections of the community.

SITUATIONS VACANT



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Experienced Level 3 Sea Kayak coach to head up the kayaking side of SeaSports Southwest. We pay well (pay is dependent on qualifications & experience), and are offering a long season.

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Any sailing and windsurf instructor qualifications will also be an advantage but not essential.

Please call or Sue or Tim Cox; 01626 772555

email info@seasports-sw.co.uk

Or send your CV

SeaSports Southwest, New Quay St, Teignmouth TQ14 8DA



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WEB: www.activity-centre.com

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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.



LLAIN ACTIVITY CENTRE

Assistant Manager/Chief Instructor

To be responsible for:

Co-ordination of a team of instructors, staff training & timetabling. Ensuring high standards of health & safety are maintained. Maximising the enjoyment and educational benefits of customers.

Are You:

Experienced in leadership, management & teaching within an outdoor environment.

Able to remain calm and professional in all situations.

A motivator who can empower children and staff?

To Start Feb 2011. Salary negotiable. Closing Date 22/12/2010 Applications/Info to: enquires@llain.com or write to The Centre Manager, Llain Activity Centre, Llanarth, Ceredigion, SA470PZ.

Seasonal Instructors also required for 2011 season



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Please note that due to the sensitive nature of these roles, successful applicants will be required to apply for disclosure with the Criminal Records Bureau. This disclosure, together with other selection information, will need to be satisfactory to the Company for employment to commence.

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For more information on the above vacancies and to apply online, visit www.centerparcs.jobs

Alternatively please telephone the relevant Recruitment Hotline to discuss any current or future opportunities: **Elveden Forest on 01842 894805, Longleat Forest on 01985 848343, Sherwood Forest on 01623 825142, Whinfell Forest on 01768 893041.**

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Behind the scenes

Kimberley Walsh, Canoe England's Development and Participation Team Support Officer

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.



Above: Kimberley Walsh.

Describe your role, in just three words!
Varied, enjoyable and busy!

And now, with a bit more detail...

I help support the team of Development Officer based around the country as well as the Director of Development (Sue Hornby) and Head of Participation (Howard Blackman). It's hard to describe exactly what I do as it is so varied and covers many areas. I pretty much do whatever I'm asked to do by the team and help administer all of the Participation Programme initiatives. I also do a lot of the design work for flyers, posters, certificates and logos as I have a degree in Graphic Design. One day a week I work on the Women and Girls in Paddlesport project. It's often quite hard to fit everything in that needs doing!

What's been the biggest challenge in your role?

When I first started in January 2007, we were moving offices from the National Water Sport Centre to Bingham at the same time as the new Star awards and UKCC coaching awards were being introduced. There was a lot happening, some not very happy members and a lot to learn very quickly!

And what's been the biggest highlight during your time at Canoe England?

The introduction of the new Paddlepower scheme – I am very proud of being part of such a successful and great scheme for young people.

What did you do before working at Canoe England?

After graduating from Nottingham Trent University in 2000, I became a full-time athlete in canoe slalom for six years, competing for the GB team.

Was it difficult to change to an office-based job after being so active?

I thought it might be difficult to get used to, but after training twice a day for many years, I actually really enjoyed the change in lifestyle and break from exercise. I love being able to get excited about weekends and bank holidays, when you're training you don't really get these – all the days become the same!

What skills from your sporting career have you taken into your working career?

I still have that competitive desire to be the best at what I do.

Do you still paddle regularly?

I didn't do much paddling to start with after retiring. I was enjoying the fact that I didn't need to. Then in 2009 after really enjoying some paddling in South Africa I decided to get re-ranked in Premier division and managed to end the season ranked 10th, which I was really pleased with. Since then I haven't done much. I have become really 'soft' and only like going paddling when the weather is good or if I have given myself a good goal, which I haven't managed to find yet!

How else do you like to keep active in your spare time?

I have discovered that I really enjoy swimming, although I don't like constantly smelling of chlorine, I find I can escape into my own little world while clocking up the lengths and it gives me a real sense of satisfaction, as I have never been much of an endurance athlete.

What do you enjoy most about your role, and in particular working within participation and development?

I enjoy being able to help people and hopefully make their jobs easier. I also like the fact that I am part of a team helping introduce more people to the sport.

Earlier this year we heard how Participation in Canoeing was on the up (thanks to you and the team's hard work!) How do you think we can continue this trend in the future?

I think the more we get the sport out there and seen and the more opportunities we can provide for people to try it, then we can continue to increase participation.

There is just less than 600 days to go until the London 2012 Olympic Games. How do you expect the games... and the

increased coverage of canoeing in Britain... to affect the sport at a participation level? Will it help to get even more people into the sport?

I think anyone who is vaguely sporty loves the Olympics and everyone who watches canoeing thinks it's a great sport. So the more people that we can get to see it, understand it and be inspired by our athletes, who will hopefully be very successful in London, the more people will want to give it a go.

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

Quickfire questions!

I would describe my character as...
friendly.

When I'm not working I...
am decorating my house or sleeping.

The last book I read was...
The Traveller by John Twelve Hawks.

The last film I watched was...
Eat, Love, Pray.

My ultimate goal is... to be healthy, happy and a lady of leisure!

I relax by... watching TV.

My favourite food is... cakes and curry (but not together!).

My favourite drink is... Robinsons Summer Fruits.

My favourite TV programme is... Spooks.

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

My favourite place, in the world, is... Bourg St Maurice in the French Alps.

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

I get really angry about... my neighbour slamming their front door; it wakes me up early every morning!
If I wasn't working at Canoe England I'd be... working with kids, maybe teaching.

In 10 years time, I'd like to be... a lady of leisure, going on lots of holidays.

One thing you don't know about me is... I am scared of dogs as I was once bitten on the bum when I was out running – ouch!



pyranha

THE PYRANHA PLAYBOAT RANGE PLAY THE RIVER



The Molan Dynamic Freestyler

This boat loves to win points and more and more paddlers are using it for competitions worldwide. If you're not looking to win competitions there are still points to be had down at the local wave or hole where this boat is the perfect companion to pull off those complex combo moves, the Molan is also a great boat for pulling your first loop.

What: Loops and combo moves.

Who: Freestylers and playboaters - pure and simple.

Where: The local playspot, freestyle competitions.



The Varun Modern River Player

The Varun isn't about competitions, it's about pure play on the river. Its increased length gives it more speed and means it's faster on a wave so you'll want to surf every one you come across. The Varun will also get you down the river to the tastiest features in style and safety. The Varun will still pull new school freestyle moves but being a little longer and slicier will cartwheel better than an all-out Freestyle boat.

What: All the modern play moves are possible in a down river environment.

Who: Playboaters.

Where: The local play run.



The Loki Classic River Playboat

The Loki sees the return of the long slicey playboat - a 'Soul boat'. If you want smooth linked cartwheels, a smile on every eddyline and enjoy serious vertical time then this is the boat for you. The Loki will carve quickly on river and ocean waves. Blunts will be dynamic, and vertical moves in the Loki will be more controlled and more impressive than in a short boat. The Loki is great down river and the extra speed means making eddies and must make ferry glides easier and more controlled.

What: Smooth cartwheels, squirts, carving surfs and smooth spins.

Who: Playboaters wanting to use river features and technique.

Where: Local play run, deep holes, every eddyline.

DEMO

Molan and Varun demos available at the following shops

AS Watersports, Devon EX2 8GX **M V** Bournemouth Canoes, Dorset BH16 5BW **M V** Brighton Canoes, East Essex BN9 0DU **M V** Canoe & Kayak Trader, Leamington Spa CV31 1BE **M V** Cheltenham Canoes, Gloucestershire GL51 8LZ **M V** Go2H2O, Yorkshire HG4 3HQ **V** Kayaks North West, Cheshire WA7 3DW **M V** Kent Canoes, Kent TN15 7BU **M** Manic Canoe Shop, River Dart TQ13 7NP **V** Norfolk Canoes, Norwich NR5 0JU **V** Nucleus, Essex CO15 5SP **V** Outdoor Active, Gloucestershire GL13 9JR **V** Peak UK, Nottingham NG2 5AS **V** Paddleworks, Llangollen LL20 BAD **M V** Robin Hood, Yorkshire WF16 9BJ **M V** Stirling Canoes, Stirling FK7 7SP **M V** Sues Canoes, Norfolk IP25 6DR **M V** Summit to Sea, Anglesey LL65 3BT **M V** Up & Under, Cardiff CF11 8TU **M V** West Midlands Canoe Centre, West Midlands WS3 2LT **M V** Wet & Wild, Yorkshire HU3 6SU **V** Whitewater The Canoe Centre, Middlesex TW17 8NS **M V** Woodmill Canoe Centre, Southampton SO18 2JR **M V**

MOLAN PHOTO JEREMY LAUCKS
VARUN PADDLER TOM PARKER VARUN PHOTO PYRANHA
LOKI PADDLER DAZ CLARKSON PHOTO RICH TAYLOR
Loki images show pre-production prototype

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