

# canoe

## focus

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**The Rob Roy Rally**



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## canoe focus

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18 Market Place, Bingham NG13 8AP

Tel: 0845 370 9500

0300 011 9500

Fax: 0845 370 9501

E-mail: info@bcu.org.uk

www.bcu.org.uk

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### President

Albert Woods

### Chair

Brian Chapman

### Chief Executive Officer

Paul Owen

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on the above contacts

### Publisher

Peter Tranter

peter@canoefocus.co.uk

2b Graphic Design

49 Greenfields, St. Ives, PE27 5HB

Tel/Fax: (01480) 465081

www.canoefocus.co.uk

### Advertising Sales

Anne Egan: (01480) 465081

advertising@canoefocus.co.uk

### Contributors

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**Above:** We officially announced our sponsorship by Tesco with a hugely successful launch day, in December. Athlete's, Richard Hounslow and Rachel Cawthorn were on hand to support the partnership.

## Hello and welcome to the February Canoe Focus



I hope you've all enjoyed a happy New Year and have managed to get out on the water, despite the cold weather!

We finished last year with some great news; paracanoeing is to be included in the 2016 Paralympic Games, in Brazil. This is a fantastic step forward for our sport and a huge testament to canoeing's popularity, throughout the world.

I'm sure, like I, you'll all look forward to seeing our athletes compete in Brazil in 2016 and hope its inclusion in the Games will continue to establish paracanoeing as an internationally recognised sport.

Before then though, there is lots to look forward to in 2011.

In May, we have National Go Canoeing Week together with the first ever competition on the new Olympic white water course, as our slalom athletes compete for a place on the GB team. The Lee Valley White Water Centre was handed over in December, from the Olympic Delivery Authority to the Lee Valley Park Authority who will manage the centre before and after the Games. It will be opened to the public in April and provide an excellent opportunity to go canoeing or rafting. Why not go and experience the excitement of the superb white water and see where our athletes will compete in 2012? A feature about the handing over of the Lee Valley White Water Centre can be found on page 30.

Preparations for the BCU's AGM, to be held on Saturday 5th March, are also well underway. The meeting will be held at the British Olympic Association, 60 Charlotte Street, London W1T 2NU. Enclosed within this issue of Canoe Focus is a voting by proxy form, an agenda, directions to the venue and the abridged accounts. We look forward to welcoming you.

I wish you a year of great canoeing and enjoyable volunteering in whatever role you do.

**Paul Owen, Chief Executive**





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# Competition



|          | Start  | Finish | Discipline  | Event  |
|----------|--|--------|---|--|
| April    | 09 Apr   |        | Canoe Slalom  | Holme Pierrepont - Junior & Under 23 Selection       |
|          | 16 Apr   | 17 Apr | Canoe Sprint  | National Regatta - Nottingham - Selection Assessment |
|          | 22 Apr   | 25 Apr | Canoe Marathon  | Devizes to Westminster                               |
|          | 30 Apr   | 02 May | Canoe Slalom  | Lee Valley - GB Selection                            |
| May      | 06 May   | 08 May | Canoe Sprint  | World Cup 1 - Poznan, POL                            |
|          | 07 May   | 08 May | Canoe Sprint  | National Regatta - Nottingham - Selection Assessment |
|          | 10 May   | 15 May | Wildwater Canoeing  | European Championships - Kraljevo, SRB               |
|          | 21 May   | 22 May | Canoe Sprint  | World Cup 2 - Racice, CZE                            |
|          | 27 May   | 29 May | Canoe Sprint  | World Cup 3 - Duisburg, GER                          |
|          | 28 May   | 29 May | Canoe Slalom  | ICF World Ranking - Teesside, GBR                    |
| June     | 28 May   | 29 May | Canoe Polo  | European Cup 1 - St Omer, FRA                        |
|          | 04 Jun   | 05 Jun | Canoe Sprint  | National Regatta - Nottingham - Selection Assessment |
|          | 09 Jun   | 12 Jun | Canoe Slalom  | European Championships - Le Seu d'Urgell, ESP        |
|          | 11 Jun   | 13 Jun | Wildwater Canoeing  | World Championships (Sprint) - Augsburg, GER         |
|          | 11 Jun   | 12 Jun | Wildwater Canoeing  | World Cup - Bovec, SLO                               |
|          | 11 Jun   | 13 Jun | Canoe Polo  | European Cup 2 - Essen, GER                          |
| Websites | Canoe polo : <a href="http://www.canoepolo.org.uk">www.canoepolo.org.uk</a>                                |        | Marathon racing: <a href="http://www.marathon-canoeing.co.uk">www.marathon-canoeing.co.uk</a> |  |
|          | Canoe sailing: <a href="http://www.intcanoe.org.uk">www.intcanoe.org.uk</a>                                |        | Slalom: <a href="http://www.canoeslalom.co.uk">www.canoeslalom.co.uk</a>                      |  |
|          | Sprint: <a href="http://www.bcu.org.uk/our-sport/sprint-racing">www.bcu.org.uk/our-sport/sprint-racing</a> |        | Surf: <a href="http://www.bcusurf.org.uk">www.bcusurf.org.uk</a>                              |  |
|          | Freestyle: <a href="http://www.ukfreestyle.com">www.ukfreestyle.com</a>                                    |        | Wild water racing: <a href="http://www.wildwater.org.uk">www.wildwater.org.uk</a>             |  |
|          |  |        |   |  |

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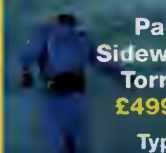
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For details of how to claim the discounts log in to the 'Members Area' of our website.



# GB Canoeing and Tesco launch sponsorship deal

GB Canoeing are delighted to announce Tesco as a headline sponsor. The launch in December saw canoe slalom athlete Richard Hounslow and canoe sprint athlete Rachel Cawthorn visit the Waltham Abbey Tesco store with their boats and meet directors Richard Brasher and Carolyn Bradley.

Tesco are supporting GB Canoeing over the next two years, supporting the Olympic programmes in their quest to be the number one canoeing nation and to win medals at international events. The Tesco headquarters in Cheshunt are a stones throw away from the new Lee Valley White Water Centre.



Above: Rachel and Richard inside Tesco's Waltham Abbey store.

## Devizes to Westminster record breaking attempt

One of the longest records in the sport of canoeing is being challenged this year. The 32-year record held by Brian Greenham and Tim Cornish of 15 hours 34 minutes\* is being challenged by the current marathon canoeing World Champion Ben Brown and a former six times marathon canoeing World Champion Ivan Lawler.

This is a new challenge for both of them and they are aware that unless the conditions are very favourable in terms of flow on the Thames then the record is pretty much untouchable but nonetheless they are going to give it a try. However, Easter is late so the flow could be limited but who knows what the weather will bring but there is the opportunity this year for a daylight run!

In addition to attempting to break the record the pair are raising money for the charity Right to Play. Right To Play is an international humanitarian organisation that uses sport and play programme to improve health, develop life skills and foster peace for children and communities in some of the most disadvantaged areas of the world.

Working in both the humanitarian and development context, Right To Play trains local community leaders as coaches to deliver our programmes in more than 20 countries affected by war, poverty, and disease. Visit: [www.justgiving.com/helpbenbrown/](http://www.justgiving.com/helpbenbrown/)

\*The Race in 2000 was not run but Steve Baker and Duncan Capps completed the course in 15:17:45

## Sport England's 'Satisfaction with the Quality of Sporting Experience' survey (SQSE)

In March Ipsos MORI aim to contact over 900 paddlers to take part in an online questionnaire. This is the third year that the survey has been commissioned and the following tells you a bit more about it.

**What:** Sport England has commissioned Ipsos MORI to undertake the survey, which aims to establish what is important to people when they take part in sport and how satisfied they are with the quality of their sporting experience.

**How:** If you are contacted and choose to participate you will be emailed a link to the online questionnaire, which will take no more than 15 minutes to complete. The survey will also include participants that have already been interviewed as part of the Active People survey, club paddlers and younger paddlers involved in competition.

Ipsos MORI are a leading market research company and guarantee your anonymity – no one will be contacted for sales or marketing purposes as a result of completing the survey.

**When:** Ipsos MORI will be contacting sport participants early in March 2011.

**Why:** The results will help shape the future of our sport, as they will support improved planning and investment decisions.

We urge anyone who is contacted to take part in the survey to help build a picture for canoeing and what is important to our paddlers. If you do take part, Ipsos MORI will send you an exclusive preview of the headline results, so you will be able to see what people really think about canoeing.

Find out more at: [www.sportengland.org](http://www.sportengland.org)



Above: Ben Brown



Above: Ivan Lawler



## CE Coach Conference

The 4-5th of December saw over 250 coaches attend the Canoe England annual Coach Conference held at PGL Liddington. For many of those attending it must have been a case of déjà vu, with the freezing temperatures similar to that experienced at the conference last year. However in addition to the iced lakes, this time we also had excessive amounts of snow to deal with!

Despite all this the conference was a hit, with a wide array of courses and workshops in addition to inspirational keynote speaker Mark Woodhouse returning for the Saturday, Jack Russell on the Sunday; and academic input on the acquisition of canoeing skills from Terry McMorris.

The event also provided coaches the opportunity to meet the ever-growing team of Canoe England staff involved with coaching as well as a pilot of the new BCU Disability Awareness Course; Intermediate Modules; and the new Discipline Specific Freestyle module.

The 2011 Canoe England Coach Conference will be held on the 3-4th December, more details will be added to the website as confirmed.

## Jersey Kayak Adventures maintains Silver Grade

Eco-friendly tourism in Jersey received another boost when Jersey Kayak Adventures maintained their Silver Grade following an inspection.

The company was assessed against a range of criteria, including energy efficiency, waste management and environmental activities by the Green Tourism Business scheme. This national award encourages and supports businesses to introduce environmentally friendly and sustainable practices.

Within the Channel Islands there only eight organisations with silver or gold awards, all of them in Jersey.

## White water safety and rescue training courses

When things go wrong, paddlers need to have the confidence and skills to be able to get their friends out of trouble, which is why white water safety and rescue training is essential.

Based at the National White Water Centre, Rescue 3 (UK) is the country's leading safety and rescue training provider, specialising in water and rope rescue. In 2011 Rescue 3 (UK) will be running BCU white water safety and rescue courses throughout the year, with private courses available for groups/clubs at discounted prices. Rescue 3 (UK) has been delivering safety and rescue training for over 13 years and has Level 5 coaches, expedition paddlers, kayakers and open boaters on their staff team.

For more information telephone: 01678 522035. Email: [info@rescue3.co.uk](mailto:info@rescue3.co.uk) or visit: [www.rescue3.co.uk](http://www.rescue3.co.uk)

# Brian Sidaway

24th February 1935 to  
2nd September 2010

Founder member and late president  
of Viking Kayak Club.

**I have known Brian for some 37 years and I have only really known the canoeing aspects of Brian's life, but I was aware how much the other strands of his life have meant to him and especially since he and his wife, Elizabeth moved to Lathbury.**

Brian had started work at the Bedford Office of the Great Ouse Catchment Board after completing his national service in 1953 and remained with the navigation authority for the River Great Ouse until he retired in 1993. Brian earned several promotions, becoming Chief Surveyor at the Bedford Office. The former Area Rivers Engineer, John Hesp, wrote that Brian's intimate knowledge of the Great Ouse and its tributaries was invaluable in helping to set up the Bedford flood warning procedures. Brian was described as an 'old school rivers man' who was always meticulous and who led and trained his teams by example.

Brian's involvement with Viking Kayak Club goes back the whole 49 years of its history, and it is not too strong to say that he has been its backbone for most of that time, being at various times chairman, secretary and treasurer. Latterly he was elected president after his friend John Mathers moved away. For many years Brian also edited the club magazine 'The Paddler'.

Brian's involvement with canoeing pre-dated the club by several years with his interest in touring canoeing both at home and abroad, including leading trips for Peter Lawrence's fledgling company, now widely known as PGL Adventure Holidays, both on the River Wye and in Germany. He was also involved in establishing the Bedford to Saint Neots Canoe Race, initially set up as a fundraiser for the Great Ouse Restoration Society and which continues in only slightly modified form to this day.

Throughout his time at the club, Brian has always been interested in and supportive of the achievements of members in every aspect of canoeing both competitive and recreational and he would always turn up to club events of every



type to do whatever job was necessary, however menial. He was seen hauling on ropes in the snow at Duckmill, tying slalom number boards on, or cooking crispy bacon for breakfast.

Brian was a member of the Viking Veteran's team, which completed the Bedford 100 mile relay and participated in several social paddles including a 10k circumnavigation of Bamberg during a trip to our twin town when he stayed with Heinz Kohring of the DKV.

Brian always recognised that "many hands make light work" and was always happy knowing that his little back-room contribution was part of the oil that helped the whole machine run smoothly. He was so self-effacing that I was not aware of the humane award which son Tim mentioned in his eulogy, even though I would almost certainly have been a member at the time. A few years ago Brian won the Sports Administrator of the Year at the Bedford Sports Awards evening and his immediate reaction was to double the prize money and put it back into the club to create the Presidents Contingency Fund.

Brian was always interested in the progress of our younger members and I know how proud he was when granddaughter Jasmine successfully completed a Paddlepower beginners course a couple of years ago, showing a genuine aptitude.

It is a mark of the respect in which Brian was held that current National C2 Champion and 2009 European bronze medallist Etienne Stott attended the funeral service. We will all miss a true gentleman in every definition of the word and I will miss a genuine friend, colleague and mentor.

Our sincere condolences go to wife Elizabeth, son Tim, daughter Alison and the extended family.

**Mike Carter**





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## Female only coaching courses

Canoe England is running a pilot series of female only BCU UKCC Level 1 coaching courses throughout 2011. By running female only courses coaching can be made accessible to women of all faiths, cultures and abilities and allows the women involved to be more confident and supported which often results in a greater learning experience and the desire to do more. A bursary is available to help with costs to everyone who books a place. For more information including details of how to book, please email Rachel on [rachel.derry@canoe-england.org.uk](mailto:rachel.derry@canoe-england.org.uk)

Details of the courses can be found at: [www.canoe-england.org.uk](http://www.canoe-england.org.uk).

## KayakPro announced as official supplier

Canoe England are delighted to announce KayakPro as the official supplier of Canoe England's indoor kayak machines.

Canoeing is the most popular and fastest growing watersport in the UK and our development team usually introduce newcomers to the fantastic sport on water. However, the increased demand and popularity of the sport means that more people want to try kayaking in a convenient location and the indoor machines are a useful and complementary tool.

Whilst there is nothing like paddling on a river, the machines help to promote the sport in areas where access to water is difficult. They are also used to develop confidence and technique on dry land, before going out on water.

The machines are ideal for use in schools, partly due to the machines and to the efforts of the development team. Canoeing is now in nearly one third of schools in England. They are an ideal taster for trying kayaking and to take it further.

Paul Owen Chief Executive of the BCU commented, "I am pleased that we are able to sign up KayakPro as an official supplier of Canoe England. We have been working closely for the last couple of years and this announcement now cements the relationship. We are delighted to use KayakPro indoor machines, they are our number one choice and work well for the development team who use them day in day out."

## Thank you Pyranha

A big "thank you" to Pyranha, who kindly donated a brand new kayak to the Freestyle League, Squirt and Club Championships in October. The kayak was raffled off during the event and was won by Crewe and Nantwich Canoe Club, represented by Rhys Baxter.

**Tim Ward, Hon. Chairman,  
BCU Freestyle**

# A female Windsor winter paddle



**The women and girls of Adventure Dolphin have started a female paddling programme. This began with an introduction to white water at the end of the summer season and more recently a winter's paddle around Windsor in a canoe or kayak for 22 girls and women.**

The trip around Windsor was a wonderfully chilled out paddle to somewhere that is pretty much on their doorstep with a leisurely 9am meet and a 4pm finish.

The group started their journey to the sound of Christmas Carols – not a choir of angels but a choir of canoeists! The morning paddle was leisurely where two of the group, Maggie and Jan, decided to do their 'Christmas Shopping' whilst on the river. This consisted of an impressive litter pick along the stretch of river before the Windsor Leisure Centre. Along with the typical balls, bottles and frisbees – a wheelbarrow, watering can and garden chair were all retrieved. Not to be outdone Jen and Clare rescued a shopping trolley. Some of the others paddled marathon boats along the cut through near the leisure centre.

Navigating the tight corners in canoes made it a bit of an adventure.

At lunchtime the ladies had time to stock up on mince pies and hot drinks and Ian (the driver) had kindly brewed hot water for them to make a fresh cup of tea or hot chocolate.

As their afternoon continued they neared the castle and started an active slalom and limbo competition under the bridges and around mooring posts. They got plenty of pictures of the activities but missed the opportunity for a picture of the castle itself!

**Above:** The group sporting their Christmas hats at Adventure Dolphin before leaving for the day.

During the rest of the afternoon they made friends with lock keepers by serenading them with Christmas songs and a rousing chorus of Happy Birthday for one of the paddlers. For most of the afternoon, Windsor Castle was just visible and they were treated to the start of a stunning sunset.

The end of the paddle passed quicker than the group expected (somewhere amongst all the singing and races they had managed to miss paddling under a bridge). They had a speedy pack up and headed back to Adventure Dolphin before home.

The BCU has some excellent guidance about female paddling trips. These include running trips that are social; do not pressurise people and are based on friendships. The women and girls of Adventure Dolphin decided to add their own touches to this guidance:

- Have a man to make hot drinks at lunch.
- Make the day into a bit of a mothers and daughters trip.
- Remember your mum is likely to be the most badly behaved of all the group.
- If other mums are there, and there are 'mum' boats, be prepared....
- Sing Christmas carols in locks because the acoustics are wonderful.

Everyone had a fantastic time and they have lined up two more all female paddling trips: A weir bash on 12th February and a sea paddling adventure on May 7th. If you would like to more information please give Clare Westall or Jen Dennis a ring at Adventure Dolphin on 0118 984 3162.



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## Friends unite to circumnavigate Britain

On February 19, 2011 two outdoor instructors from opposite ends of the earth, Russell Belcher, from Essex and New Zealander Aaron Price, are combining to circumnavigate Britain in a sea kayak. Together they form the Open Horizons expedition team, and under that banner they tackle The Natural Elements Circumnavigation of Britain. Russell and Aaron, both 23, will embark on the four month voyage with just a 22.5 foot long kayak on their side, in support of the Motor Neuron Disease Association.

The charity is close to the hearts of the Open Horizon team; Russell lost his uncle to the disease four years ago. Russell has already started to give back to the Association, organising Open Horizon quiz nights, promotional gigs and other events, raising well over £1,000 before he even hits the water.

To donate visit:

[www.openhorizons-expeditions.com](http://www.openhorizons-expeditions.com).



Above: Russell and Aaron.

## Photo competition winners

We are pleased to announce that the winner for November, and 2010 overall, is Andrew Hargreaves. For December, the winner is Richard Harpham. There were no winners in the U18 category. Turn to page 60 to see all the photos.

# Big win for Outdoor Adventure Group

**In November, the Outdoor Adventure Group was voted winners of the People's Millions on Granada TV, where the group scooped a huge £50,000 towards club refurbishments.**

Here's a bit about the group and how they did it.

The Outdoor Adventure Group (OAG) was formed in 1990 by members of Blackpool Youth and Community Service along with leaders from Wyre District Scouts, to promote canoeing and kayaking for youth groups. Over the years the club has grown to a 100+ strong membership, alongside this the club still provides canoeing and kayaking for schools and community groups as well as facilities for people with disabilities.

The club is accredited by the Children's Trust of Lancashire, was awarded Clubmark in 2009 and is a registered charity. Run entirely by volunteers, the OAG provides opportunities for local people of all ages and abilities throughout the Fylde to enjoy adventurous activities in a safe environment; this is particularly important to a coastal community. The group's current membership ranges from five to 70 years of age with over half the members under the age of 18.

OAG's younger members are particularly important to the group and they are delighted that more and more youth groups, schools and sporting groups are making use of the club's facilities. Last year, groups from all over the North West (including Glossop Ladies Rugby Club, a group from Lancaster University and a group raising funds from British Aerospace in the Lake District) all made use of the

facilities. The group also provide support to groups using Great Tower Scout Camp, at Windermere.

The group have also been supported by Lancashire County Council, Wyre Borough and Blackpool Borough Councils, who already provide funding from the Children's Trust for other projects such as Sunday morning 'Kidz Clubs' aimed at the year six children.

In April 2010 OAG received an invitation to apply to The People's Millions Competition.

After six months and a huge amount of hard work they were informed that they had reached the last eight, which meant their bid would be seen on Granada TV. They had to firm up our estimates and attend various meetings to discuss the finer details.

On filming day, a brisk, bright November Saturday, the club once again pulled together to ensure they had alternate plans in place to cover any weather situation, that they had sufficient children to be involved in the filming, plans for keeping the children warm and all the helpers fed.

The real challenge then began, if OAG were to convert all of this effort into cash they had to ensure that they got their message out to as many people as possible, after all it would be down to the number of telephone votes on the day. The group had to ensure that they reached everybody with information of how and when to vote. The members distributed flyers, used colleagues at work, local radio, the press, flooded Facebook and passed notes around local schools. Councillors and MPs were contacted and e-mails were used to spread the word, in short it became a military operation on a massive scale.

On result day every club member and supporter waited with excitement for the decision. A group of coaches were delivering an outreach session on canoe safety to a local high school. As the session ended and the students began to leave there was a commotion at the door and in rushed a film crew and a huge cheque. OAG had done it, they had won! Thanks to all who voted and supported them.

The award is to be spent training new coaches, refurbishing the clubhouse, modernising the changing rooms and putting in toilets and showers as well as purchasing new kayaking/canoeing equipment, some of this equipment to be specially designed for disabled people.

It is a fantastic achievement and a massive boost to the club. More importantly the publicity, new friends, supporters, people wanting to join and offers of help they have gained from the process has made all the effort extremely worthwhile.



Above: The Outdoor Adventure Group in the Lake District



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## Safeguarding and Protecting Children important contact numbers

### Canoe England 24-hour child protection:

Email: [childprotection@bcu.org.uk](mailto: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.

# Legacy plans from the London 2012 Games

**Sportivate is a government led mass participation initiative that aims to capture the excitement of sport and London 2012 to provide attractive and sustainable sporting opportunities for 14-25 year olds in the sport of their choice within their community.**

The Canoe England Participation Programme is excited by this new opportunity that follows on from Sport Unlimited, which will cease at the end of March. There are some differences between Sport Unlimited and Sportivate. The principle difference is that Sportivate has a clear age group target (14-25), which is designed to address the drop of in participation from 16-year olds through to the transition from school to the work place or further/higher education.

Sportivate will give six weeks of coaching in a sport of their choice. It is aimed at young people who are not currently choosing to do sport in their own time – and will support them to continue playing sport in their community after the six weeks. Sportivate will be highly affordable, with a

wide choice of sports on offer, including Olympic and Paralympic sports, right across the country.

Sportivate's aim across sport is for nearly 300,000 young people to complete coaching courses (tuition) over the four years, with two in five of them carrying on playing sport regularly. By engaging teenagers and young adults in sport outside of the school environment at the time of life when many people drop out of sport, Sportivate will play a major role in the mass participation legacy from London 2012. Sportivate will be fully inclusive, with specific sessions also developed for young people with disabilities where that is the best way to engage them and what they want.

Sportivate is part of the government's 'Places, People, Play' strategy which includes the Gold Challenge.

The finer detail of Sportivate Initiative will be announced in the early spring, however in the meantime contact your Paddlesport Development Officer to discuss making Sportivate work for you.



## National Go Canoeing Week Be part of it April 30th to May 8th 2011

National Go Canoeing week provides an intense and focused period of participation across England. Clubs and 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 BCU. Please contact your Regional Paddlesport Development Office to find out more and get involved.

### TEAM NORTH

SDO North & PDO North West and Cumbria

**Gareth Field**

Email: [gareth.field@canoe-england.org.uk](mailto:gareth.field@canoe-england.org.uk)

Tel: 07738 185885

PDO North East

**Ray Hudspith**

Email: [ray.hudspith@canoe-england.org.uk](mailto:ray.hudspith@canoe-england.org.uk)

Tel: 07715 993535

PDO Yorkshire

**Phil Scowcroft**

Email: [phil.scowcroft@canoe-england.org.uk](mailto:phil.scowcroft@canoe-england.org.uk)

Tel: 0789 4396484

### TEAM CENTRAL

SDO CENTRAL

**Stuart Briggs**

Email: [stuart.briggs@canoe-england.org.uk](mailto:stuart.briggs@canoe-england.org.uk)

Tel: 0771 8982091

PDO East Midlands And West

Midlands

**Jenny Spencer**

Email: [jenny.spencer@canoe-england.org.uk](mailto:jenny.spencer@canoe-england.org.uk)

Tel: 07889 168841

PDO East

**Jeff Toser**

Email: [jeff.toser@canoe-england.org.uk](mailto:jeff.toser@canoe-england.org.uk)

Office: 0845 1576819

### TEAM SOUTH

SDO SOUTH

**James Hives**

Email: [james.hives@canoe-england.org.uk](mailto:james.hives@canoe-england.org.uk)

Tel: 07834 583 369

PDO London

**Clive Whitton**

Email: [clive.whitton@canoe-england.org.uk](mailto:clive.whitton@canoe-england.org.uk)

Tel: 07794 051274

PDO South West

**Andy Davey**

Email: [andy.davey@canoe-england.org.uk](mailto:andy.davey@canoe-england.org.uk)

Tel: 0791 2466264

PDO South East

**Chris Edge**

Email: [chris.edge@canoe-england.org.uk](mailto:chris.edge@canoe-england.org.uk)

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## In brief

### Tyne Tour 2010



Take 1,000 paddlers (approximately), add some excellent rivers, a smattering of trade stands, the largest ceilidh in Europe, a host of dedicated volunteers, mix this with comedy

swims, liberal amounts of beer and frost, the Tyne Descent race and Elvis rescuing swimmers... Yes, you've guessed – it's the Tyne Tour 2010.

Whilst many people paddled without incident, the rescue team were kept busy helping the latest victims of Warden Gorge.

Thanks once again to the organisers; Hexham Canoe Club and friends and volunteers from the North East region who helped make the weekend such a fantastic success.

Visit the official website: [www.tynetour.co.uk](http://www.tynetour.co.uk), or the Tyne Tour Facebook page and Song of the Paddle forum, to see more pictures from the weekend.

Diary date for next year: 4th-6th November 2011.



## Cumbrian paddling weekend

Last November the North West and Cumbrian Regional Development and Coaching teams all worked together to put on the first Cumbrian paddling weekend based at Hawse End Centre, Near Keswick. The weekend was co-ordinated by the Cumbrian RCO and supported by coaches from across the North West, Yorkshire, North East and Cumbria.

Throughout the weekend, paddlers were able to access a huge range of different sessions from foundation modules, Level 2 assessments, sea kayaking, canoe poling alongside a first aid course. Attendees could also use the weekend to count as a coach update if required.

A huge thank you needs to be given to all the coaches who gave their time free of charge for the weekend, the 70 plus participants that came and made the weekend so enjoyable and the organisers who worked hard organising, taking bookings and making the weekend a huge success.

# Lower Wharfe's ergo pool slalom success

**On 12th December Phil Scowcroft took a kayak ergo machine along to Lower Wharfe's club pool night at Tadcaster for a 2012 slalom event. The slalom group ran a mini slalom competition in the pool with coaching. Once they had finished their pool session they could try their hand at the ergo machine.**

The ergo machine was a big hit, as everyone could get involved from experienced canoeists to the 'never done it before'. Indeed some of the non-paddling parents joined in as they did not have to 'strip off' or need any special training before jumping on. Rachel, one of the non-paddling mums commented, "Once you got started and got your first time you really felt like you wanted to

better your time and the competitive spirit kicked in. Everyone was encouraging you and cheering you on – you felt part of the group even if you weren't particularly skilful or a regular canoeist.

It was good to see the lads really going for it and fighting to go 'one up'; there was a real atmosphere of energy. Plus having different categories meant that every one could take part doing the same thing but not feeling unfairly disadvantaged because of age so there was no 'what's the point I can't win' so everyone stayed interested."

Thanks you to Phil and Canoe England for a very entertaining evening and Lower Wharfe's most successful introduction to slalom night ever.



**Above:** Parents taking part on the ergo.

## North East awards

**Newcastle United striker and captain Shola Ameobi presented North East region paddlers with awards at the Tynedale awards ceremony in Hexham. Zac Allin, Under 13 National Slalom Champion, was awarded the 'Young Player of the Year Award and a £200 cheque as runner up in the 'Stan Calvert Scholarship award to help young sporting successes.**

Chloe Glendenning won the Stan Calvert Scholarship with a £500 prize and the Young

Sports Leader award while also receiving a Certificate of Merit for Young Player of the Year. Chloe was also awarded the Canoe England Young Volunteer of the Year Award, as she was unable to attend the awards ceremony in Swindon.

Hexham Canoe Club was awarded a Certificate of Merit for Club of the Year.



## Triple treat for Lincoln Canoe Club

Following up a successful Lincolnshire Sports Awards evening in 2009, Lincoln Canoe Club have hit the headlines again in 2010 with sports awards for coaches and the club.

### Sports Club of the Year 2010

**Runners-up: Lincoln Canoe Club**

Lincoln Canoe Club gained its Sport England Clubmark and Top Club. For 37 of its 53 years the club has provided an international canoeist each year. In the last four years the club has expanded its membership to over 150 with an active junior section of over 40 youngsters. The club spans the spectrum of canoeing offering the opportunity to canoe as a family recreationally right up to elite international competition.



Above: Lincoln Sports Awards winners.

### Lifetime Achievement Award

**Winner: Laurence Oliver**

In 1957, Laurence founded Lincoln Canoe Club and he has been competing for 53 years since. Laurence has represented GB at three Olympic Games, four World Championships, one European Championship and claimed numerous individual and team titles. He has coached athletes to international level and is senior racing coach at Lincoln Canoe Club. He was British junior team manager and managed the British Under 23 team.

### Coach of the Year 2010

**Winner: Gary Quittenton**

In the last year at Lincoln Canoe Club, Gary has coached a number of young people to national titles; he has personally taken his coaching qualifications to the highest level and has helped increased membership of the club by 40 members after the summer taster courses.

To show that this club comfortably spans the generations in 2009, 11-year old Peter Quittenton won the "Young Sportsman of the Year Award".

Well done Lincoln Canoe Club! Working closely with the Lincoln Sports Partnership, and a range of community groups, including the university and local schools, the club has made its presence felt!

## In brief

### Sports Person of the Year

Jessica Oughton, 21, from Soar Valley Canoe Club was voted Senior Sports Person of the Year at the Charnwood Sports Awards on 6th Dec. Jessica had a fantastic season becoming Wild Water World Champion in the individual sprint and securing a win alongside her team mates in the Team Classic race. She was also ranked the overall winner in the World Cup series of races in 2010.

### Canoeist's bravery award



Paul Davies a member of Hereford Kayak Club was presented with an Award of Honour for helping to save a woman from drowning.

Paul is an experienced canoeist and is very familiar with the river, so when he saw a young

woman in difficulty he took the quick decision to enter the River Wye to help rescue her and give her support until the rescue services arrived. If it was not for his quick thinking and bravery she would have drowned. To celebrate it was decided to hold an intra club paddling event.

With the loan of an ergo machine from Canoe England, the club organised an evening of kayak ergo sprint time trials followed by a meal.

### Northampton Canoe & Kayak Club gains Clubmark

Congratulations to Northampton Canoe and Kayak Club for gaining Clubmark accreditation. Across Team Central there are 23 clubs that have gained Clubmark accreditation, with several clubs working towards and very close to completion. If your club would like information and support about Clubmark please contact the Paddlesport Development Officer for your region.

### Just add people

It is not often the situation arises where the opportunity to form a new canoe club comes with a clubhouse, parking, boat storage area and access to a vast network of inland waterways! However, this is the case at Denver Sluice, near Downham Market, Norfolk.

Based at the Denver Sailing Club site, the West Norfolk Rowing Club and Sailing Club are looking to welcome a canoe club on the site, to form a watersports association that will share the facilities of the site as equal partners.

This is a fabulous opportunity for local canoeists! If you live in West Norfolk, or the Wisbech and North Cambridgeshire areas and you would like to know more of what is on offer, please contact East Region Paddlesport Development Officer, Jeff Toser, by email at [jeff.toser@canoe-england.org.uk](mailto:jeff.toser@canoe-england.org.uk) or telephone 07912 597986.

## Wallasea Island tour

For those paddlers who like to combine a love of wildlife with their passion for paddlesport, Wallasea Island may be just the place to visit. The RSPB is undertaking a landmark conservation project to return the island to its natural wetland state. This will create a wildlife haven for wading birds, along with rarer bird species such as Marsh Harriers.

The RSPB are keen to engage with canoeists and kayakers, as this will provide an opportunity for people to be able to enjoy the nature of the island with the minimal impact to its inhabitants. There is the added bonus of an established seal population, which tend to pop up to say 'hello'.

The long term aim is to set up an established canoe trail around the island, and to this end Canoe England is engaging with the RSPB. We are also looking at providing a 'tour' day, over the weekend of the 29th April – 2nd May, as this is when the tides are at their most favourable. As this is on the tidal sections of the Rivers Crouch



Above: Artist's impression of the island.

and Roach, it is not suitable for beginners, and is dependent on the weather conditions. The length of the circumnavigation is around nine miles in length, and provides a good day's paddle, along with wildlife spotting en-route. For further information contact East Region Paddlesport Development Officer, Jeff Toser, at [jeff.toser@canoe-england.org.uk](mailto:jeff.toser@canoe-england.org.uk) or telephone 07912 597986.



## In brief

### Westminster Wavehoppers!

Harefield, in west London, is proving to be one of the most versatile free to use canoeing sites around. It has long been used for slalom training and for the past few years St. Albans Canoe Club has held a Division 3/4 slalom there. Monthly mini-marathons have been taking place there and now The Sharks have used the site for a Division B and Wavehopper wild water race.

The race in October was the first of a series of races being organised by The Sharks, at different sites along the northern corridor of the M25, which as well as being ranking events, also count toward The Shark League. The winning club of the inaugural event was Westminster Boating Base, who themselves were venturing into WWR for the first time.

Event organiser, Neal Underwood, said, "Thanks to Herts Young Mariners for sharing their Wavehoppers, coach Torsten Krebs for providing advice and support to young paddlers, the Coy Carp and BWB." November's race is a joint project with Hertford Canoe Club, for more information visit: [www.thesharks.org.uk/wwr](http://www.thesharks.org.uk/wwr)



Above: Members of Westminster Boating base with their trophy and medals.

### Phoenix Canoe Club recognised at local awards

Phoenix Canoe Club was recently nominated for Club of the Year at Barnet's 'Celebrating Sports Awards 2010'. Unfortunately they did not win the award but were shortlisted and received a certificate to acknowledge the work that they have done over the past year. They were also presented with a certificate recognising their effort in achieving Clubmark accreditation. These two certificates round off a very successful year for the club and has motivated them to achieve even more and greater things in 2011.



Above: Phil Atkinson (Phoenix CC Chair) with one of the certificates presented by Councillor Lisa Rutter (Deputy Mayor) and Billy Wingrove (Britain's number one football freestyler).

# Beijing to London

**On Thursday the 16th December Newlands Girls School, in Maidenhead, Berkshire, completed the fifth leg of their Olympic journey from Beijing to London. The idea is for the whole school to be involved in events that celebrate the Olympic and Paralympic values and give pupils the opportunity to participate in a variety of different physical activities.**

The total journey is approximately 5,000 miles and Newland's pupils are covering the journey through 10 event days, with this latest journey being covered through the use of indoor kayaks and canoes. Chris Edge and his team from Canoe England provided the machines and were on hand throughout the day to teach the pupils how to use the machine. Pupils from Years 7-13 had the opportunity to travel as many miles as they could to reach the school total. It was also a non-uniform day with a Christmas theme, with pupils donating money to the 'Children with Leukaemia' charity. Over 400 girls were involved using four Kayak Ergos and one Outrigger (O1) Ergo.



Above: Helen Reeves with the pupils of Newlands Girls School.

Helen Reeves, Britain's first female Olympic canoeing medallist, delivered an inspirational assembly to pupils in Years 11-13 to open the day. She was also on hand throughout the beginning of the event to give pupils tips on how to use the

correct techniques to cover as many miles as possible.

This event also culminates all the Olympic themed activities that Newlands have been putting on throughout this term whilst hosting their leg of the Royal Borough of Windsor and Maidenheads Schools Olympic Flame Relay. They will now pass the flame on to Altwood School on the 7th January to begin their term of Olympic themed events.

It has been a fun filled term and the message of the Olympic values has been spread across the school. We have also used the 'thought for the week' within the school to enhance the Olympic and Paralympic values message. Whilst we now pass the flame onto the next school, we will continue to use the values to inspire both pupils and staff throughout the school.

## Sponsored paddle for the Samaritans

**The Port of Plymouth Canoeing Association (PPCA) has recently raised some money for the local branch of the Samaritans in Plymouth. The club raised £1,000 for the Samaritans by running a sponsored charity paddle in September last year.**

They ran two separate charity paddles, a long one following the contours of Plymouth Sound

covering approximately 10 miles in general purpose Kayaks (to make it a challenge). The other paddle was a shorter one run over a few miles to enable the younger paddlers to get out and take part.

The charity paddles all finished at the same time at a local beach with an annual barbecue to say thank you to all our club volunteers and members.



Above: The cheque presentation showing club leader Terry Calcott presenting the cheque on behalf of the club to Jacky from the Plymouth Samaritans.



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# Canoe England Volunteer



Volunteers overcame the snowy weather conditions on 4th December to travel to Swindon for the Canoe England Volunteer and Recognition Awards. Now in their fourth year, the awards took place at PGL Liddington to celebrate the contributions of volunteers to canoeing.

This year, two awards were presented in memory of Ruth Holdway who sadly died in December 2009. A previous winner of these awards, Ruth introduced hundreds of young people into the sport and was a passionate coach at Trentham and Stafford and Stone. Ruth's parents, Kath and Paul Holdway, attended the evening to present the Ruth Holdway Awards for Community Volunteer and Olympic K1 500m bronze medallist Ian Wynne presented the remainder of the awards.

## Now let's meet the winners!

### Paddlepower coach

**John Stoner, Break Out Canoe Club**



As a Level 3 coach, John is the club's head coach and oversees the annual programme of awards, trips and competitions

encouraging young paddlers to develop through the Paddlepower scheme. As club chairman he is the driving force of the club.

### Male volunteer coach

**Mark Preddy, Meridian Canoe Club**



Mark plays a part in the clubs success at national and international level in canoe polo and canoe slalom

including coaching the under 21 men and women's polo World Champions and European silver medallists respectively. He is also a polo referee and developed the London International Canoe Polo competition.

### Female volunteer coach

**Samantha Rippington, Wokingham Canoe Club**



Samantha organises training sessions for young people at the club. She takes an active role in promoting

canoeing to women organising women days at local clubs and is now coaching canoeing to Paralympic rower Helene Raynsford.

### Male teacher

**John Gibbison, Morecambe Community High School**



John is committed to young people and the local community providing thousands of canoeing

opportunities during his 35 years of teaching. He has been fundamental in creating school club links with Lancaster & District Canoe Club.

### Female teacher

**Moira Blackhall, Collingwood School Morpeth**



Moira is the PE teacher at a school for children with different needs and is influential in ensuring canoeing

is accessible to everyone. Moira also dedicates herself as chair to registered charity and approved centre Coquet Shorebase Trust ensuring watersports are accessible to everyone.

### Employed coach

**Alex Nikonorov, GB Canoeing**



Since August 2000, Alex has worked for GB Canoeing as sprint racing technical coach committing himself to the

men's 200m kayak squad. His athletes' accolades include European and World Champion Ed McKeever and European Champions and World bronze medallists Jon Schofield and Liam Heath.

### Young coach

**Naomi Dean, Tyne Valley Canoe Club**

At the age of 18, Naomi is a Level 2 coach working with other club coaches to provide paddlesport programmes for schools, scouts, young explorers, and churches. Naomi helps at local events and is an enthusiastic and excellent role model for all young people.



# and Recognition Awards

## Coaching impact

Gary Quittenton,  
Lincoln Canoe Club



Ex-international paddler Gary returned to the sport three years ago developing a clear pathway for local young

people to canoe. Gary was commended by Lincoln Education Authority for developing links at schools and more is now working with Newark's 4 A's disabled paddlers who are now affiliated to the club.

## Young volunteer

Chloe Glendenning,  
Hexham Canoe Club



Chloe spends numerous hours arranging slalom sessions for the club and helping at local events.

She helps with the

maintenance of club kit and is youth rep on the club committee. Chloe puts the club before her own paddling and is motivated by helping younger club members.

## Access advisor

Adam Box,  
Devon & Cornwall

Adam has been pivotal in getting many voluntary access agreements in place for the South West region. He is an active member of the regional development team and has built up good rapport with landowners adjacent to water.

## Access advisor

Tony Carter,  
Norfolk



Tony works relentlessly to agree access and reconcile difficulties over access issues with the river

restoration scheme. Tony successfully liaises with agencies, landowners, fisheries and anglers and is invaluable in ensuring everyone is fully informed of developments.

## Impact on disability canoeing

Leon Nicholson, Southampton



Leon coaches a group with learning disabilities and works hard to progress the group to race and paddle

regularly with one athlete gaining selection for the 2011 Special Olympics. He has been instrumental in raising money for the group to attend a course to help build their own boats.

## Official

Cathy Wynne, canoe sprint



Also secretary of the sprint racing committee, Cathy qualified as an ICF official 10 years ago and is chief official at regattas.

She has officiated at many international events, senior world cups and has been a key official in European and World Junior Championships.

## Ruth Holdway Award for community volunteer

Sam Keegan, Fairlop Canoe Club



As well as coaching young members from disadvantaged backgrounds, Sam has helped to secure £16,000 of

Youth Opportunities Funding towards canoe storage and liaises with Jack Petney foundation to benefit the club. Sam also joined the London Regional Development Team in 2010 as treasurer.

## Ruth Holdway Award for community volunteer

Matthew Harbord,  
Westminster Boating Base



After being made redundant in 2010, Matthew volunteered at the centre. In 2010, Matthew led a 45-mile 'Round

London Paddle' raising £2,500 for new equipment; ran the Windermere Marathon raising £550 and became the founder member of an independent adult paddling club at the centre.

## Impact on community

Nicky Cresser, Tees Tigers



Despite his own slalom racing commitments, Nicky juggles full time work with coaching. After only two years,

Nicky is the lead coach and committee member bringing structure to the sessions. Nicky was also key in the tendering for, and the organisation of, the Canoe Polo National Championships 2010.

## Outstanding contribution

Joan Veal

Itchen South District Scouts & Guides



Joan was founder member of the club and is pivotal in organising taster sessions, courses, day trips and weekend

expeditions. On expeditions, Joan takes on the role as driver and acts as coach coordinator, cook, shuttle driver and bank support for the paddlers.

## Outstanding contribution

Monty Smedley,

Winchester Canoe Club



Monty set up a website to help local coaches and raise the profile of Sea Cadets in the south. He has been involved in

the sport for numerous years and coaches at Winchester Canoe Club.

## Outstanding contribution

Viv Kendrick, Pennine Canoe Club



Viv is a key volunteer in developing paddle-ability to become one of the country's leading sports disability

programmes. As well as being a qualified ICF classifier, Viv has also coached at her club for over 25 years and is club secretary.



# Volunteers

## Outstanding contribution

**Peter Ambrose,  
Salisbury Canoe Club**



As a Level 3 coach and ex-slalom paddler, Peter travels an hour from home to club to coach the coaches and encourage young people to complete their star awards. He has undoubtedly kept the club afloat financially as well

as with membership levels.

## Outstanding contribution

**Tom Thomas,  
Wansbeck Paddlesport Club**



Tom established the club and spends much of his time coaching and coordinating other coaches. He dedicates himself

to provide opportunities to experience paddling in different settings by organising and running trips.

## Outstanding contribution

**Alan Tordoff, wild water racing**



Alan has been head coach since 2004 contributing to the GB teams' success including World individual and team golds.

Through developing a mentoring structure supporting squad athletes and helping write a manual on competitive paddling, Alan has had made a huge impact in England.

## Outstanding contribution

**Kevin and Nicky Mansell,  
Jersey Canoe Club**



The husband and wife team have been club stalwarts since the 1970s. Kevin's coaching provides new ideas to other coaches

and he is founder and motivator of Jersey Sea Kayak Symposium. Nicky is the backbone to the club behind the scenes and deals with membership.

**Paul Ralph and Cherry Bapty,  
Reading Canoe Club**

Over the decades, Paul and Cherry have been dedicated members of the Devises to Westminster committee with Paul being director for five years and Cherry dealing with communication throughout the event. Paul also played a huge part in developing the Rocket Junior K4.

**Peter Travis,  
Falcon Canoe Club**



Peter encourages community integration providing links between the club, university and community. He

encourages paddlers from all backgrounds to join the club and works hard to link with Oxford Bangladeshi Boat Club and organises the annual Bangladeshi festival, nowka bais. 🏡

## Long Service Awards – Roll of Honour

Mark Windham, Guernsey (30 years)

Tony Leach, Guernsey (30 years)

Malcolm Cleal, Guernsey (40 years)

Brian Aplin, Guernsey (30 years)

Keith Tillen, Midland Canoe Club (25 years)





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## Paracanoe team training for Szeged 2011



Above: Jono, James, Lucy and Viv.

After a successful 2010 World Championships, Paracanoeists were back together for their monthly training session at Burton Canoe Club in October to prepare for the 2011 season. This session saw the first open day,

which allowed aspiring paracanoeists to join the group and try out the training.

Coach Trevor Wetherall commented, "the day was a success for those paddlers that attended. We started on the water with a group introductory paddle to see what the standard was with some short speed work and I ended the first session with two 500m time trials to assess their fitness and speed. After a short lunch, they used ergos to work on forward paddling technique – this proved very popular."

Typically, the sessions have been a full day including a range of training, indoor and outdoor, as well as weights training. The group receive their training program for the following weeks to prepare for their next session.

They have been meeting monthly at a number of locations around the country and even braved December's bad weather abandoning training on the regatta lake at Holme Pierrepont and taking to the river Trent!

Thank you to the clubs who have hosted the paracanoe training sessions and to those who have offered to host future sessions.



Above: Coach Trevor Wetherall and Julie Lowe.

For more information visit [www.canoe-england.org.uk/our-sport/paddleability](http://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](mailto:clarisse.smith@canoe-england.org.uk)

# Paracanoe makes it into 2016 Paralympic Games

**The International Paralympic Committee has selected canoeing as one of only two new sports to be added to the 2016 program being held in Rio de Janeiro, Brazil. After two years of hard campaigning Paracanoe is now very much on the international sporting agenda with the ICF's Canoeing for All committee leading the project with strong support from the BCU.**

Paul Owen, BCU Chief Executive, said, "This is a fantastic step forward for the sport and we are absolutely delighted with the result. Despite Paracanoeing being well established in the UK for several years, it only made its first international appearance at the 2009 ICF Canoe Sprint World Championships. In 2010, the increase in the

number of countries competing at an international level was remarkable – what has been achieved in such a short space of time, is testament to the popularity and success underpinning the sport. This is a very exciting time for all involved in canoeing."

At the 2010 World Championships in Poznan, five British athletes competed against competitors from 28 other countries with Jono Broome bringing home a bronze medal. On a national level, 2010 has seen a vast increase in the number of paddlers competing at national regattas at Holme Pierrepont with a rise in the number of individuals and clubs who are interested in paracanoe.



Above: Jono Broome with coach Trevor Wetherall.



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## Are we back leading the white water course world?

Yes we are, says Chris Hawkesworth, Canoe England Planning and Facilities Manager.

When the Holme Pierrepont White Water Course (HPP WWC) opened in 1986 it transformed forever the world of white water canoeing and in particular canoe slalom. Thought up in 1967 by Frank Goodman with design by Dr George Parr, it built on a French idea for an artificial course built at Vichy in 1961.

The idea of placing obstacles in rivers or flood channels was not a new idea. Paddlers had been using wooden boards, plastic water containers and moving rocks for years. What was new was the idea of a dedicated concrete channel, a revolutionary new access/sluice gate over which paddlers could paddle, with the course water running under gravity all around a big weir.

The HPP WWC was very clever in its bank and bottom designs. The banks constantly change shape to minimise surging whilst along with the bottom maximise the white water features. The fact that it is so popular 25 years on is testament to this.

### Big drawback

It did however have one big drawback. The 'In course' features creating the white water were all concrete, which meant that the course could not be altered for different uses.

Frank and George went on to be involved in both the Nene and Tees Barrage courses and designed a series of fibreglass 'In course' obstacles that were held in position against the current by means of bolts inserted into metal 'Unistrut' channels cast into the concrete of the course.

### Omniflot

The French then took over white water course development and designed their 'Omniflot' plastic 'In course' obstacles. Omniflots work on the principle of a plastic obstacle with an alloy tube sticking out of the bottom, which plugs into a hole cast into the bottom of the course. Omniflots are now into their third generation of development and like all designs they have their advantages and disadvantages but were for a while the only viable obstacles on the market.

In the meantime the design of the channels themselves became nothing more than a trapezoidal Los Angeles style storm drain, the nuances of HPP having been lost by either misunderstanding how important they were or by lack of engineering design know how.

The HPP WWC was upgraded with a degree of re-design from Andy Laird in 2008-9 and this upgrading has proved to be very successful. Omniflots were installed as the 'In course' obstacles.

### Can we do better?

This led to more research, and a 'can we do better?' approach. An Olympic course was shortly to be built. So, back to first principles and using computer programmes not available to Frank and George, we came up with the idea that what we needed was an obstacle system that was rigid in form, durable, flexible in its positioning and would take the repeated impacts from rafts.

The 'Unistrut' idea was revisited and by studying the Teesside course closely we determined that there was nothing wrong with the original idea except the rails had been cast too far apart. By closing them up a new obstacle system could be designed.

### Rapid blocks

'Rapid blocks' developed into the answer. The prototypes were tested at Teesside before it too closed for re-development. 'Rapid blocks' are now in the shortly to be opened Lee Valley Olympic Course and are being installed in both courses at Teesside. An ad hoc team of Andy Laird, Bob Slee of Palm who manufacture the blocks and Scott Shipley the American kayak slalomist and freestyle paddler have between them brought the blocks into full production.

We are back in the saddle of course design, we are going to hear a lot more about rapid blocks and we have 25 years of managing white water Courses with all that that entails.

Do we lead the world again? We do. 2012 will be the proof of the pudding.



Above: Rapid blocks in place at Teesside.



Above: Rapid blocks on test at Teesside.



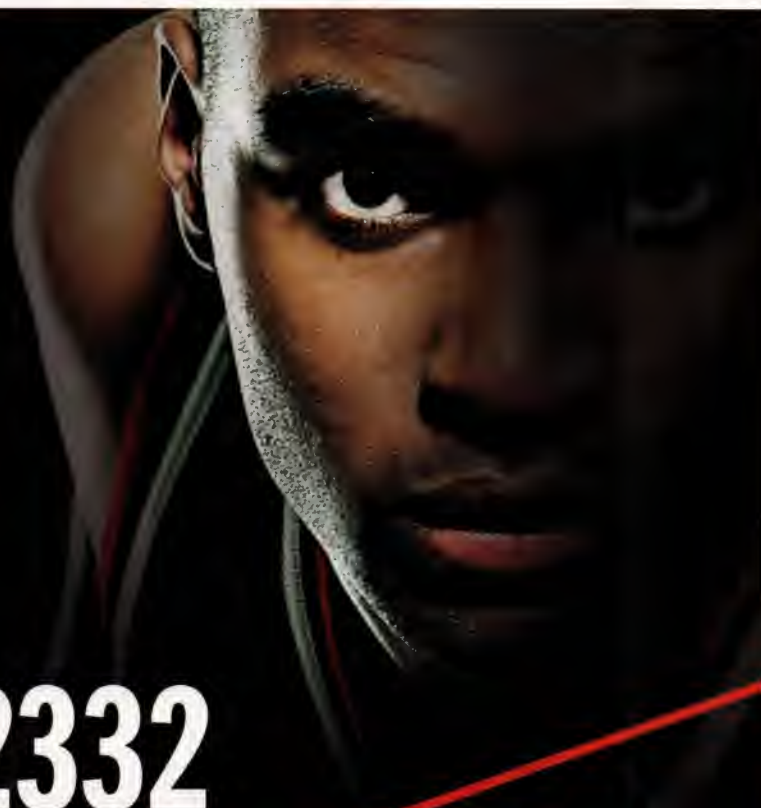
Above: Broxbourne under construction.



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# New Olympic

With only 19 months until the biggest sporting event in the world lands in London, the Great Britain canoe slalom team were awash with excitement as the long awaited day, where their boats could be launched on their new Olympic site, arrived.

Paul Owen Chief Executive BCU said, "We now have in Britain the best white water stadium in the world and we look forward to providing a sensational event for the 2012 Olympic Games in a venue with a lasting legacy."

As the light disappeared and the athletes and coaches warmed their bones in the state of the art central building, the conversation started to buzz about the amazing new facility to hit Great Britain. The paddlers left the site exhausted after exploring as many nooks and crannies as possible in their three sessions, and ecstatic that before long they will be on the course day in day out.

**Feature by:** Helen Reeves.  
**Photos by:** Andy Maddock and Roger Burlinson.

**As the siren sounded to indicate the switching on of the pumps, the athletes made their way to the gleaming new changing rooms to layer themselves up, ready for impact of the icy cold white water. One by one paddlers entered the white water course via the conveyer belt, a novelty they haven't been used to on a daily basis before.**

Despite the freezing conditions, smiles were evident on the faces of the paddlers as they started to explore the dynamic white water, weaving their way through the continuous drops and waves, demonstrating style and finesses and beginning to make their mark on a course that is certain to become familiar over the next 19 months.

David Florence, Olympic Silver medallist commented, "It is very big and very fast, there are lots of big drops and white water features and you get very wet paddling down it. It really is one of the top sites in the world."

Excitement and smiles were evident on more than just the GB canoe slalom team's faces as the Olympic Delivery Authority, officially completed the first of their Olympic venues and handed it over to Lee Valley Park Regional Park Authority.

HRH The Princess Royal attended the momentous day to officially unveil the first completed Olympic venue.

On arrival Princess Anne took a tour around the state of the art venue, accompanied by Lord Coe, Chair of the London 2012 Organising Committee. She met with a number of our GB athletes, who talked her through the fast and furious white water and their hopes and dreams for the 2012 Olympics.

Seb Coe, Chair of the London 2012 Organising Committee said, "I am just so excited to be here, not just for elite level sport but for community based sport and for promoting the great sport of canoeing. We couldn't have a better story, we have great delivery, great sport, great venue and legacy and off the back of the Olympics I know we will have great British role models. As the chair of an organising committee and someone who has to bring 36 venues into life in 697 days it is great to effectively have one ticked off and available to the community in spring 2011."

All on site were obviously impressed by the new facility, it being the only Olympic venue open to the public prior to the 2012 Olympic Games. As of April 2011 anyone who dares can test the white water rapids.




“We now have in Britain the best white water stadium in the world”  
**Paul Owen**



# site launch

Richard Hounslow, World and European medallist, commented, "It's absolutely brilliant, ever since we got the Olympics we have been really excited about getting on the course here, and the end result is just amazing. It's fast becoming my new favourite course."

It was a fantastic day for British canoeing, there was an abundance of national media attend the day, providing a great opportunity for canoe slalom to showcase the dynamic and exhilarating sport and their new world class facility to the wider public, showing all, what we already know, that canoeing is a great sport. 

## What the GB rafting teams thought about the course...

The Great Britain men and women's raft teams were privileged to be invited alongside the GB canoe slalom team to the official opening of the Lee Valley White Water Centre, the first new build 2012 Olympic venue to be completed well ahead of the games.

Public rafting will form one of the main legacies of this venue, but it also looks set to provide a fantastic training and competition base and it was with this in mind that we tested out the white water in our rafts. We were all seriously impressed. A 5.5m drop creates a steep gradient over the 300m course and with the full 15 cumecs; a continuous grade 3/4 challenging course was formed.

With the conveyor belt system saving time and energy we completed many runs down the course testing out different lines, then squeezed in a couple of fun runs towards the end, after the Royalty had left! The larger six-man raft coped really well on the big features and managed to surf the waves in style.

The low-profile four-man raft provided the most entertainment as in the heavy water conditions it filled with water very quickly. This led to a few precarious high-sided surfs and eventually a flip!

Experiencing the course first hand, British team member Lawrence Harris said, "It is immense! Such a great venue, large standing waves and plenty of strong features. We are really looking forward to using the facility, but it would also be ideal training for teams heading to the Alps or further afield."

Men's captain Pas Blackwell said, "I think it's an amazing facility and a really testing course. It should change the face of paddlesport in this country and along with other new venues such as Cardiff, should bring paddlesport into the mainstream for so many more people across the country."

Overall we were absolutely thrilled to be asked to take part in this day. The course was really impressive and quashed many of our fears of it being a potentially lacklustre man-made white water course. The water was powerful, steep and deep enough to keep us on our toes. This, together with the designer centre building makes a venue to be proud of. We will be looking forward to our next visit come April 2011!





# Gold challenge

As the clock ticks towards the London 2012 Olympic Games, preparations are coming together with the Lee Valley White Water Centre recently opening and the finishing touches taking place at Eton Dorney, Canoe England has joined forces with Gold Challenge as the official mass participation legacy programme for London 2012 Games.

**Working in partnership with Sport England; British Olympic Association; Paralympics GB and sports governing bodies such as the BCU; Gold Challenge offers a unique opportunity for everyone to feel part of the excitement surrounding London2012 by taking on multiple Olympic and Paralympic sports and raising money for charity. Participants challenge themselves to do 30, 20, 10 or five sports. This can be done as an individual or as part of a team of 2-30 participants.**


The programme aims to bring to life the fun of learning a new sport and improving your skills under expert tuition while ensuring everyone who participates in Gold Challenge carries the torch of a true sporting legacy for London 2012.

So whether the challenge is to try multiple new sports, push to the next level in favourite sports or create the most extreme sports challenge ever – the Gold Challenge will both motivate and inspire! In the run-up to the London 2012 Olympic Games, with more than 200,000 participants expected to get involved, raising over £20 million for charity, as well as driving demand in grassroots sports.

Fiona Pennie – Women’s K1 slalom paddler and Beijing Olympian; Ed McKeever – Men’s K1 200M sprint paddler and current World Champion, joined a host of other Team GB Olympic and Paralympic hopefuls with Gold Challenge founder, Dan Thompson and over 100 leading charities, national sports governing bodies and Hugh Robertson MP, the Minister for Sport and the Olympics, at Lord’s Cricket Ground, the official Olympic archery venue for the launch in late November 2010.

Gold Challenge is supported by the British Olympic Association, ParalympicsGB and Sport England, and is a call to action for people who are looking to challenge themselves as an individual, part of a team or as part of a corporate programme. Colin Moynihan, Chairman of the BOA said, “The British Olympic Association is proud to be a partner of the Gold Challenge. This initiative will provide people of all ages and abilities throughout the UK with the opportunity to experience and enjoy Olympic sports first-hand. It is a fantastic vehicle to help our national governing bodies further increase grassroots participation across their sports and we are delighted to see this tangible sports legacy programme implemented as a direct result of London hosting the 2012 Olympic and Paralympic Games.”

Jennie Price, Chief Executive Sport England, added: “Gold Challenge is the chance for people across the country to be part of the mass participation legacy. There’s nothing quite like the challenge of raising money for charity to get people off the sofa and onto the pitch, track, sports hall or into the pool.”

For more information about how to take visit [www.goldchallenge.org](http://www.goldchallenge.org) – there will also be a sport specific launch for canoeing which will run alongside ‘Go Canoeing Week’, so keep an eye out in Canoe Focus and on the Canoe England website for more information. 





# An interview with Lizzie Neave slalom canoe

Following her move down to London to start preparation for 2012, I caught up with World Championship bronze medallist Lizzie Neave, one of Great Britain's talented canoe slalom athletes, to find out how she got into canoe slalom and her new move to London.

**How did you get into canoeing and how did you get to where you are today?**

My dad is a coach and I spent a lot of my childhood on a river bank. When I was eight I decided I wanted to have a go, I really enjoyed it and started to go a couple of times a week and slowly got better and better. I started taking part in slalom competition and over time took training more seriously. I made the British junior team when I was 14 and it started to get serious from there. My first year out of juniors I made the senior team and started to compete on the senior circuit, I then unfortunately dislocated my shoulder and had a year out following surgery. I came back strong in 2009, after having to take everything back to basics following my injury and had my most successful year, where I won the bronze medal at the World Championships.

**Did you play any other sports or try any other canoeing discipline?**

I did loads of sport when I was a kid, everything from gymnastics, athletics, swimming, ballet, netball. I just tried everything. I didn't really do any other canoeing disciplines but we did go on river trips.

**What does it mean to you now training on the 2012 Olympic course?**

Every time I am on I am thinking that the Olympics are going to be here in less than two years. It's really exciting for us. We just have such a great opportunity to be really well prepared and learn everything about the course ready for the races here.



**What are you looking forward to in 2011?**

I am looking forward to being in Lee Valley full time and being able to training on the course every day, it's a new adventure. Then later in the season we have the European Championships in La Seu d'Urgell, Spain, which has good memories for me and then the Worlds in Bratislava.

**What is it about canoe slalom that you love?**

I just find it really exciting and it is always different, there is always new things learn. It's unpredictable and keeps you continuously on your toes.

**Recently you moved from Nottingham to London to be close to new Olympic course – have you settled in?**

Yeah, I have been up and down the road a bit waiting for the course to open, but I have spent quite a few weeks here now and am really happy with where I am living. I am starting to make my new home down here now.

**What's been your biggest challenge to date?**

Dislocating my shoulder and not being able to paddle for a few months, then getting back into paddling and having the confidence that I was strong enough and I wasn't going to hurt myself again.

**Describe yourself in three words?**

Happy, ambitious, determined.









# Lizzie Neave

Women's Canoe Slalom World Championship Bronze Medallist  
Canoe Slalom World Champion, Women's K1 Team  
Canoe Slalom European Champion, Women's K1 Team







# How to appe

There are no one-size fits all approach for clubs trying to attract women and girls. The following guidance should be used, not as a 'must do' list, but as useful information that may help highlight areas where your club could improve, or considerations to take into account when looking to increase and maintain the number of women and girls participating at your club.

- The first contact is crucial; **clubs should be welcoming** to new comers. Try to create a friendly, pleasant and reassuring first experience. Do not advertise for new members if you don't really want them. New members will quickly leave if the clubs seem cliquey and unfriendly.
- Use **positive images of women and girls** in all club promotional material. Use a variety of images, not just those that show the idealised female figure.
- Where possible purchase club kit or **equipment** that is **female oriented**. Consider suitable colour and size.
- Ideally the club should be in an **accessible location**, which can be reached in a **safe** and sustainable way. For example: consider suitable lighting around the club during the winter months.
- **Avoid** making women sign up for extended periods at the first visit. Women often do not feel comfortable making **long-term commitments** without knowing what they are getting in to.
- Clubs that are **family friendly** encourage joint participation and help solve any childcare issues.
- **Changing rooms** and toilets should be pleasant environments, which are reliably **clean** and functioning and separate from the men's changing areas, providing suitable **privacy**.
- Clubs that **link to local schools** and **youth clubs** can ensure that girls, who enjoy the sport in other settings, feel comfortable in joining the club.
- Make sure all women and girls, regardless of skill or experience, get the chance to be an **active part of all club activities**.
- Promote beginner and intermediate sessions for women and girls as **fun**, open and **non-competitive**.
- Encourage and develop **female role models** in your club – coaches, volunteers or other paddlers. A mentoring or buddy system could be set up for older or more experienced girls/women to mentor those who are younger or less experienced.
- **Sexist attitudes and behaviour should be challenged and not tolerated**.
- Work towards an **equal balance** of men and women, girls and boys in all areas of the club; coaches, volunteers, participants and committee members.

## Coaches

- Ensure you provide gender, age and skill-level **appropriate coaching** and competition to enable all women and girls to develop their skills at their **own pace** and reach their competitive potential, if they wish to do so.
- Coaches should consider their coaching style to ensure that women and girls are **encouraged and supported**.
- Try to be as **flexible** as possible in allowing women and girls to decide **how often** and **when** they come to the club to paddle.

## Durham Ka



### One nice sunny day!

It all started while doing some open canoe training over the winter at Ellerton Lake (near Scotch Corner). Sue, who has supported her husband and daughters over the years, refused an invitation to try paddling because of the cold conditions. However, she made a rash promise to give it a go on a nice sunny day! We chatted about this with our girls and soon the idea of hosting a ladies day was born. We wanted to get the right kind of atmosphere, so that everyone would feel able to have a go without feeling worried or self-conscious. The lake would provide the ideal environment to try different boats in sheltered, clean water with a shallow bay for those wobbly first attempts.

### Target audience

The target audience for this event was 'non-paddling' mums and partners like Sue and friends of members who could be invited along to this fun taster event. There was a really positive response to some initial market research, so planning began in earnest. At the top of the list for the event was Carol, whose husband secured her place in secret, and who confessed to being a very reluctant customer. Over the weeks I overheard girls persuading their mothers to join in and the women supporting and encouraging each other as the event drew nearer.



# al to newcomers

## Yak Club ladies day - case study



### Participants

In the end there were 23 women and girls on ladies day; a good mix of experienced paddlers, invited friends who were up for a challenge, and a small group of very nervous ladies who have avoided getting on the water for many years! We also had three helpful men who offered vital services like driving the bus, cooking the barbecue and providing safety back-up on the water and on shore.

### The day

We started the day in style by meeting up for coffee at a service station on the way, so that everyone could get to know each other and start to relax. We drew some funny looks since we were wearing hats and name tags, but it certainly helped break the ice! The weather was helpfully glorious and everyone seemed keen to get ready and make their choice between kayak, canoe and sit-on-top for the first session. We did a very brief introduction to holding a paddle and steering, before singing 'the penguin song' which is our favourite funny warm-up.

### On the water

Then it was time to get on the water! I was amazed at how quickly everyone became confident, and it was great to see so many smiling faces as people got used to manoeuvring their boats. After paddling around for a while and

then rounding up those who had become a bit too adventurous, we set off as a group to explore one of the hidden bays, before being blown back across the lake towards the barbecue, chilled drinks and chocolate cake.

### Rafting up!

The wind really picked up over lunch, so we rafted the open boats together in threes, and the kayakers confined their activities to a sheltered bay. The rafts were a great success, with everyone working together as a team and enjoying the proximity to have a chat and a laugh. In my raft we managed to get everyone standing up while we sailed along, and no one looked nervous anymore!

### 'Gunwale bobbing'

There was a bit of boat swapping so everyone had tried something different and then we ended the day with a splash-about session

where the girls jumped off the sit-on-tops and open boats and a few brave women tried a little bit of 'gunwale bobbing'.

### Annual event

Too soon it was time to pack up and go home, after a group photo and a promise that ladies day will become an annual event in the DKC calendar, although I am hoping to see some of those ladies back on the water long before the year is out!

### Feedback

Those who had not paddled before said that it was primarily the all-female environment that enabled them to take the plunge, after so many years of watching from the bank and making excuses to stay dry! Participants said they appreciated the support, acceptance and encouragement offered by the rest of the women and girls in the group. They all enjoyed paddling far more than they thought they would, and said that they felt safe and well looked after, which enabled them to relax and enjoy the experience. And hot off the press... Sue has been back on the water already! ♡

**Feature:** Lindsay Craig



# A trip of Fords

Trying to find another venue for our annual paddle after last year's Isles of Scilly paddle preoccupied us during the winter months until Simon said, "Norway, Gudvangen to Fjaerland – it's got to be done!" So it was! A wilderness camping trip is ironically an opportunity to buy 'stuff' and so a tent, new stove, GPS and dried and packaged food were accumulated for the journey ahead.

**Feature by:** Any hope of escaping the rain in the UK was shattered when the forecast predicted heavy rain and nine degrees throughout our stay in Norway – not surprising when the average rainfall for June is 126mm on 17 days! On the Friday, Steve and I loaded four canoes on to the roof of his van in a continual drizzle and we were ready!

**Paddlers:**  
Solo:  
Simon King  
Steve Seinet-Martin  
Tony Baker  
Dave Truzzi-Franconi

**Tandem:**  
Julian and Cathie Taylor.

We sailed out of the Tyne and into calm seas on the Queen of Scandinavia, the evening found us overeating in the buffet in compensation for the imagined hardships ahead and we retired to our bunks to digest this sudden influx.

The same applied to breakfast, lunch and dinner, with time found during the afternoon to drink two bottles of a passable red to celebrate Steve's birthday whilst one of the longest and most rugged coastlines in the world slid past. We threaded our way through the maze of 45,000 islands scattered along the route, calling in at Stavanger and Haugesund before arriving at the ancient Hanseatic port of Bergen.

After a night in the YMCA, the next afternoon we were at the head of Naeroyfjord at Gudvangen stowing our gear on a small beach just wide enough to accommodate our five canoes. A launch into still waters found us constantly looking upwards to the tops of the 1200m snow capped peaks along the narrow fjord with pencil like streams of water cascading down – truly majestic scenery!

A gentle wind assisted paddle for six miles ensued heading for a sheltered bay near Dyrdal. The scale of the fjords is very difficult to assess initially and we would make for a headland only to find after an hours paddling that it appeared to be no nearer! This happened repeatedly until we finally arrived at Fresvik at 04.00 after 16 miles of some hard non-stop paddling helped by a following wind on some stretches.

We beached on some waste ground and hurriedly pitched our tents and lit our stoves. We awoke to the squabbling of

Oystercatchers and the calls of Fieldfares.

We left Fresvik at 15.30 and it took until 19.00 to reach the next headland at an average speed of 1mph due to the gusts of wind



that were causing us to lie flat in our canoes. The point we had hoped to round was bearing the full brunt of the wind and the fjord was a mass of white horses, so we decided to try and get off the water, which was almost impossible but we managed to put someone ashore who clambered up a rock face and slowly one by one the boats were hauled up and left on the slope tethered to a tree.

We studied the conflicting signs in the skies and decided to paddle back to Fresvik, fetch the van and take the ferry across the big open stretch of Sognefjord rather than attempt to paddle it and continue our journey on to Fjaerlandfjord.

## 130 miles of travel by road

We launched into challenging beam seas in sunshine and soon reached our objective. Getting back to Gudvangen, though only 30 or so miles away by water, required 130 miles of travel by road over the mountains through seven feet snowdrifts, frozen lakes in a trio of coaches. At 07.00 we were ready to catch the ferry from Vangsnes to Hella and Dragsvik and transfer to a smaller one to Mundal at the head of Fjaerlandfjord where the Jostedalbreen Glacier meets the fjord.

We launched this time into canoe friendly jade coloured water and sunshine and after a few miles we beached at the foot of a rock-strewn meadow and scampered off to bag our pitches.

“The point we had hoped to round was bearing the full brunt of the wind and the fjord was a mass of white horses”



# and fjords



**Above:** Hauling out.

We then paddled across the fjord, which was not as narrow as it appeared and therefore took us an hour to cross! We spotted two deer picking their way cautiously across a glacier and so made our way to the snowline – it was midnight in June!

It rained the rest of the night but cleared for our remaining 12-mile paddle to Dragsvik, which turned out to be a long haul with fierce and changeable weather as before. Julian and Cathie left us at that point and headed back for a further week of canoeing and had two days of sunshine! As they left us they disappeared into a black cloud, which soon found us where the squalls and rain hit us in a near whiteout!

While the thunder rumbled, I believe the period between the thunder and lightning has to be 30 seconds before you have to get off – not that we could! After some searching we eventually found the campsite at Hjellesengi full of campervans but it was a level site and had hot showers and full of Fieldfares calling to each other.

## Fate had other plans for us

Thinking our adventure was over we headed on foot to the ferry to collect the van leaving Tony to watch over the canoes and birds. It appeared that fate had other plans for us and on our drive back



**Above:** The final out.



**Above:** Ferry on Sognefjord..



**Above:** Dave on the fjord.

to the campsite we reached the summit of a mountainous area and parked on a slope facing the edge. After stretching and a change of driver it was found that we could not engage reverse, first or second gear! Unable to push the van backwards, Steve heroically managed to turn the van in front of the parked cars just missing them and the edge, the first of many reprieves!

We made it back to Dragsvik and decided to leave the van at the top of the hill and bring our canoes and kit up the hill to load, giving the van a better chance of pulling away!

We finally made Bergen having lorry labouring ahead of us in a long tunnel leaving no option but to overtake with hazards and lights on! I am sure Steve still has nightmares over this!

A final night in the YMCA dormitory this time in bunks with 30 or so others in the basement it was like sleeping in a stockyard but we were too tired to care! We made it on to the ferry and off the other side and home, thanks to Steve's wonderful driving and his equally wonderful transit van, apparently a linkage had come adrift!

If you want big open water, stunning scenery and a relaxed attitude to wild camping this is the place – do not expect to find much else – you need to be self sufficient, which is its joy! ♡



# Search for the

Successful paddling is just as much a physical challenge as it is a mental one. Two coaches leading two groups of East Anglian University students began their search for the true paddler on the white waters of Aberfeldy, Scotland. This is their journey in the words of an experienced paddler, and a not so experienced one.



Above: Whitney at Grantully.



Above: Seth on the Tummel.

**Feature by:** Seth Townley and Whitney Edwards.  
University of East Anglia Kayak Club

**The danger with university kayak clubs on organised trips is that everyone involved will inevitably come from very different paddling backgrounds. At the start of the week, when we discussed with the coaches from Source Adventure what all 14 of us wanted from our time in the Central Highlands of Scotland the ambitions ranged from just 'surviving the week' (thankfully achieved on every count) to learning to roll, to adventures down gnarly grade 4. Dave Girling and John Huxtable had their work cut out if they were to cater for everyone.**

In the event they managed it fantastically. We'd already split into two groups to reflect experience and ability and Dave looked after our advanced group. By stripping everything we did back down to basics, exploring the way that we move boats on white water, even those of us in the gnarly grade 4 camp were learning invaluable lessons about control and technique on the water. Over the week we were all able to develop as paddlers as a result of this back-to-basics approach. We also got in some excellent runs of sections of the Tay and the Upper and Lower Tummel.

## Classic Scottish white water

What I learnt from the week is that we all stand to learn and develop if we look at ourselves as paddlers more carefully. But had I got what I wanted out of my first major university kayak club trip? A solid week of paddling classic Scottish white water with friends under the watchful eye of an expert. Yes I did, and I think its fair to say the same of all involved.

I definitely got what I wanted out of my week paddling in Scotland, and more. There are many ways that one can induce an adrenalin rush, but I am yet to find a better thrill than paddling through rapids into a massive wall of cold, white water and emerging out the other side totally drenched, but

cheering at the fact that I am still upright in my kayak. This is the simple high that a beginner-kayaker finds when first challenging themselves on moving water.

The beginner kayak group from the University of East Anglia were led onto

the Grand Tully in Aberfeldy by Source Adventure coach John Huxtable, as part of a four-day session aimed at improving both paddling skills and confidence. Before our helmets were even upon our heads, we were encouraged to set realistic goals in what we wanted to achieve each day on the water. John focused equally on the importance of mental preparedness in paddling as he did on developing our technical abilities. Despite the fact that the beginners group started out as reluctant and inexperienced kayakers, as each day passed a voice echoed in our heads, urging us to use the source within and read the river like we would our textbooks.

## Rolling skill

The daunting event of being capsized was eased with several hours practice using an indoor pool facility designed specifically for rolling, Eskimo rescues and other technical manoeuvres. John built up our confidence in being underwater whilst in a kayak and literally stood by our boat side each time we went under before pulling us up. Several members of the

“ I am yet to find a better thrill than paddling through rapids into a massive wall of cold, white water and emerging out the other side totally drenched ”



# e source within



group applied their newly learned rolling skill to the moving water on the following day and succeeded in an inspirational fashion. I personally was more distracted by the opportunity of spending a few minutes in the sauna by the poolside!

The few times that any one of us paddlers either failed a move or lost confidence, the group as a whole picked each other up, motivated by John's goal-setting approach. We helped each other harness the positive attitude flowing through our keen kayaking hearts. It is fair to say that no search for the source within ever happens without meeting a few obstacles, such as slippery rocks or sneaky underwater ones. This is the point of paddling: seeing what lies ahead and overcoming it with all the knowledge from lessons you have learned, no matter how expert or inexperienced a paddler you are.

Before we could even take our helmets off each day, settle down to a cup of tea and gaze upon the brilliant Scottish scenery, we had absorbed another one of life's lessons through the power of the paddle and a positive attitude. What a rush, what a week. ♡



# Rivers, ruins a

John and I were coming to the end of our kayaking mission in Peru. We had run some epic whitewater through some of the world's most inaccessible canyons. Now it was time to run a river where we no longer had the feeling that one mistake could cost us our lives!

**Feature by:** Steve Brooks. **Our choice was the Cotahuasi River, which flows through one of the most spectacular canyons on the planet. Twice as deep as the Grand Canyon in the US, the Cotahuasi has continuous rapids all set within pristine Inca ruins.**

We headed to the southern city of Arequipa, Peru's second largest. Arequipa is one of my favourite places to chill out. It has a warm climate, old colonial buildings and the Plaza de Armas in the centre of the city is a great escape to sit down and watch the world go by!

John and I met up with some old friends, Kent Miller had come down to Peru to see for himself why his son, the late great Damon Miller, spent so much of his life here kayaking and exploring. Kent was with his other son Derek, Anita and Crystal. They had just arrived from an exhausting bus journey and I was not too sure of the reception I was going to get! The last time I saw the Millers I sent them tumbling down the Karnali River in Nepal after flipping the raft! Derek was black and blue from a serious amount of downtime and Kent only managed to fair a little better though the swim was just as long.

Luckily 10 years is a long time and as they say, "time is a healer".

## Plan finalised

A plan was hatched: Kent wanted to head to the Colca Canyon for a trek and the rest of the team including Carlos, a local kayaker, were coming with John and myself to the Cotahuasi Canyon.

The next day after our final kebab (that's right El Turko does the best kebabs in South America and is a pleasant change from alpaca steak, chicken and shrimps!) we all jumped into Gustavo's 4x4 and headed on the long journey to Cotahuasi village. The drive is an adventure in itself. We headed out onto the Southern Pan American Highway before driving inland towards the take-out of the Colca Canyon. From here it was seven hours over a 4,800m pass, past the Volcano Coropuna (6,400m) the second highest in Peru and where they discovered mummies frozen in the ice on the summit - a gift from the Incas to their Gods!

We finally arrived in Cotahuasi late at night; the sleepy little village where time stands still had not really changed since the

“From here it was seven hours over a 4,800m pass, past the Volcano Coropuna (6,400m) the second highest in Peru and where they discovered mummies frozen in the ice on the summit - a gift from the Incas to their Gods!”



Above: Carlos running another sweet rapid on river day two.



# nd remains



**Above:** John Blake checking out the ruins and remains.



**Above:** John Blake about to go flying off the pillow wave.



**Above:** Two different ways of transporting kayaks.



**Above:** Transport Peruvian style!

last time I visited some five years ago. At that time we had arrived on Peruvian Independence Day and the place was a huge fiesta. We were invited to a bullfight (do not panic – the bulls were not killed as they had to go back to work in the fields the next day!) and the celebrations went well into the early hours.

After a great night's sleep and with our body parts back to where they should be we found out that we would have to trek to the put-in, the small hamlet of Velinga, via a different route as the Peruvians were building a road/wide track towards Sipia Falls and as they were using dynamite the track was closed to tourists. So an early start and Gustavo was driving us through the tight streets on our way to meet our mules and herders. It is always a relief to see the mules waiting for you and within no time we had the boats secured. Our expedition gear, kayaking kit, food and fuel on another which left us with just our paddles, water and camera kit!

We followed the ridge for a while; the track meandered round and down to a small hamlet where we stopped for lunch. Then it was time to head into the canyon. We were zigzagging our way down some four hours on an old Inca path. The panoramic views of the canyon were something else. The trek was amazing and to think this was just one piece of the Cotahuasi Canyon, the white water still had to come!!

## First morning on the river

The first morning on the river saw us starting nice and early. Some great read and run class II and IV with each rapid heading into the next. It was great to be on the river, the water was removing all the dust and dirt from the drive and trek to the put-in. We were doing well for time and with noises coming from down within our stomachs we stopped for lunch. With our bodies refuelled we went for a short hike to check out the canyon. What we actually stumbled across were a collection of ruins where scattered all around was pottery, textiles and even human remains – the whole canyon is an archaeologist's fantasy. By far the easiest way to really access the canyon is by river, so a lot of the ruins are perfectly preserved.



**Above:** Camping in Inca terracing deep in the canyon.





**Above:** Looking down on the mules while winding our way along an Inca path to the put-in.



**Above:** Plaza de Armas in Arequipa.

It was back into our kayaks for some more read and run before coming to our first major rapid, a big class IV+. We took our time scouting, working out our lines and in which order we would run the rapid. I set the camera up and looked for the killer shot!

A set of Inca terraces played host to us again for the night. We did not have a sandy beach but sleeping in the ruins far made up for it. With no light pollution, it felt like we could touch the stars. Satellites were regularly passing overhead and it was now time to close the eyes and get some rest for the next day! The day brought fantastic whitewater; mainly read and run class II & IV with a couple of bigger rapids requiring scouting. One such rapid was a slide off a rock into the eddy on river right making sure you missed a lovely placed syphon in the middle of the river. The difficult part was the entrance, as long as you hit the line then the slide was nice and smooth, any other line did not require thinking about! Three of the team walked and the others got a few extra heartbeats for the efforts (and the chance to work the camera!).

The river was beginning to liven up and the biggest rapid of the trip so far was now awaiting us, which was long with many river markers to remember. We had to navigate between rocks, holes and a couple of big drops, oh and avoid the huge hole that was waiting to munch any kayaker off line! With the line in our heads I dropped in leading the first group. In between sliding over rocks, punching through holes and boofing ledges I was trying to throw glances over my shoulder to see how the rest of the team was going. The first group nailed it, the second led by John were on their way and again everyone nailed it. With big cheesy grins on our faces we ran the second part of the rapid a super fast shoot. We ran a few more big waves and the canyon was starting to close in on us, with Inca terraces dominated the canyon walls again.


### Andean Condors

Between styling the rapids, looking around at the ruins and taking in the immense canyon surroundings behind which was a deep blue sky, you come to realise just how great the Cotahuasi Canyon is! It was now early afternoon, we had run some fantastic

whitewater and it was time to camp and go exploring. As we were scrambling up to another set of ruins two Andean Condors were riding the thermals high above us – whether they were keeping guard or seeing just if the kayakers would make a tasty meal sometime we were not sure. These spectacular birds are something of a legend in Peru and they certainly leave you with your mouth wide open, gaping at these amazing creatures.

Our third day on the river brought a pushy class IV+ to start with. The plan was to aim for the pillow wave being formed by a huge rock on middle right, land in the slack water behind the rock and sort out your angles for the one metre wide gape between the canyon walls! I photographed the team as they each hit the pillow wave before getting into my boat and catching some air miles! More read and run followed through some great little box canyons. The rapids were progressively getting harder. We finally arrived at the main event: the hardest rapid of the trip, aptly known as 'high-side for you life'. Unfortunately this year it was not to be, the rapid did not have enough water in it. We were running the river in October, which is pretty much the end of the dry season. The previous trip we ran the Cotahuasi in July when everything was runnable. So a quick hop onto the top of the rocks of the box canyon and then a three-metre seal launch back into the river. We were doing well for time, the Maran confluence was only a few hours away, however, Anita suggested we spend our last night in the canyon. Yet another camp where we could explore the ruins, this time we were treated to all sorts of relics, textiles, carvings and again human remains!

Our final day saw us get to the Maran confluence. The Maran is one of the rivers I would like to explore one day. It apparently makes the Cotahuasi something of a class III down the middle trip! The river now changes its name to the Ocoña and after a couple hours of class III the canyon opens up and it is a good day's boating to the Pacific Ocean. Luckily for us Gustavo was waiting with his 4x4, a cooler full of beers and some Coca Cola for John and myself! We were on our way back to Arequipa after running one of the best rivers in the world. We had made some new friends and caught up with others! Carlos invited us to his house for sushi (yep my first time having sushi and it was in Peru!) and Kent, Derek, Crystal and Anita were headed to Cusco for more adventures. I wish I was joining them but my time was ending in Peru. The snow was calling both John and myself.

Would I go back and run the Cotahuasi again? For sure it is one of the best rivers on Earth! So what are your plans for this year? 

Steve Brooks has made his base camp in the Austrian Tirol. He spends his spring and summer kayaking around the northern and eastern Alps and has recently opened a kayak school in his hometown. The amazing rivers set in breathtaking surroundings and the South American culture of great friendship and warm hospitality fuel his love for South America! [www.stevebrooks.at](http://www.stevebrooks.at)





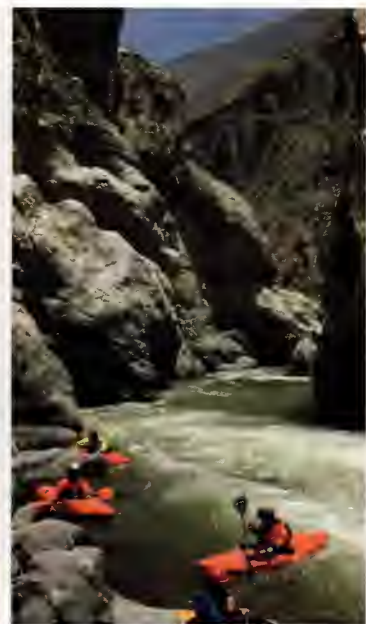
**Above:** John and Derek on day three, yet another set of ruins lining the river side!



**Above:** Warm water, clear blue skies and it does not get any better!



**Above:** John and Crystal running the last part of one the most difficult rapids.



**Above:** The team catching their breath in an eddy at the end of another rapid.



# Parents with

I have now been competing in slalom for 11 years. I have coached canoeing, kayaking and rafting for five years but been a child for nearly 25 years. My parents have supported me through my education, life choices and a multitude of sporting endeavours (soccer, rugby, badminton as well as paddlesport).

Their support for my pursuit of excellence in canoeing has taken the form of financial support by funding boats, paddles, equipment, accommodation and fuel; totalling a figure I wouldn't like to imagine.



**Feature by:**

Gareth Wilson.

Gareth is a UKCC L3 slalom coach in training, an MSc Sport Coaching graduate from Loughborough University with a special interest in coach – athlete relationships and a very grateful child.

**What nobody can put a price on is the value of the emotional and social support given to me off the water allowing me to celebrate my success and recover from disappointments. Most importantly my parents harnessed and developed my motivation, which has enabled me to achieve relative amounts of success in sport and academia. However, the relationship with my parents was not always a harmonious one, which through academic study, I have only just come to understand. I will attempt to address some of the traits observed by academics in functional parent – child athlete relationships whilst relating them to my own experiences, good and not so good!**

In my personal opinion, motivation is critical for one to achieve their goals, whether this is in sport, school or a person's profession. Training at 8am this winter in negative temperatures would simply have been impossible for me if I were not a motivated individual. But how do you get it? Can you be taught to be motivated? Can parents foster a child's motivation? Unfortunately there is no definitive answer.

### Individual's motivation

There are endless chapters in sports psychology books that describe motivation as a 'personal characteristic'. However, it has also been described as a 'differentiated individual quality influenced by socialisation and environmental forces' (Jowett & Lavallee, 2007, p. 132). I believe that it is the latter definition, which provides the greatest understanding with regard to the parent – child athlete relationship.

In a practical sense, an individual's motivation is thought to be developed and nurtured by the environment they are immersed in. For a child, their family, peers and other role models such as coaches and teachers mostly influence this environment. Interestingly, it is believed that these people are strong contributing factors to retention and even drop out in sports.

How can one foster an environment where their child can develop their motivation for life, work and sport?

Successful coaches looking to develop the talents already possessed by their athlete(s) have already adopted one method: Goal Setting. Without going in to too much detail, goals can be task based (i.e. being able to successfully perform a three stroke breakout in slalom or clean a flat spin in freestyle) or ego based (i.e. being the fastest junior 18 boat at the Haslers or winning a canoe polo tournament.)

Task based goals allow individuals to measure their personal progress with the aim of mastering a particular task allowing for complete control. A task-involving climate also promotes the idea that hard work and commitment can lead to goal achievement. In contrast, ego based goals are difficult to control as one is unable to affect the performance of one's opponent as it is outside of their control.

Furthermore, ego-involving climates have been associated with anxiety, avoidance and poor decision making. Therefore, task based goals are the preferred majority when coming to goal setting. However, higher levels of task and ego goal orientation have been associated with adaptive motivational patterns (i.e. persistence, skill mastery and energy). Therefore, if balanced correctly, a combination of goal types will produce adaptive behaviours.

Goal setting, as above, relates directly to the environment created by the parent for their child. For example, when competing as a junior, my dad would regularly compliment me on the way I had successfully completed a slalom gate sequence regardless of my final position in the race. This positively reinforced my motivation to go out and learn new techniques and stroke combinations to tackle different sequences.



# paddlers

However, there were times where my dad's own competitive nature would get the better of him and he would comment on my errors which he believed had led to my peers beating me overall. With the beauty of hindsight I know that he was only critiquing my performance with an effort to help me improve. The reality was these types of negative comments made it difficult for me to want to continue training at the risk of making another mistake to be witnessed by my dad!

## Celebrated my success

Let's use some specific examples from my junior career as an example. I can remember racing at Sowerby Bridge Division 3 slalom in kayak when penalties were still five seconds for a touch. On the Saturday I finished as one of the top juniors and secured valuable promotion points, a result I was incredibly pleased with, as was my dad. I had a moderately quick time, but the fact I completed the course with a two clean runs meant that my position was significantly better than those who had picked up a couple of touches.

I remember my dad reinforcing my clean runs and (relatively) efficient breakouts and celebrated my success for achieving such high points for promotion. At no point did he comment on my position with regard to my peers. Sunday's race was quite different. I once again posted clean runs, however, my peers had got the hang of the course and managed to post clean runs too. Unfortunately for me they were faster paddlers and I slipped down the rankings rapidly. The journey home was a miserable one for me but dad asked me to identify techniques that I could learn and develop to improve my overall performance. This allowed for me to refocus my attention without dwelling on the result in order to come back ready to race again.

## Frustration

However, there have been times where I felt my dad has focused on the outcome of a result. The frustration I felt and disappointment I observed was terribly demotivating leading to conflict with my dad. The honest truth is I used words that cannot be printed in this magazine and I seriously considered dropping out of the sport, which is a substantial chunk of my life today. I'd like to point out that I am not trying to justify my behaviour through the use of sport psychology; more provide an explanation as to why I may have behaved so appallingly.

I spoke to my dad about this in preparation for writing this article and asked him to describe what he had said to me and the effect he thought it had on me. We concluded that what

“ The reality was these types of negative comments made it difficult for me to want to continue training at the risk of making another mistake to be witnessed by my dad! ”







dad was saying and how I perceived it were quite different things. This, I believe, is a crucial and central point to this article. What one says is not necessarily perceived the way it was intended and therefore parents and coaches need to consider quite carefully how they communicate with their athlete.

In this particular case I believed that my dad was disappointed by the fact that I had failed to achieve a particular result. The reality was he was disappointed for me but I perceived his comments and behaviour in a negative fashion. In my situation as a junior, ego-centred goals and climates would quite possibly have been detrimental to my paddlesport development due to me being a slow paddler. The above is a good example of how an ego perceived climate could lead to negative feeling and potential dropout.

With this in mind it is important for parents to consider the types of questions that they ask their child athlete after training or competition as well as the way they ask. For example: Little Joe comes home after a competition and is presented with the following questions: 1) did you win? Or 2) how are your three stroke breakouts coming along? Both are natural questions to ask as they demonstrate interest in the child's activity however, the first may be perceived as winning being the most important thing, whilst the second encourages skill mastery.

These two statements can ultimately define the environment in which a child operates in the first an ego-involving climate and the latter a task-involving climate. As previously discussed, a task-involving climate is more desirable for children in order for them to exhibit adaptive behaviours within their sport. Therefore, what tips are there for parents wishing to foster a climate to insure their child can experience a task-involving environment.

1. Focus on mastery of skills rather than the outcome of competitions.
2. Allow your child to select the sport and level of competition they wish to compete at. More often than not outside pressure from a parent, peer or coach is detrimental.
3. Talk with your child's coach to see what a training session looks like. I.e. does it contain creativity and variety to enhance motivation?

“ It is important for parents to consider the types of questions that they ask their child athlete after training or competition as well as the way they ask ”

4. Encourage your child when they demonstrate high effort and show gains in task mastery.
5. Talk to your child's coach to discover how much input the athlete has in discussions. By involving the athlete allows for a greater depth of understanding and improved decision making ability (a positive trait associated with adaptive motivation behaviours).

### Greatest role model

Parents, you are your child's greatest role model and therefore your child may adopt some of your traits, expectancies and values. Therefore if you are to focus your attentions on task mastery you are likely to equip your child with values, which highlight the importance of hard work and self motivation in sport and probably life. The way in which you deliver this information is also incredibly important, as the way in which it is perceived may not be the way in which you intended.

Finally, encourage your child when they are successful in mastering a particular skill, which will ultimately impact on their overall paddling performance. I acknowledge that I am not a parent and therefore I am suitably unqualified to understand the demands of parenthood. Perhaps one day I will become a parent and I hope that I can look back on this article and put in to practice my own preaching.

What I do know and appreciate as a young athlete is the time and commitment that my parents gave up to support me, which I will always be grateful for. David and Kim, I hope that you read this article and perceive my words as words of thanks, not words of criticism, as the climate you nurtured me in has helped achieve what I have.

Other young athletes! If you have made it this far through the article and feel the same way, let your parents know how much you appreciate their commitment! Don't take it for granted as they are doing it all for you. ♡



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# The Rob Roy

Looking for a challenge next summer? Then the Rob Roy Canoe Rally could be for you. This is a great challenge for anyone who canoes or kayaks to paddle the length of the non-tidal Thames - a distance of 123 miles with 44 locks. You have the summer to do it in and can take it in any journey length that you like. Richard Nissen, who completed the whole Lechlade to Teddington course in August in eight days in a homemade Canadian Canoe, shares his experience.

**Feature by:** Richard Nissen. **By the beginning of summer 2010 I had finished building a 15-foot plywood Canadian canoe. I am really a rower but the idea of canoeing intrigued me and at last I could go down the river facing forward, not backwards. I needed a challenge: something tangible to baptise myself into proper paddling. I looked around the web and discovered the Rob Roy Thames Canoe Rally. This seemed to be created for me to take up the special challenge to paddle down the whole length of the navigable Thames from Lechlade to Teddington.**

**For further information:** [www.robroyrally.co.uk](http://www.robroyrally.co.uk)

My first problem was to find a partner and I was fortunate that my rowing coach, Nick Wilde, wanted to take a busman's holiday and see the whole of the Thames during the summer holidays. Nick was delighted that at last he was able to see kingfishers for the first time!

## Lock keepers

So we could record our journey, the rally issued us with a fold out logbook of the whole of the Thames. At every lock the keepers had been told to look out for us and were really helpful, signing our logbook to time our arrival and departure from each lock. This also is a unique memento of our journey.

There are some fantastic memories of the trip. For example, experiencing how the Thames changes so much from a meandering little river under big banks with little to see except Pillboxes and cows. Then there are miles of astonishing houses crammed cheek by jowl with lawns and gardens going down to the water. Coming round the corner at Windsor and seeing the castle standing up in front of us was dramatic.

“Coming round the corner at Windsor and seeing the castle standing up in front of us was dramatic”

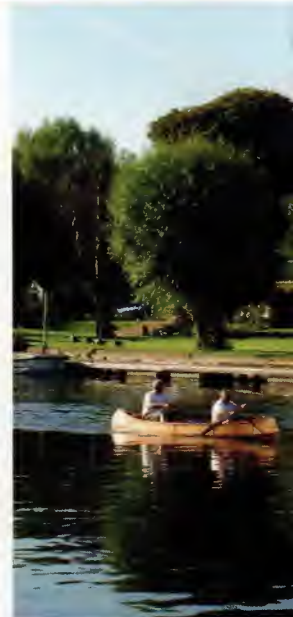
the castle standing up in front of us was dramatic. Near the end, we had the surreal experience of paddling past the Queens Promenade at Kingston where



you are within touching distance of mothers pushing their prams as you try to compete with them for speed!

The trip was also a great way to meet and engage with other river users, including narrow boats. One of these kings of the river was The Peckham Poppy, who offered us tea and biscuits on proper china plates floated across the river to us in our canoe.

Finishing the rally was a huge emotional high. We had set out as entire novices and had completed the journey in seven and a half days with a total of 48.58 hours of paddling. Some of our miles we did at 4.3mph (7kph) but we averaged 2.66 mph (4.2kph) over the 123 miles. ♡





# Rally





## An interview with Paskell Blackwell from White Water Rafting

### How did you first get into canoeing and, in particular, what made you choose white water rafting?

When I was at university in North Wales, I had a go at kayaking and soon got the bug for paddling the beautiful rivers and tidal races that Wales has to offer. In order to travel around the world and paddle in some of the best locations I became a raft guide. Rafting helped to fund my trips and gave me access to and knowledge of the local rivers and waves.

### Tell us a bit about your training.

As individuals we train around eight times a week, and as a team we usually get two water sessions together. The majority of our training sessions are based in Nottingham either on the flat water doing resistance sessions and working on stroke technique or on the white water looking at slalom and sprint runs. Our sessions last around 90 – 120 minutes and consist of drills, tests, feedback and we use standard coaching aids such as video review and timed runs so we can monitor our development.

### Do you have to watch what you eat as part of your training?

During winter training the important thing is to make sure that I eat properly after heavy sessions so that my body can recover. We make use of a range of good nutritional information and definitely try hard to make sure we are eating properly to make sure the raft is as light as possible.



Above: Paskell in action.

### Where is the best place you've visited, through the sport?

Six man rafting is targeted towards extreme rivers, which has taken us to some amazing places such as Korea, Bosnia, China and Norway. My favourite so far was the first international competition we took part in hosted by the Rafting Federation of Ecuador. The people were so friendly and the rivers and mountains so beautiful, that as a team we stayed for a few weeks after the competition to see more of the country.

### Do you get nervous before a major competition?

If I have done the work over the winter months, I am super keen to get the major competitions started but you always feel nervous once you are sat at the start line, it's the excitement of top level sport. If you can harness those nerves and turn them into focused energy you stand a good chance of fulfilling your potential.

### And do you have any pre-race rituals or superstitions?

I like to spend a few minutes making sure I am ready and focused and as a team we go through the same warm up routine and talk through the line to visualise what we want to happen. We have a quick 'hands into the middle' moment then its eyes on the prize.

### Have you ever had any scary moments, such as falling out of the raft in big water?

I haven't had any solo experiences in big water but I have fallen out and gone under the boat a few times in shallow water, that is definitely scary.

### Have you ever been tempted to try going down a white water course in a canoe or kayak as opposed to on a raft?

I have always loved spending time in kayaks and canoes and I competed at freestyle for a number of years. I was fortunate enough to be a part of the squad that went to the Freestyle World Championships in Canada. I also enjoyed a very brief time as a back man in a C2 with Stu Morris, taking part at the British Championships on the town falls section of the Dee River.

### What's the best way to get involved, competitively, in white water rafting?

The English rafting committee run a number of rafting events throughout the year, which people can come to as a team or as individuals. During the competitions there are coaching sessions and basic safety techniques available for people to progress their teams and their individual skills. The British Raft team website has a lot of information on it and a number of contacts for people wanting to try the sport or progress. [www.britishraftteam.co.uk](http://www.britishraftteam.co.uk)

### The World Championships are coming up in October who do you see as being GB's biggest competition, and why?

In recent years the sport of rafting has been dominated by the Brazilian and the Japanese teams. Both of these teams are funded and as such train together constantly. It is great to have people pushing so hard in the sport and it is up to other competing nations to ensure that they don't have it all their own way.

### And finally, what are you looking forward to in 2011. Have you made any New Year's resolutions?

I am looking forward to working with a brand new bunch of people training to become raft guides. It will be great to watch them start their journey and explore new types of paddlesport. There is so much to look forward to next year with the GB Slalom team gearing up for a home Olympics. I am really looking forward to working with them again and watching them succeed.

Read the full interview with Paskell, including how he's getting on as Assistant Manager at the Lee Valley White Water Centre, on the Canoe England Website, in the Members Area.

## Quickfire questions!

### I would describe my character as...

Motivated and passionate

### When I'm not Canoeing I... Am rafting

### The last book I read was...

Steven Redgrave autobiography

### The last film I watched was...

Karate Kid (the new one)

### My ultimate goal is...

To win the World Rafting Championships

### I relax by...

Spending time with my partner Allison

### My favourite food is... Roast dinner

### My favourite drink is...

Cold pint of orange juice and lemonade

### My favourite TV Programme is...

The Apprentice

### My favourite car is... Audi A6 allroad

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

New Zealand

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

Newton Faulkner

### The person I most admire is...

Sir Steven Redgrave

### I get really angry about... People who sue when they should have known better

### The one thing I'd change about raft racing is... Getting it Olympic status

### If I hadn't got into rafting I'd be...

A paramedic

### In 10 years time I'd like to be... Involved with rafting and kayaking but maybe in a country that is a little warmer

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

Sailing scares me





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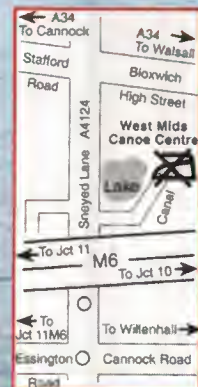
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# All change in 2011 – waterways funding announced

We are all aware of the Comprehensive Spending Review which was announced in October but what we now know are the implications to Defra and indeed the inland waterways. This all became a bit clearer as Defra announced funding for Arms Length Bodies on Monday 20th December. The allocations are for resource spending, which covers programme and administration costs. Some capital budgets have also been confirmed. The remainder of Defra's capital budget will be confirmed early in 2011.

**The grant to British Waterways (BW) next year will be £41.5m. This is a reduction of £9.8m (or 19%) from the 2010/11 baseline grant of £51.3m. Given that government funding makes up approximately half of the net spend on the waterways, this will translate into an effective cut of resource available of about 12% in 2011/12. BW has said that this cut means that it will have to take difficult decisions.**

The settlement represents the last annual grant to BW in England and Wales before a longer term contract comes into place in April 2012 when the canals, rivers and docks in its care are expected to be transferred into a New Waterways Charity (NWC).

Defra has also announced indicative funding from 2012/13 to 2014/15 will be an annual £39m, with a long-term commitment that a funding contract running up to at least 2022/23 will not fall below this level.

### Funding for the NWC

Ensuring the security of funding for the NWC (as yet to be named) is fundamental to achieving the government's objective of establishing a new 'national trust' for the waterways. The challenge is to develop a funding plan which gives confidence to the incoming trustees of the new charity and retains the support of waterway stakeholders.

[ww2.defra.gov.uk/news/2010/12/20/budget-allocations-101220/](http://ww2.defra.gov.uk/news/2010/12/20/budget-allocations-101220/)

[www.britishwaterways.co.uk/newsroom/all-press-releases/display/id/2934](http://www.britishwaterways.co.uk/newsroom/all-press-releases/display/id/2934).

The Defra consultation on the principles of BW becoming a charitable body is expected early this year, with the planned release about the middle of February 2011. The consultation is expected to cover all the major issues, such as structure, governance and finance. It will last the required 12 weeks. It is important that a wide variety of groups and interested parties and persons respond to the consultation. The consultation will be up on the Defra website but we will also provide links on the BCU, Canoe England and RAC websites.

Have your say about the NWC as it will have an impact upon our sport. It is important to remember that BW in fact has rivers as well as







# announced



British  
Waterways



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canals as part of their portfolio and manages 2,615kms of navigable waterways, of which about three quarters are canals. The Environment Agency (EA) by comparison manages almost 954kms most of which are navigable rivers. There are also many other navigation authorities both public and private which also manage stretches of waterways.

### EA navigations

No decision has yet been made on whether the charity should also be responsible for the EA navigations. The consultation is likely to offer a preferred option for comment by consultees. It is known that the charity will not include the BW navigations in Scotland. There are complications around including the EA navigations as many are for flood relief and the associated structures weirs etc should they fail or need replacing has potentially huge financial implications for the charity.

### Public Bodies Bill

In order for these changes to take place requires significant work. The provisions of the Public Bodies Bill will convey the legislative authorisation for the transfer of BW responsibilities and obligations to a charity. This is an enabling Bill which provides for the technical changes to be made by an order. The government is required by law to consult on secondary legislation and that is expected later in 2011.

The Public Bodies Bill is currently going through its parliamentary scrutiny. The enabling powers are so wide ranging that they have been subject to critical debate in the Bill's House of Lords stages. A concession made by government is that orders under the Bill will be subject to the super-affirmative resolution procedure. The Legislative and Regulatory Reform Act 2006 introduced this procedure. It is the most demanding form of parliamentary scrutiny of secondary legislation. It makes orders subject to resolution by either of the Houses of Parliament (Lords and Commons) and the consideration of a committee of either house charged with reporting on the order.

## What are we doing?

We are already working very closely with BW and Defra and have had many meetings looking at ideas for the new waterways charity. As an organisation we believe it is particularly important for young people to be involved at both local and national levels and have proposed that they should be.

This is because the NWC will have a different management style, outlook, ways of working and it will need to position itself in such a way as to be inclusive. The NWC will be a unique organisation, able to contribute a huge amount to the quality of people's lives and to the richness of their cultural, working, leisure and sporting experiences. Therefore it is extremely important that it is perceived as an inclusive organisation in terms of the activities it undertakes but also through offering the opportunity for a diverse group of people to be involved in its structure (council) and local advisory groups.

In particular there is a real need to involve young people. Young people will be the taxpayers and volunteers of the future and therefore need to be engaged with the developments taking place on our inland waterways. We believe young people should be encouraged to voice their own opinion on how they would like to engage with the waterways – adults aren't able to think like young people, even though we think we can!

Young people have a tremendous amount to bring to any organisation not only in terms of inspiration and enthusiasm but they have very forward thinking ideas about inclusion, diversity and indeed the needs of others.

There will be a formal response from the BCU and Canoe England but do keep an eye out on the websites for the latest updates as it is important that you have your say too.





# Thames Tideway Tunnel project

Increasingly, when it rains in London there is not enough capacity in the sewerage network that conveys all the rain and foul water in one pipe. Dating from the 19th century, the system was designed to overflow into the River Thames so that peoples' homes and streets are not flooded with untreated sewage. The system does this through the Combined Sewage Overflows (CSOs) discharging into the river.

**Recreational users of the tidal Thames are very aware of the pollution with 39 million tonnes of untreated sewage that overflows into the River Thames in an average year. Some CSOs discharge untreated sewage into the River Thames on average more than once a week and after only 2mm of rainfall. The volume and frequency of untreated sewage overflowing is clearly unacceptable and also contravenes the European Urban Wastewater Treatment Directive.**

Thames Water's solution, the water utility for London, is a proposed project to upgrade the sewerage system with a tunnel, that needs to run up to 20-mile (32km) from Hammersmith in west London to transfer flows from the 34 most polluting CSOs to Beckton Sewage Treatment Works in the east.

The route of the tunnel is to follow the River Thames so that it can be connected to the combined sewer overflows (CSOs) that are located

along the riverbanks. Details of the project and possible routes for the tunnel that is planned to take seven years for completion are available at: [www.thamestunnelconsultation.co.uk/](http://www.thamestunnelconsultation.co.uk/).

Thames Water has conducted and recently closed the first round of public consultation. For this process Canoe England and Shadwell Outdoor Activities Centre arranged presentations by Thames Water for canoe clubs in west and east London. The proposed tunnel construction sites, river works and associated barge movements to transport materials, are a major undertaking and will impact on river users, particularly for those canoe clubs based at Hammersmith, Putney, Chelsea and Shadwell. Canoe England has responded to the consultation in general support of the project and for Thames Water to make provisions for the minimum disruption to canoe clubs and their activities for what will be a long-term project.

A second public consultation is to follow this year having taken into account feedback and design changes resulting from the initial round. Thames Water expects to submit a planning application in 2012. Following planning consent, construction would commence later in 2013 in order to meet the 2020 target completion date set by the government and the European Union.

**Thames Tunnel**  
*Creating a cleaner, healthier River Thames*



## Canoes in canal tunnels

British Waterways is reviewing the listing of canal tunnels that are currently closed and open to canoes, and the safety requirements when using tunnels. Canoe England is finalising details with British Waterways and the revised information will be posted on the Canoe England website. Bruce Tunnel at Savernake on the Kennet and Avon Canal that had been identified as a tunnel to be closed to canoes will remain open.

## Local River Advisors – update

Clive Edwards is the new advisor for the River Ouse in Sussex. Thanks go to Clive for taking on this role who can be contacted by email: [edwards.clive@yahoo.co.uk](mailto:edwards.clive@yahoo.co.uk).



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# The fun of kayak fishing

Kayak fishing is all about the camaraderie forged between anglers paddling and fishing whilst all having fun safely and enjoying the sport together. Through this, strong friendships are forged. Amongst kayak anglers everything is shared from the extraordinary angling secrets, the special bait, the secret tactics even to the 'unknown' hot spots for fishing with the goal being that everyone catches fish and everyone has fun.

**Feature by:**  
Terry Jackson, North  
Wales Kayak Fishing.

**On a cold and frosty December morning, a small group of like minded kayak anglers meet at Llandudno north shore all happy to see each other and all members of North Wales Kayak Fishing\*. They were a mixed group of ages and paddling abilities all using sit on top kayaks specially rigged for fishing with fish finders, VHF radios, flares, anchors etc.**

After a brief paddle and safety plan explaining the local tides and hazards, a call to the local coastguard on the vhf radios to file the plan for the day, they all set out to the Great Orme. This was a paddle of about a mile and a half from the launching point. Friendly banter and a sighting of the local resident seal were the main topics of conversation. Once a sandy gully known locally as 'the hole' was reached we all anchored up and started to fish.

## Small fish

Though the talk was of massive cod, huge flat fish and shoals of herring it was the small fish that had the day as tiny flat fish seemed to be taking every type of bait we tried.

With the cold now starting to bite and the tide on slack water it was time for us all to raft up together

and enjoy some light refreshments Hursty passing out the mince pies and hot coffee just great to take the chill away. Food is always an essential ingredient on any fishing trip!

We were soon joined by the local seal again who popped his head up every now and again looking for a free meal of the anglers fresh bait fish. By this time the tide was now starting to flow again so we decided to move closer to the launch point and try fishing on the drift jigging strings of baited glistening feathers. Two hours passed and only small whiting, small gurnard and tiny codling were being caught!

## Great day full of fun and laughter

The sun was now starting to drop in the sky so together we slowly paddled back to the beach. We called the coastguard to let him know we were all back on dry land safely. It had been a great day full of fun and laughter even if it was a little cold. Everybody helped each other by passing on the latest tips and talk of the latest must have kit.

With a last look back at the now setting sun and the glistening sea we ended a great day's kayak fishing with a promise of returning for the big ones next time!

\* Terry set up the site [www.northwaleskayakfishing.co.uk](http://www.northwaleskayakfishing.co.uk) which now has thousands of members from all over the country. The site covers a wide range of information from what safety kit is needed, how to kayak fish and information about kit types etc. Terry is passionate about kayak fishing and canoeing. ♡





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



Above November winner and 2010 overall winner: Andrew Hargraves – Trentham Hasler Race.



Above: Jon Ord – North Cornwall Coast.



Above: Jamie Austen.



Above: Paul Evans – Ulla Falls, Norway.



Above: Callum Anderson – Lake Windermere.



Above: Pauline Marsh – Bala Mill Falls.



Above: David Shipway – Loch Etive.



# tion



**Above:** Lesley Marsh.



**Above:** Paul Sutton— Scottish sunset.



**Above:** Vanessa Smith— Upper Tryweryn.



**Above:** Vicky Bennett— Bradford on Avon.



**Above December winner:** Richard Harpham— Off Arran.



**Above:** Sam Jackson— Harrold Paddling.



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The Canoe Foundation is the charitable arm of the British Canoe Union which seeks to 'positively change lives through canoeing.'

We currently have a vacancy on our Small Grants Panel and would like to fill this role with someone who has a keen interest in our sport and who also has an understanding/experience of disabled paddling. The main purpose of the Small Grants Panel is to assess all applications made to the Foundation and decide whether or not they should receive funding. The ideal candidate should also have access to email, and should be able to attend a meeting once per year in Bingham.

This is an undemanding role – if you think that you meet this criteria, and would like to join our Panel on a voluntary basis, please send an email to Mandy Delaney at mandy.delaney@bcu.org.uk  
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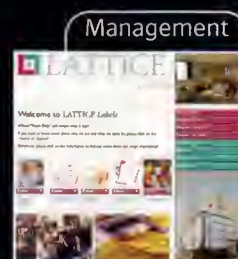
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# Behind the scenes

## An interview with Helen Reeves, Media Manager

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

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



Above: Helen Reeves.

**You work as the BCU's Media Manager; describe your role, in just three words!**  
Diverse, hectic, exciting.

**And now, with a bit more detail...**

I work as part of the communications team and deal with a number of people across the BCU. I work with our elite slalom and sprint teams and deal with the athletes, organising appearances and media opportunities for them. I spend time conversing with national journalists and media to look for opportunities and dealing with media requests. We are currently working on a number of video projects to bring to life our different sports and athletes.

**You've worked at the BCU for six months now. What have you enjoyed most about your role so far?**

I love how my role is very diverse and one day to the next is never the same. I am passionate about our sport and enjoy trying to sell our achievements to the media.

**And what challenges do you think you'll face in the months ahead?**

The main challenges we face is the battle amongst similar level profile sports, it is all very seasonal and we are very reliant on results. It is also challenging to get across the diversity of our sport as there are so many different disciplines

**The last few years have seen the huge introduction of new media. What advantages and disadvantages do these present in your daily work?**

The massive advantage these provide us with is the opportunity to communicate with our fans and followers quickly as well



Above: Helen in action.

as the ability to send messages out at the drop of a hat. The challenges with this are always resources, the ability to maintain the speedy delivery and also others that may send out negative messages as they get out just as quick.

**You represented GB in canoe slalom for many years and won Olympic bronze in 2004. Didn't you ever fancy moving into a more practical-based role?**

Straight after the Olympics I had a shoulder operation but did get back into training, I just found that I just didn't have the passion and drive like I had before, and was eager to try lots of other things. I have also done some coaching which I have always enjoyed, but just found I enjoyed other paths too.

**How much influence did the experience of being an Olympic medallist have on your chosen career path once you'd retired from the sport?**

I think being in high end sport for so long, I knew that I wanted a job that was going to be dynamic and challenging and I love sport so wanted to stay involved in it. I stayed involved in canoeing through different ways over the year after retirement and worked in a number of different sports and media organisations, so I guess it had a large influence really.

**And do you still paddle regularly?**

Well – I am not sure you can say regularly, but I do go most weeks, although these days I have to say it is a bit weather dependent! I am off to the river tonight!

**What can we expect to see from the BCU, in terms of media and PR, in the run up to the Olympics and beyond?**

**How will you further develop the profile of the sport?**

The next 18 months is really our opportunity to sell the sport as all eyes and ears are on the Olympics and our aspiring Olympic medallists, so there will be a lot of work going on around this. We are currently developing our multimedia side, through social networking and the website, the aim is to have a continuous stream of up to date images, articles and videos of the sport and our athletes to sell this to the media and fans. Through 2012 we can engage more people into canoeing so we are looking for all opportunities to raise awareness and increase participation.

**How do you think canoeing has developed since the last Olympic Games in Beijing?**

Canoeing is continually growing and in the UK we have seen increased numbers of participants across all ages, through the great work that is going on at the BCU and CE. In the Olympic disciplines we see continuous development with the work towards gender equity and the recent inclusion of canoeing in the 2016 Paralympics.

**And finally, what are you looking forward to in 2011. Have you made any New Year's resolutions?**

I am looking forward to having plenty of more exciting results to write and talk about. I don't really make New Year's resolutions – but I guess I am always looking to stay healthy, so maybe cut back on chocolate and wine!

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

### Quickfire questions!

**I would describe my character as...**

Fun, focused, and caring

**When I'm not canoeing I...**

Am probably chatting!

**The last book I read was...**

The Beach Hut

**The last film I watched was...**

The Proposal

**My ultimate goal is...** To have fun and make others smile

**I relax by...** Catching up with friends and family

**My favourite food is...** Cheese

**My favourite drink is...** White wine

**My favourite TV Programme is...**

Spooks

**My favourite car is...** Audi TT

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

Home

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

Cat Power

**The person I most admire is...**

Achievers

**I get really angry about...**

Traffic jams!

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

Well would like to be on the stage!

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

On holiday

**One thing you don't know about me is...** I have blown up three cars!



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James Barnes pulls some big ends at the Freestyle league event on the Tryweryn.



## Karnali – River / Creek

From that first local run, alpine club trip or big volume river in a far flung destination the balanced volume, smooth lines and forgiving edges of the Karnali will really look after you wherever you go.

David Taylor paddling the Karnali on the Sun Kosi.



## DEMO

Z.One and Karnali demos available at the following shops

AS Watersports, Devon EX2 8GX Z ■ Bantry Bay, Cork, Ireland Z ■ Bournemouth Canoes, Dorset BH16 5BW Z ■ Brighton Canoes, East Essex BN9 0DU ■ Canoe & Kayak Store, Cardiff CF11 0JS Z ■ Canoe & Kayak Trader, Leamington Spa CV31 1BE ■ Cornwall Canoes, Cornwall TR9 6PZ Z ■ Go2H2O, Yorkshire HG4 3HQ Z ■ Hereford & Borders, Hereford HR2 8EU K ■ Kayaks North West, Cheshire WA7 3DW Z ■ Kayaks & Paddles, Devon PL21 9RL Z ■ Kent Canoes, Kent TN15 7BU Z ■ Manic Canoe Shop, River Dart TQ13 7NP Z ■ Marsport, Reading RG30 6AY Z ■ Norfolk Canoes, Norwich NR5 0JU Z ■ Nucleus, Essex CO15 5SP Z ■ Peak UK, Nottingham NG2 5AS Z ■ Robin Hood, Yorkshire WF16 9BJ Z ■ Stirling Canoes, Stirling FK7 7SP Z ■ Sues Canoes, Norfolk IP25 6DR Z ■ Summit to Sea, Anglesey LL65 3BT ■ Surfines, Ulanberis LL55 4EL Z ■ Up & Under, Cardiff CF11 8TU Z ■ Wet & Wild, Yorkshire HU3 6SU Z ■ Whitewater The Canoe Centre, Middlesex TW17 8NS Z ■ Woodmill Canoe Centre, Southampton SO18 2JR Z ■

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