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of the British Canoe Union
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Canoe Focus would like to thank the following contributors for their articles and photographs:

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Front cover:

Simon Hammond displaying a

high speed turn.

Photo: Paul Hurrell

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YOUR CONTRIBUTIONS MAKE CANOE FOCUS HAPPEN.

The quality and variety of news, articles, reports and photographs depend on the submission of material from you. Very few contributors are professional writers and photographers, so don't be put off writing because you have no experience! Canoe Focus is all about canoeist to canoeist dialogue: a paddler's magazine written by paddlers. **Technical Information:** Contributions are acceptable in typed (double spaced) or preferably as a Microsoft Word file, which can be emailed to peter@canoefocus.co.uk, or mailed to 2b Graphic Design, 49 Greenfields, St Ives, Cambs PE27 5HB. All material is accepted on the understanding that the BCU and it's agents cannot be held liable or responsible for loss or damage, although every care and effort is taken to safeguard material. **Next Copy date is the 28th JUNE 2003.** Material arriving after this date cannot be included in the **AUGUST 2003** issue. Canoe Focus encourages contributions of any nature but reserves the right to edit and condense to fill the space available and unless otherwise stated the publishers assume no responsibility for the return of unsolicited manuscripts, artwork or photographs. Opinions expressed in this magazine are not necessarily those of the British Canoe Union, its committees or members. The printing of an advertisement in Canoe Focus does not necessarily mean that the British Canoe Union endorse the company, item or service advertised. All material in Canoe Focus is strictly copyright and all rights are reserved. Reproduction without prior permission from the Editor is forbidden.



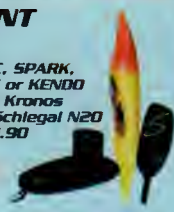
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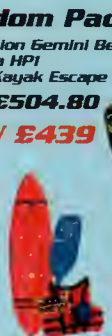
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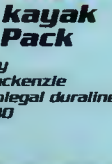
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COMMENT

Paul Owen
Chief Executive

Olympic Games 2012

Thursday 15th May proved a memorable day for the whole of sport in Britain, as Tony Blair announced the government's backing for the British Olympic bid for 2012. An Olympic games in Britain will be fantastic for the sporting movement; it should bring opportunities and investment for the whole sporting community. As an Olympic sport - canoeing, including non Olympic activities, stand to gain in a whole variety of ways from community projects through to elite competition, where across all of our competitive disciplines we will need to ensure that our best paddlers are given every opportunity to develop and perform.

Champion 2012

The BCU has entered into a partnership with Westminster City Council to provide an opportunity for young people to enter into Paddlesport at key stage two. The project is targeted at links between schools and their local canoe clubs. Part of an overall initiative targeted at so-called "minor Olympic sports" the tie up between the City of Westminster and the BCU was launched on the heels of the London 2012 Olympic bid announcement at the end of May. It puts canoeing into the very heart of London's youth. Councillor Tim Joiner Cabinet member for schools in Westminster said "this is an exciting partnership with the BCU which will open up paddlesport to a generation of young people, we have more canals and rivers than green fields in Westminster and the BCU is helping us make the most of them"

Two million canoeists in the UK – it's official!

In the last edition of *Canoe Focus* we commented upon the number of canoeists in the UK, our view gained by independent research of there being up to two million people has been accepted by Secretary of State for Culture Media and Sport. Answering a House of Commons question on her behalf, Minister of Sport Richard Caborn stated "Sport England estimate that three million people participate in angling, and that two million people participate in canoeing in the United Kingdom each year".

The trick for the BCU, CANI, SCA and WCA is to get these paddlers into membership of our respective organisations.

BCU board

The new BCU board came into place at the beginning of May.

At their initial meeting one of the first jobs to be addressed was the further "modernisation" of the BCU. Modernisation is a phrase coined by the Department Culture Media and Sport referring to the need to take forward the structure of sport in the UK, to ensure that the various agencies involved are prepared for further devolved powers. In short, if the deliverers of sport, including National Governing Bodies such as the BCU wish to continue to enjoy public money and possibly see increased investment, they must ensure that their corporate governance, including their organisation and structure are modern and fit for the purpose.

The BCU has always been held in high regard for its procedures, policies and adherence to best practice. The restructuring of the BCU board is a further sign of progress in

this area. However, there is still work to be done. The BCU board has established a sub group to take this issue forward. The key phrases will be "competency based, bringing about an effective, efficient and equitable organisation".

The board will be looking at processes to ensure that we can demonstrate that we have the right people in the right place. They will look to ensure that, particularly, in the competition disciplines, where most public money is invested, the committee structure correctly reflects the need of the sport in the 21st century.

English Council

The new English Council (Canoe England) will meet in June to focus on increasing participation in the sport. There will be an open invitation to members of all English Committees and representatives of the competition disciplines to attend.

Key topics are expected to be:

- Further explanation of the role of Canoe England as a division of the BCU.
- Delivery of the BCU Development Plan in England (available on the BCU web site).
- Working together across a diverse sport through our structure and paddler involvement.

Committee regulations

The BCU board have established "committee regulations" for the BCU, these include references to the federal voting structure (five votes for England, two votes for Scotland, two votes for Wales and one vote for Northern Ireland) to be used to resolve British issues. This has brought about some concerns, particularly for the competition committees. In order to assist with clarification, BCU Chair Brian Chapman stated "The federal voting system is intended only to resolve difficult issues of principle across the home countries, they should not be applied to organisation and preparation of GB teams, including selection. This should remain the responsibility of those appointed for the purpose".

ECA Congress

The recent European Canoe Association Congress saw Albert Woods re-elected president for a further four years. The other notable decision of the Congress was to agree to introduce European Championships in sprint racing and canoe slalom (seniors, under 23's, juniors) in every year from 2004.

Community club project

The BCU working party looking into the Community Club Development Programme have started to short list club projects which may be eligible for inclusion within the BCU's overall project.

Unfortunately, it will not be possible for all clubs to benefit as some of the requirements although very worthy, do not fit within the project brief.

Work on the project has highlighted that many of the requirements for BCU clubs could fit into the Awards for All Scheme. Details available from Richard Ward at the BCU offices or from Regional Sports England offices,

Vandalism at Holme Pierrepont

Regretfully, break-ins and vandalism at Holme Pierrepont remains a problem for all of those both working on and visiting the site. The site operators, Sport England and their contractor, Leisure Connections, continue to explore mechanisms to prevent these incidents. However, all paddlers should be remain vigilant, take precautions and lock away valued possessions.

Access job

Canoe England is to appoint a new access officer for England. (See insert in this *Canoe Focus*) to develop and implement our plans for a nationwide awareness campaign leading to new primary legislation for a right of navigation for non-mechanically propelled craft on inland water.

First World Cup medals

Congratulations to Campbell Walsh - Mens K1 and Stuart Bowman and Nick Smith in C2, on winning silver medals at the first Slalom World Cup of the season in Penrith Australia.

Get Out and About on the Thames with new guides

Help is at hand for Thames boaters with a new series of 44 pamphlets covering each lock and upstream reach along the river, from Lechlade to Teddington.

The new Out and About guides, which open up as a map, give boaters useful information about local marine services and facilities such as shops, pubs, moorings, pump outs, sanitary stations, charging points and boatyards.

Eileen McKeever, Environment Agency's Thames Waterway Manager, said: "These guides are intended to answer the questions everyone has such as "Where are the nearest moorings and pump outs?", "Is there a doctor's surgery nearby?", "What time is the village shop open until?" "Where can I get a good pint?". The lock keepers do a fantastic job in letting people know about the services along the river, and we wanted to capture that information to help boaters, and especially those visiting for the first time, make the most of their time on the river."

The leaflets will be available from all lock sites or the Thames Information Line for 50p each. The full set in a ring binder will also be available for £12.50 (plus post and packaging) from all gateway lock sites (Teddington, Shepperton Blakes and Kings, Osney and Iffley) or from Thames Information.



New dams on the Teesta

Pete Knowles, Gerry Moffat and team did an exploratory kayak trip to Sikkim in April and report that the Teesta Phase five Hydro project is now half built - three new dams will wipe out two of the best days of class 4-5 paddling on the middle river below Dikchu. However, Pete's team reckon that Sikkim is still a great destination for the intermediate paddler with some six days or so of class 3 (4) on the Rangit, Rangpo, and lower Teesta - clean, warm, blue rivers, big boulder rapids, chutes, drops and pools, - the kind of paddling that confirms ones joy in the pleasures of kayaking. These are all one day paddles, with comfortable hotels, good food, and really cheap beer at 29 pence a pint! Couple this with some magnificent mountain views, famous Buddhist monasteries, friendly people and some fine trekking and you have a great holiday destination.

Fabulous development

Local Cumbernauld and Kilsyth Kayak Club has just received a massive boost to its activities by being awarded a £5,000 grant from the National Lottery Awards for All fund. The club has used the cash towards a junior development programme to purchase a new trailer and

eight high performance river kayaks and related equipment. Linda Johnstone the club President said "this is a fabulous development for the club, and it will now allow us to provide an even better focus on our young members, allowing them access to the best of equipment specifically suited to their age groups". A full programme of activities is now planned for the forthcoming season. The club now intends to recruit new members at both youth and adult level to take advantage of this new development.

Club Contact: Jim Breen. Tel 01236 825482 Home (Evenings and weekends) Mob: 07765 887202 (Daytime hours midweek) email: jim@breen9.freeriver.co.uk

Risky new TV series

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Nick Powell, Managing Director at Ricochet South, the TV production company responsible for the series says, "Our entrepreneurs won't have had any prior experience of running their own companies, they'll be ditching a salaried career and gambling everything on fulfilling their dream of running their own business. The series will be the must see for anyone who has ever thought of setting up a business, and wants to know if the risk is worth it. It will be great publicity for the new businesses we follow with guaranteed audiences of millions."

Anyone interested should contact: Havana Marking at Ricochet South on 01273 648 396 or email: havana.marking@ricochetsouth.co.uk

Fiona Jarvie – first place in Peak UK Challenge!



Team D paddler Fiona "Flea" Jarvie displayed true brilliance at the Peak UK challenge. Not only did Fiona take first place in the 'Extreme Slalom' and second place in the 'Downriver', the champion paddler won the 'Freestyle' by a long way ahead of the competition making herself winner of 'Overall First Place'! The KanuKarnival was held at

the National Watersports Centre, in Nottingham on the 3rd – 5th May. Dagger Europe congratulates her success.

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Rhyn Park School CC

Schools in the Oswestry area of North Shropshire are being offered canoeing as an extra curricular activity thanks to Oswestry Canoe Club and its coach, Dave Hart.

The present link is with Rhyn Park School, situated on the Welsh borders in St Martins, near Oswestry. Last year, the school was awarded a £5,000 Lottery Grant for Pool Canoeing, to fund essential equipment and staff coaching development.

Head of PE at the school, Nigel Fletcher, and other staff are working with pupils alongside Dave Hart in Rhyn Park's swimming pool to develop the pupils' skills so that, in the spring and summer, canoe tours can take place using Oswestry Canoe Club's fleet of touring kayaks and canoes.

This year, Shropshire Community Champions Fund awarded £1,200 to Oswestry Canoe Club to fund a Quality Assurance Initiative, designed by the club coach, which will enable the club to apply to the Adventure Activities Licence Authority, British Canoe Union and Welsh Tourist Board for an AALA Licence, BCU recognition and WTB approval.

As part of this, the club will take advice from three

outdoor centres which already hold some of the required quality assurances. It is hoped that this will reassure families, Heads of PE, Headteachers, PE Advisors and the general public that club canoeing is as safe as canoeing in an outdoor centre.

The club's coach, Dave Hart, says: "I recommend the exercise for any club as it makes you think about and implement safety within the club. It has to be good



for the image of Paddlesport in general and it supports the aim of the governing body to get more people paddling."

Important paddler survey

The Division of Economics at Glasgow Caledonian and the Department of Outdoor Education at the University of Edinburgh have been commissioned to establish the economic contribution to the local economy of activities on the River Spey, including, for the first time, canoeing and kayaking. We need your help in publicising this research in *Canoe Focus* (and CODE) and in encouraging the paddling community to respond.

As a first step we are asking all paddlers that have paddled on any river in Scotland in the last five years to complete the on-line questionnaire on

www.gcal.ac.uk/econsurv/paddlersurvey.htm

We are also asking all those paddling the Spey this season to please ensure that they complete the postcard if they exit at Knockando or Spey Bay. This will take less than a minute and is a key element in our counting strategy.

These two basic surveys are being supplemented by personal interviews and self-completion questionnaires for Spey paddlers. Paddlers are asked to bear with us if asked to assist. Correctly identifying the contribution paddlers make to the economy should have benefits to paddlers everywhere. You are asked to inform everybody who might be relevant and to get them to complete a questionnaire.

Queries and requests for paper copies should be addressed to g.riddington@gcal.ac.uk Division of Economics, Glasgow Caledonian University, Cowcaddens, Glasgow G4 0BA

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Raising support for rebuilding lives

SERICC is looking for female canoeists to take part in a sponsored canoe trip down the Spey from Aviemore to the sea. This trip is open to female canoeists of all abilities - try something new or brush up your skills. Participants will be asked to raise a minimum of £500 in sponsorship plus meeting their own travel costs.

SERICC (South Essex Rape & Incest Crisis Centre) works with over 300 women and girls who have experienced sexual violence, the effects of which can be immediate and life shattering, as well as long term and far reaching. Sexual violence creates fear and leads to a loss of confidence, mistrust and loss of direction. The resulting self doubt leads to a curtailing of women's and girl's active participation in their own lives and in society.

Through individual support, group work, adventurous challenges and community activism SERICC supports women and girls in rebuilding their lives and celebrating themselves. By taking part in this challenge, canoeists will be raising funds for and supporting this work. The date is 28th August to 1st Sept.

For more information please email sericc@sericc.demon.co.uk or phone Selena on 01375 381322.

Padding vicar

Rev Tony Thompson, Vicar of Christ Church South Nutfield in Surrey, arrived at London Bridge on Wednesday 9 April (his 65th birthday) having paddled 150 miles down the

Thames. He set off on Saturday 5th April from Lechlade.

"It was fascinating to watch the river widen and grow as the journey progressed," says Tony, "and exciting to learn that sponsorship was growing too. It was at £15,000 when I started but had grown to nearly £20,000 by the end."

Whilst on the trip, Tony had land support from Churchwarden Roger Adams, who cycled the whole 150 miles along the river. "I was so grateful to have Roger there," says Tony, "always with me and going on ahead to warn lock-keepers I was on the way. Three young canoeists: Charlie Smith, Hilary Clarke and Stuart Evans (ex-members of the canoe club Tony ran for many years) travelled with Tony on the final leg of the journey.

The trip had its humorous moments. "One lock-keeper early on in the journey, when I explained what I was doing, commented dourly that it was 'a long way to go to meet a bishop'!" At one point I had got a real speed up when I saw some youths shouting and waving from the bank. At first I ignored them, but then I saw a football bobbing in the river and realised what they wanted. "Can you get our ball back, mister."

Rev Tony Thompson, with his wife Chris, cuts his 65th birthday cake in the courtyard of Southwark Cathedral. He was also celebrating the anniversary of his ordination there 40 years ago.



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Photo: Duncan Eades

"Touch the Water" tour

Discover Perception's comprehensive range of white water, touring, recreation and sit-on-kayaks at one of the stop-offs on the Perception "Touch the Water" tour. Perception will be at the following events with a fleet of boats to test and expert advice to offer.

- White Water Canoe Centre, Shop Open Day, 15th June, 01932 247978
- Southwater Watersports Shop Open Day, Horsham, 21st June, 01403 732389
- White Water Canoe Centre, Nene Open Day, 22nd June, 01932 247978



Becoming an outdoor pursuits instructor



A Foundation Course in adventure

Do you have a genuine interest in working in the outdoors? Are you already kayaking, canoeing, climbing, mountain walking or mountain biking? Just some of the questions being asked of young people aged 16 and above who are looking at becoming an outdoor pursuits instructor.

From September 2003,

Duchy College in Cornwall, is starting a new course for just such young people. The course is designed to compliment the Duchy College Adventurous Activity Instructor training course, providing a gateway for those not old enough, or may not have the entry requirements, or just unsure which direction to take.

The one year, full time foundation course will give prospective students a comprehensive understanding of outdoor pursuits and associated industries. Participants will also have the chance to concentrate on outdoor adventure skills such as kayaking, canoeing, sailing, navigation, campcraft, outdoor survival, climbing, first aid, life saving and mountain biking. The students will spend three days a week on outdoor skills training with the rest of the programme made up of lectures in various topics relating to the outdoor pursuits and recreation; plus expeditions and a residential at a multi activity centre.

At the end of the course students should be at a competent level to progress on to the Adventurous Activity Instructor Training programme. Prospective students will have to complete a four day introduction course which runs near the end of July 2003 before they can be offered a place.

For further information and an application pack please contact Duchy College. Tel: 01579 372233 or Email: stoke.enquiries@duchy.ac.uk

Watersports Oscars

Salford Watersports Centre, and Castleton Water Activity Centre would like to congratulate The Floating Classroom, Beauchamp Lodge, on winning the British Urban Renaissance Award (BURA), for Youth projects and Education. The aim of the award is to recognise "best practice" in a waterways improvement throughout Great Britain. All nominations were extensively reviewed, visited, and examined, by waterways rejuvenation experts. Each project had to demonstrate: -

- A proven track record of success
- That they are sustainable in the long term
- That they are innovative and inspiring
- That they are located on navigable, inland waterways
- That they contribute to the improvement of the waterways

Salford Watersports Centre is an urban-based centre-giving residents of Salford, in particular young people, access to watersports activities. kayaking, canoeing, bell boating, sailing, windsurfing, and raft building.

Through embracing initiatives set up by the BCU, RYA and developments set up by the watersports team, BURA selected us as finalists. Although the majority of our activities take place on the docks we have also enabled young people to participate in expeditions for their Duke of Edinburgh award. Also through initiatives set up by the British Canoe Union such as the Wavehopper challenge we have facilitated competition in rural environments.

Castleton water activity centre is also an urban-based centre on the re-opened Rochdale Canal. The centre provides challenging activities for young people from Rochdale and the surrounding areas. Both facilities are recognised by National Governing Bodies to provide top quality equipment, coaching and procedures for the sports they provide.

Both Salford Watersports Centre and Castleton Water Activity Centre received an award of commendation. Both centres would like to thank BURA for their time and professionalism.



Reverend David J. Ella

It is with great sadness that I have to inform you that David Ella died on the 4th March after a short illness.

He formed the Loweswater Canoe Club in April 2000 and was the inspiration behind many complete beginners becoming enthusiastic and competent paddlers. Several have completed one and two star tests and we fully intend to keep the club going which is what David would have wanted.

He came to the Lake District in 1999 and, after the urban area in which served as a team vicar, he thought Loweswater was wonderful and couldn't believe his luck at being there! Sadly all too short a time; he will be greatly missed by all the canoe club members, and the parishioners in the three parishes which take up the Lorton Valley.

Mrs Vivien J. H. Grieve, Hon Secretary

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Too hot to handle!

Pyranha are offering a substantial reward to anyone who comes forward with information leading to the conviction of thieves who stole 10 new s6x kayaks from their factory in Runcorn.

All the boats, serial numbers and colours are traceable and anyone who gets offered a cheap s6x is advised to notify either Pyranha or your local police station with any information. If you go ahead and buy any of the boats, you will probably end up losing the boat as well as your money once the boats are tracked down. If you are offered any boat without a serial number you should always check with the manufacturers first at its origins as generally no boats leave factories legally without serial numbers or with defaced serial numbers.

Contact Pyranha on 01928 716666 e-mail: sales@pyranha.com

Capital One sponsorship

Capital One, one of the world's leading credit card issuers, has provided a sponsorship deal for its Nottingham based associate and international canoe slalom racer, Rob Wylie.

Rob, who works in Capital One's operations department, is part of the Great Britain team and races in the single canoe category in white-water canoe slalom.

Rob has been slalom racing for eight years and has been in the Great Britain team on three occasions competing in two world cups. Rob is currently ranked fifth in Great Britain. Capital One's sponsorship will enable him to further his racing career by providing him with financial support, hopefully helping him reach his goal of the Olympics in 2004.

Rob Wylie commented, "The sponsorship from Capital One has made a massive difference to me. As well as giving me the opportunity to access the best equipment I can now race and train abroad as well as travelling within Britain. I can also be flexible with my training and racing schedule whilst working."

"Capital One's support goes beyond financial assistance" stated Patrick Nelson, Capital One's Director of Communications. "We have installed a canoe rack in our new offices in Nottingham which are located by the canal. This helps Rob canoe to and from work as part of his training schedule and we hope that it may even encourage other employees to take to the water to beat the morning rush hour!"



1-2 for Hungerhill School

After a series of tough and demanding tournaments over the winter months, pupils from Hungerhill School canoe polo teams have achieved a magnificent first and second in the British Canoe Union Yorkshire Polo Year 11's League.

The two teams, one all boys and the other one all girls, played a total of 21 matches each against six other teams from schools and clubs taking part in the winter series. This tournament is open to all participants in the school academic year 11 or younger at the time of the event, the youngest player for the Hungerhill girls team was just nine years old.

The final round, which took place in March, saw a nail biting climax to the series with the girl's team narrowly

beating local Doncaster club team Green Star to second place in the tournament.

The presentation of the trophies by Mr Rodger Greenwood chairman of the Doncaster East Primary Care Trust who have supported the teams with a South Yorkshire Coalfield Grant will take place on Tuesday 8 April at Hungerhill School, Hungerhill Lane, Edenthorpe, Doncaster.

Islander sales soar



Sales figures have soared for Islander Sit-on-top Kayaks after the launch of the collection earlier this year.

Sales of the Lipstick, Bigstik and Festiva have exceeded expectations but figures show the Hula is the favourite pick of the bunch, probably due to its suitability for swell riders of all levels.

Available in hues such as 'island blue' and 'island orange', it seems 'rainbow' is the colour most are dipping for – a blend of shades, whipped together with unique hi-tec, roto-moulding advancements.

Developed by the world's top designers and rigorously tested by one of the most committed research and development department in the business, Islander presents a selection of comfortable, stable and user friendly kayaks, ranging from fun-in-the surf to tour-and-explore.

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For more information on Islander Kayaks sit-on-tops at www.islandersitontops.com or Tel: +44 (0)1275 798 100



Action on Access -

Countryside Agency demonstration access schemes

The consultants for Countryside Agency requested a meeting with the BCU (England) in May to seek further information for what was specifically required from access agreements. BCU England was represented by six canoeists from a number of regions, who between them had a wide experience of recreational paddling in the UK and overseas on all types of water, club paddling, coaching, managing activity centres, organising events and dealing with access issues. Discussions extended to the management of agreements, associated facilities, how requirements may differ for different types of water, locations and disciplines of canoeing; ie competition and recreation. The consultants also met with the National Association of Anglers to discuss their views for improving access for canoeing on inland waterways.

In June the Countryside Agency expect to announce the selection of between three and six access demonstration locations sites for a feasibility study which will report on the prospect of improving access for canoeists by access agreements in March/April 2004. If the feasibility is encouraging, the Countryside Agency will move on to an implementation phase in years two and three.

Watch out, no cameras about!

My recent training weekend at HPP, on the 12-13 April, was tarred by a break-in and theft from the vehicle that myself

and work colleagues had travelled in. On return from our second slalom training session of the day, it was discovered the rear door had been crow barred open and bags stolen from the busy car park at the slalom site.

On entering the slalom reception, we were more than ably assisted by the staff filling out forms and contacting the local police. The procedure was apparently second nature to the staff, as this had become a regular occurrence with similar thefts happening as often as two or three times a week! I had purposely parked the minibus in full view of the CCTV camera and thought the culprits must have been caught on film, which would aid the police in solving the matter. It was stated by reception staff that the camera in question, along with many others were inoperable and due to a costly repair quote there were no plans to fix them in the foreseeable future.

I was absolutely amazed at this situation, as no one was warning car park users of the risks they took leaving their vehicles and possessions unattended, even if locked! I scanned the car park for signs that highlighted the seriousness of the apparent risk and tried to remember if the reception staff had given any leaflet or warning with the bib I had purchased earlier in the day. Both drew a blank!

If our members are made aware of the situation, and I am sure there are many more like me who are oblivious to the apparent risks, then they can be more vigilant and hopefully help combat this problem in the future. Fellow paddlers may be more observant and question suspicious activities if they are made aware there is a problem in the first place, which there clearly is!

Tony Harris, BCU member

River level information

From the 14 April 2003, fishermen, canoeists and other river users will be able to access the latest data on river levels, Scotland-wide, through new Scottish Environment Protection Agency (SEPA) web pages at www.sepa.org.uk/riverlevels/. Information is provided for all Scotland's major rivers, including the Don, Dee, Clyde, Tay and Tweed, as well as smaller tributaries. The site is updated every 24 hours, allowing users to accurately monitor conditions. SEPA hope that leisure users such as canoeists and fishermen will find the site useful when planning where and when to use a river. The site could also assist school and university students studying hydrology.

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Its all about

Pivot and skim turn - side view

Pivot and skim turn with paddle acting as a pivot, body rotation powers the turn. Hull of boat set at 'skim'

Paddler: Simon Hammond

Photo: Paul Hurrell



Classic high speed carving turn

High speed, loads of edge, loads of body lean, paddle acting as an outrigger

Paddler: Simon Hammond

Photo: Paul Hurrell



Have you ever surfed an ocean wave?

Well if you have you'll have felt that explosion of speed as you take off and fall down its face. You might have even taken that speed around a bottom turn and redirected your ride across the green unbroken face of the wave. With the wave now peeling behind you you've a perfect smooth slope to play on. Drop down the slope, accelerate and bottom turn, rise up the slope, lose speed and top turn. If you adjust the timings of each to fit the ever changing characteristics of the wave the ride will just go on and on.

But have you ever thought about these turns, how they work, why they work, what choices you have and which one to select? You might have been surfing for years, be totally intuitive or you might be new to the sport; what ever your situation it won't hurt to stop for just a moment and review your options.

Bottom turns and top turns are the bread and butter of surfing. There's nothing particularly complicated about them but use the right turn in the right place at the right time and you could be a world champion! The terms 'bottom' and 'top' go a long way in creating a picture of the turns but in doing so they also restrict your imagination, I'd rather refer to high speed turns and low speed turns.

The classic high speed carving turn

The Bottom Turn is the classic high speed turn. Imagine yourself at the very top of a six foot near vertical face. You've done all the hard work and the power of the wave is about to take over. Your fall down the face is like being in a lift when all the cables snap! You're propelled down the face by the force of gravity accelerating all the time. At the bottom of the face, with all this energy turned to speed, its time to redirect your run. But how? Its easy, ever heard of Wilf O'Reilly?

Wilf O'Reilly

For those of you who haven't let me paint the picture. Wilf, apart from doing the odd Heinz baked bean advert was our gold medal short track speed skating champion back in a distant Olympic games. You've heard of short track speed skating of course? Four skaters start together and sprint around a normal sized ice rink, the turns are sharp, fast and furious. The skaters carve their turns on the very inside edge of their skates. Head and shoulders steady with eyes focused on the end of the turn. Their bodies low and overhanging the ice, inside arm stretched out with just the flats of their hands skimming the smooth floor of the rink for balance.

Components and limitations

And that's all there is to it. If you want to carve a high

Speed

speed turn on a wave then think of nothing more than Wilf O'Reilly. Edge your boat hard on its inside rail, keep your shoulders and head steady, focusing on the end of the turn, keep your body leaning forwards and overhanging the inside edge of your boat but keep it off the water by using the back of your paddle blade as a skimming outrigger. Dropping down the face of a steep wave will give you the speed needed to power this turn but if you're in a fast kayak, on a ski, or surfing a board, then on the right shaped wave-face travelling at warp factor nine you might like to try performing a high speed carving turn at the top of the wave. It'll blow your mind!

The Low speed pivot and skim turn

So what do you do at the top of a wave if you're not travelling like the USS Enterprise escaping from the Klingon empire? The answer is a low speed pivot and skim turn. Here speed is in short supply and being lost fast as you track up the face of the wave, don't leave this turn too late, its not called a no speed turn after all! You're loosing speed fast so once you've decided to turn you'll need to turn and drop back down that sloping wave-face as fast as possible or you can kiss this ride good-bye. Try carving a top turn at such low speed and you'll just trip over your nose.

So without much speed you've got to use what energy you can, add some energy yourself, use your body's rotation to power the turn and minimise any resistance to the turn.

Mid way through a pivot and skim turn

Body rotation powers the turn, the breaking wave adds power and beachward side pivot sharpens the turn

Paddler: Simon Hammond

Photo: Ian Armstrong



Well timed pivot and skim turn

Paddler: Unknown

Photo: Pete Cropper

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KAYAKS

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citrus banana island

- 1 cup dark rum
 - 10oz club soda
 - 2/3 cup milk
 - 1/2 cup lime juice
 - 2/3 oz orange juice concentrate
 - 3 tbsp brown sugar
 - 1 medium banana, sliced
 - 1/2 cup ice
- blend contents until smooth
makes 4-6 servings



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A good example of 'tripping over your nose'

Photo: Pete Cropper

Isolating and practising a low speed pivot and skim turn

Practising this turn is easy. Start from the shore and paddle out over a couple of white water waves. When you see the next nice powerful white water wave approaching carry on paddling towards it at about 45°. As the wave hits the nose of your boat it'll initiate a turn towards the beach, you can help this turning momentum by straining your head, neck and shoulders by looking back towards the beach. A sweep stroke on the seaward side of your boat or a mid boat pivot on the beachward side will sharpen and speed up the turn. Good forward body position

will give the boat good trim and will stop the tail of your boat snagging in the white water half way through the turn.

Get it right and your boat will want to skim sharply around with you back on the wave, just minimise the resistance to the turn and you've got it.

Minimising resistance, thinking about skimming

How then do you minimise resistance to this turn? Think of trying to skim a stone as far as possible across a pool or bongo sliding a kayak for as long as possible in front of a wave. In

both these cases and when you want to perform a low speed pivot and skim turn, you're setting the angle of the stone or hull at "Skim". Look at the way you hold that stone next time you skim it, the bottom of the stone is flat to the water, with the leading edge raised ever so slightly but just enough so that the stone doesn't trip over and plunge into the water. Experiment when you next bongo slide on a wave. For the longest skimming bongo slide you don't want to let the beachward edge of your boat catch or its curtains! But equally, lift that leading edge (beachward edge) too high and your skimming days are over due to too much resistance.

Adaptations to the two models

The high speed carving turn and the low speed pivot and skim turn are two extreme examples but blend elements of each and you'll have a turn for every occasion. One of my favourites is a high speed turn at the top of the wave with sudden body rotation and suddenly applied edge, slashing the tail of the boat clean over the back of the wave, throwing spray even higher. Its like watching someone on a BMX bike skid their back wheel around and come to a halt, dust flying everywhere. Another favourite is the low speed pivot and skim performed in a high performance finned kayak at the very top of a breaking face, with critical judgement this time the front of the kayak is clean out of the water, the kayak pivoting around both paddle and its central fin as the lip of the wave pushes the kayak around and back down the wave-face.

Your speed dictates your turn

Speed is the key, once you've got speed in excess you'll find the wave opening out in front of you, with endless possibilities. Surf boards, skis and surf kayaks have all attempted to maximise their speed potential, compare the hull shape of any of these to a standard playboat and you'll see dramatic differences. The slope of a wave will affect speed. The trim of your craft will effect speed even the material your craft is made of will affect speed. Sure there's plenty to think about, but unlocking that speed is part of the fun ●

info

Happy surfing, and may your turns be good ones

This article was written by Simon Hammond of Shoreline Outdoor Pursuits in Bude North Cornwall. For more information or details of surf kayaking courses please feel free to contact him on tel 01288 354039 or email

hammond.family@virgin.net

Simon is a Level 5 surf coach and member of the English surf kayak team. He is kindly supported by Mega surf kayaks, Gul wetsuits, Gecko headgear and Lendal paddles.

High speed carving "top" turn

High speed carving turn at the top of a wave.

Paddler: Kenny Wing

Photo: Pete Cropper



DAY CRUISE – River Maun (Whitewater)/Meden/Idle

A pleasant river day on a quiet little backwater far from the madding crowds for competent paddlers capable of negotiating the occasional weir or other river obstacle. Best done in medium to high water levels to avoid scraping the bottom of your boat. Total distance 16 km with a simple car shuttle.

Start point is Whitewater Bridge on the River Whitewater O.S. Sheet 120 GR662702. A small hump-backed bridge with traffic light control on the minor road which runs east off the A614 north of New Ollerton towards the village of Walesby and signed accordingly. Launching is normally best off the east bank on the southern, upstream side of the bridge.

If the water level is enough at this point it should be enough for the rest of the trip. If not the advice is to go to the West Drayton egress point and start a shorter trip from there. **(Caution required when unloading because of restricted road width and poor visibility over bridge – lookout may be required)**

There is long term parking for approx. six cars at an off-road car park approx. 100 metres east of the bridge but it is an isolated and vulnerable location and shuttling vehicles before the journey is recommended to reduce those left at the start to a minimum.

Once on the water paddle gently downstream over a very small weir past woods, farm land and lakes.

River right is in the ownership of Walesby Scouts Activity

Centre who may allow camping and launching by prior arrangement – **see notes.**

After about 2.5 km the river joins with the River Meden and the two flow together for approx. 200 metres when a footbridge is encountered. Immediately after the footbridge a small weir on river left carries the River Meden away from the wider and slower River Maun. Despite appearances the recommended way forward is over the weir and onto the River Meden and the weir is normally shootable on the right but you can survey the route by getting off, left bank, at the previously mentioned footbridge. The Medan is the flood channel of the two and can have low water levels. (Beware of rocks approx 15 metres beyond, which are not readily visible from above the weir)

The River Maun may be paddled but it is shallower, weedier and whilst the two eventually rejoin to form the River Idle an old mill sits across the Maun at Rockley, just before they rejoin, that is difficult to bypass and is not recommended unless somebody out there knows an easy way of doing it.

The next section has some small weirs and two footbridges before, after 3km, the road bridge carrying the B6387 is encountered with a small weir beyond which is shootable.

Not recommended as an egress point due to its proximity to a road junction and lack of parking facilities.

Continuing on the river passes under a number of smaller bridges including a railway bridge before the major bridge carrying the busy A1 is immediately obvious after another 2.5km. Pass under the A1 and then immediately under another smaller road bridge to find a possible egress point, river right, beyond.





Possible lunch stop

Consider as a lunch stop if making the full trip or as a possible egress point if shortening the trip. Location has Grid ref. 703750 and is easily found travelling southbound on the A1 by turning left onto minor road signed West Drayton. Immediately on entering minor road, bridge over river is encountered and launching area is clearly visible as a gravel track alongside river on left after bridge.

Driver directions from start continue into Walesby, turn left onto B6387, follow to A1, turn southbound onto A1 and exit at first minor road. Please park sensibly and avoid

blocking access point which is popular launching point or entrances to farmer's fields.

Continue and after approx 100 metres River Maun rejoins from right and together they become the River Idle. River passes through open farmland then under a road bridge at Gamston where access is difficult, and not advised, then a further 1.5 km to the three arched road bridge at Eaton.

Another possible egress point for those into shorter trips. Exit point is river left after bridge (beware fishermen). Cars can gain access to river bank for loading but should be parked outside the gate as it is locked on occasions.

Driver directions as above to A1 but continue on B6387 to Gamston, turn left onto A638 towards Retford then first left into Eaton and river bridge beyond.

River now starts to enter outskirts of Retford with numerous road and railway bridges, only real obstacle is a weir under a railway bridge which can be tricky in some water conditions. In the centre of Retford is an area of park with several very small weirs. Beyond the park look for footbridge to Morrisons Supermarket and then large concrete flyover carrying A620. Land under the flyover on right bank to gain access to car park.

Finish of trip

Public car park which is free on Sundays but pay and display during week. Close to all the amenities of Retford town centre but riverside under the flyover secluded and quiet for changing etc.

Driver directions as above but continue along A638 into Retford town centre and through following signs for A638 and Bawtry. Turn left at traffic lights of "T" junction of A620 and A638 and immediately left into Churchgate car park before you go over the flyover leading to Morrisons supermarket. If paddling during the week the car park attendant will keep an eye on your trailer etc if you point it out to him. ●

Alan Waites



notes

River Idle is a navigation and there are currently no known access issues on any of this trip. Please consult the BCU Local Access Officer for up to date advice, currently:

River Maun / Meden: Mr Carl Mitchell 01623 468826

River Idle: Mr Mel Gordon 01777 869065

Updates on Access officers are available from the BCU Yearbook and the BCU website.

Total trip distance is 16 km shortened to 8km or 12km respectively using the egress points at the A1 and Eaton.

Convenient camping in the area may be arranged at:

Walesby Scout Camp Tel 01623 860202

Hallcroft Fisheries Tel 01777 710448

Both are alongside the river, one at the start and the other about 1.5 km beyond the finish. Please contact in advance if planning to use either.

Ref. BCU East Midlands River Guide Pages 32 & 33 River Idle and Page 35 Rivers Maun & Meden.

Information given above has been published in good faith, any omissions or mistakes are regretted.

Please contact Alan Waites on 01724 348011 if you can add to or correct any of the above information.

I would like to thank Paul Adams for doing most of the work above and for checking what little I did.



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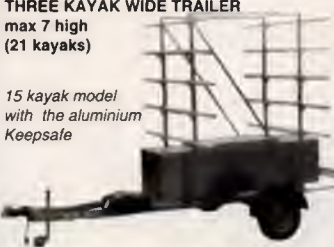
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The meaning behind I lay awake

I wrote this poem whilst on a kayaking trip in the French Southern Alps. Three friends and I went there with aim of improving our kayaking skills. We had been kayaking down pretty hard rivers each day for a week and returning to our campsite in the evening for food and a large amount of drink and hilarity.

This evening was a bit different for me though. It was the day before I would paddle the hardest river I had ever paddled. The other members of the group were more experienced than me. So they were a little more confident, but we all knew what we would be taking on.

We all went to bed early and I woke in the night. In the poem I am trying to describe how I was feeling at the moment when I woke.

Looking at the poem now. I sometimes think a soldier could have written it from the trenches to his wife at home.

The River Etive

Finally we arrive. The River, the Etive. I have stood on its banks many times before, staring down at its violent tortured waters, longing for its pleasure, for its judgement. This is the river that many paddlers are judged by.

The level that I have aspired to for years! Will today be my day?

Inside the mini bus there is a severe silence. The five of us make a point of meeting each other's gaze individually, all joined by an invisible brotherhood.

All feeling... It!

During the next couple of hours the river and these few will be all that exists in my world, nothing else will matter. The feelings, the emotions we share, are so intense no one needs to say a word: anticipation, fear, nervousness and trust. All this shared in a few short moments.

Simon breaks the silence: "Right let's have a look!" The Etive can only be paddled when the water is at the right level. I am the last to step from the comfort of the bus into the penetrating cold of a Scottish winter. I

Inside the mini bus there is a severe silence. The five of us make a point of meeting each other's gaze individually, all joined by an invisible brotherhood.

All feeling... It!

look at the others, now huddled together in excited, animated conversation. As one, they all look back at me, with wry smiles on their faces. Then to confirm what I already know Scott says: "It looks good!" The same smile spreads across my face.

This is it, I think to myself and we all walk back to the bus.

Each of us grabs our kit and slips into our own changing routines. When paddling in these conditions you need to wear a lot of specialist clothing. It's a routine each of us has done hundreds of times before, a very personal thing. Part of my routine is that I must always end up putting my wet suit boots on, left foot first.

Now we are all ready. We grab our kayaks and paddles from the trailer and walk through the falling snow to the top of the first rapid.

carefully trot across the wet boggy ground, from the roadside to the river edge, where I join the others and I look at the water. My heart rises into my throat. I slowly turn my head to



I LAY A

When I lay awake
at night, with only
the noise of my
breath for
company.

With the fears of
what lay ahead.

The actions I
must take just to
keep myself safe.

My thoughts were
not of what I must
do, my thoughts
were of you!

By Ivor Lewis



In a disturbingly calm and solemn voice, Scott reads the guidebook, one more time.

"This is a very beautiful stretch of river, both in terms of scenery and kayaking. The rock resists the river with all its strength, the land closes in around it and the river has to run the gauntlet of plunge and drop, squeeze and overhang, gorge and gully in the fight to escape to the sea. To follow the river on its weaving and dodging fight requires the utmost cunning and strength, and just a pinch of idiocy."

Scott continues but I know the words like an old friend. I am no longer listening. I have begun my journey. My destination, the zone! Very quickly I arrive, the ultimate place, the Mind State where everything you do is happening without thought. It's like auto pilot.

I ease myself gently into my kayak. Just like I have done thousands of times before. The inside is a very well padded tight fit. Once I am on the water, the slightest move I make will affect the boat. This I will use to my

WAKE



advantage. I pull the spray deck over the cockpit to seal out the water.

I grasp my trusted paddle; this will serve as my shield and my dagger. In the fight against the water I will plunge my blade into the heart of the river to propel myself and fend off the water as it tries to over turn me.

I slide off the bank into the water. It begins.

A big thank you

I have been a member of the BCU for the past eight years. During this time I have had some fantastic paddling experiences. Experiences that I do not believe I would have had in any other sport. What I am trying to say, without sounding like a cheesy advert, is that canoe sport can change your life but I'm not writing in to tell you that; if you are reading this magazine you know that already.

I am writing this letter to thank some of the friendliest and most helpful people in the sport. The article is a piece I wrote for an English course that I am doing. It recounts a trip to the Etive, one of the many experiences I would of never had if Andre and the folks at Perception had not been so friendly and helpful.

About seven years ago I started work at an outdoor centre in Sussex. As with a lot of outdoor jobs I wasn't earning much money, but was very keen to buy my first kayak. The company I was working for had good links with Perception. We went to visit their factory in Uckfield and I met Andre. I figured I had nothing to lose by asking for a discounted boat and to my surprise he was more than helpful. Andre explained that people like me were their customers of tomorrow, so it was in Perception's interest to help people like me get into the sport. Andre and Perception have helped me in hundreds of ways since then and even arranged for me to pick up a boat from their factory in New Zealand when I was there last year.

So this is basically me saying a big thank you to Perception for giving me the chance to have experiences like the one in the article and well done to them. They don't have to be so nice as I am not a top boater and I don't really give anything back. ●

Thanks Perception

Ivor

By contributing this article on your experiences, you have given back to the sport you most obviously love. Ed

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On a sunny weekend in March, around 45,000 visitors descended on the NEC to visit the 2nd Ordnance Survey Outdoors Show and International Canoe Exhibition.

Some of the data captured (from the Outdoors Show exit, not the Canoe Exhibition exit) included:

- 7,480 visitors stated their primary outdoor activity was canoeing
- 16,280 of the visitors list canoeing as one of the outdoor activities they regularly take part in.

2004 will see the International Canoe Exhibition back, bigger and better! (2nd – 4th April 2004)

The undisputed highlight of the 2003 show was the Freestyle Challenge in the Wave Box organised by Peak UK and this will back again, attracting an equally impressive line-up of competitors.

On top of this the show will be expanded to include The Lakeside Activity Zone – incorporating a massive have-a-go area as well as a national canoe polo competition. With many organisations booking space at next year's show already, this is set to be the greatest celebration of paddling in 2004!



International Canoe Exhibition - show!





There is a beautiful bird that most will have seen on journeys on mountain rivers, The Dipper, Latin name *Cinclus cinclus*, is the bird of white water, guarding its territory from rocks midstream, hunting for food by wading through shallow rapids. Its white breast gives it away as it bobs up and down, flitting downstream, low to the river, doubling back as it reaches the invisible line that marks its neighbours territory.

The Dipper is resident to this country, although there are occasional migratory birds from Scandinavia, it is synonymous with the health of the river. Feeding mostly on invertebrates, Stone Fly, Water Fly and Caddis Fly, which are in greater supply when the water is clean and oxygenated. Its strong beak is made for ferreting these out from under the stones and breaking the Caddis fly larvae stone cocoon. Whilst its strong legs enable it to power up against the current, dipping under the surface, using their wings to 'fly', their eyes become more elliptical, enabling them to manoeuvre an hunt very effectively. They have special oil glands that enable them to live in such a harsh environment and to hunt in the water year round, although they may move to the coast if it gets really cold or their patch of river freezes.

Nesting along the banks of the river, they lay 4-5 eggs, the majority in late March, which are brooded by the female in a round wren like nest. Like the wren they will build several nests before settling on one,

The Dipper

Waterways the world over are havens for wildlife, as canoeists we are in a prime position to observe this, but we often miss the beauty and intimacy of the river whilst being submerged, sometimes literally, in our element. A little knowledge however can enhance even the most fleeting of glimpses and deepen our experience, as we journey along our waters.

which they will furnish with leaves, these are specific leaves, usually oak and beech not just the leaves closest

to their nest. They are fastidious about keeping the surrounding and especially below the nest clean, presumably to avoid detection.

The birds lose their feathers in May, over a very short period they will molt. Losing up to 40% at any one time. At this time of year they keep a very low profile, skulking along the river

banks not their usual middle of the river rock perch. Their predators are obviously the birds of prey, Kestrel, Buzzard and Mink.

It seems almost needless to say that man's intrusion on the river banks has had an effect on the dipper. Bridges of old provided plenty of nooks and crannies and shelter from the elements, ideal for nesting or roosting. Concrete doesn't provide any of these. Likewise canalisation and weirs deepen the water, eroding the dippers hunting grounds. That's not to say they're in decline although the first brood of eggs is likely to suffer 80% mortality rate, and the second brood a similar count, this is believed to be due to the fiercely guarded territory and the dippers habit of staying within one river system. The furthest recorded distance for a dipper to 'migrate' is 50km, from the Wirral to North Wales, quite feasibly down one river along the coast and up another river. But then like many a paddler, if you've found a river you really really like. ●

by Mike Hinson

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



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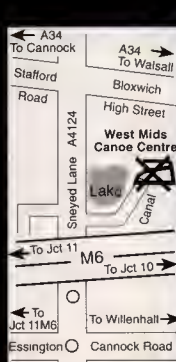
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Daylight run wins

By Peter Hutchison and Tamsin Phipps

Bitter northeast winds battered paddlers for much of the 2003 Devizes-Westminster canoe race that saw the Irish pairing of Jim Morrissey and Mick O'Meara come in as winners. Completing a hat trick of victories was a feat of magnitude matched only by the fierce wind that saw a dropout rate pushing 50%. "It was one of the hardest races in years," was the view expressed by several DW experts including veteran Paul Ralph at Marsport, "that headwind was horrific."

The Irish winners came in at 18 hours, 35 minutes – over 1 hour 40 minutes slower than the previous year. Most teams hit the Tideway at Teddington at least 1 hour after the tide had turned and by the end of the Senior Doubles event, some were even paddling against an incoming tide.

The wind definitely played its part in the 125-mile, 77 portage race along the Kennet and Avon canal from Devizes to Reading followed by the river section of the Thames down to Teddington and the tidal stretch down to Westminster.

Tactics are critical in the non-stop senior doubles race and predicting your time to arrive at Teddington shortly after high tide is the ideal. The brutal wind, a sharp contrast to the warm weather of the previous week, slowed most teams and took its toll on energy reserves.

A further critical decision is choosing whether to aim for the first or second tide at Teddington. Often it's a choice based on preferences: the night run, paddling the canal by day and the river by night when the river has less traffic, or the daylight run completing the canal by night and the river by day, giving a little more daylight but with it more canal and



Photos by Phil Searle



Henry Hendrow and Russ Dawkins

river traffic and pedestrians at the locks. Morrissey and O'Meara, along with the second and third place all took the second tide. O'Meara explained "for ourselves who don't know the course that well, a daylight run is the only option."

DW veteran Brian Greenaway speculated that as sea kayakers (like the second and third placed teams) they were bettered suited to the conditions. O'Meara played with the idea for a while before agreeing, "it probably makes you tough as you have to hack into the waves."

That wind also brought up the issue of having two starts. With the weather so bad on Saturday morning was it worth waiting to see if conditions improved? O'Meara confesses that sea kayaking experience looking at weather forecasts in detail "helps make a decision." Looking at the faster times you could assume the weather eased for the daylight run. Paul Ralph anchored down at Dreadnought Reach doesn't agree. The daylight run has traditionally been the choice of the victors and this year was no different. Read what you like into that, but several teams, including Morrissey and O'Meara, took no chances booking a couple of start times just in case.

More than just winning

DW's charm lies in its magnificent idiocy. Whether entering the Blue Riband non-stop senior doubles event or one of the categories tackling the course in stages, DW is about knowing what you can do and what you can handle. Family and friends support and cheer paddlers as they complete the 125-mile course, starting as well-honed endurance athletes embarking on a race that sees them degenerate into hypnotised paddling machine's on the verge of collapse.

Entrants to the staged race got a fair-weather start. This year's non-stop race start at Devizes saw canoes and kayaks blown across the wharf by the gales. Paddlers wondered about how much to wear while racers from previous years and support crews wrapped up in warm clothing dined on bacon sandwiches, quaffed coffee and talked about the weather.

DW key facts

- DW is 125 mile race from Devizes in Wiltshire, following the Kennet and Avon Canal to Reading, then the River Thames to finish under Westminster Bridge, the last 17 miles of the course is tidal.
- 3, 679 two person crews have completed the non-stop race, 919,750 miles of paddling – that's equal to the moon and back, twice.
- Mick Wibrew of Maidstone Canoe Club has completed the race 16 times, completing 2000 miles – can anyone beat that?
- DW in 2003 was sponsored by Orange – the mobile phone providers and Jordan's Cereals.
- 377 competitors took part in four classes in this year's race to Westminster.

Famous competitors include

- Trans Atlantic Rowers Chay Blythe and John Ridgeway
- Liberal Democratic leader (then a Royal Marine) Paddy Ashdown
- Adventurer Ranulph Fiennes
- First Woman to summit Everest Rebecca Stephens
- TV investigative journalist Donal MacIntyre (finished 3rd in 1998)

the day for Irish



Finding the right pace is essential – get it wrong and the energies depleted before the end. Add the wind and this year was a particularly tough call. While paddlers took the battering, support crews shared news on how the teams were faring – most were slipping from their race schedules. By Newbury, the weather was claiming increasing numbers of casualties as the change of clothes at Dreadnought (not yet half way through the race) exposed the fragility of all but the most determined. The race shows no respect for experience as DW novice and veterans alike were forced to bow out. Steve King and Paul Jones set



Big Ben behind the Danish crew of Claes Sorensen and Martin Hantgarh-Christensen

out for the daylight run at the same time as Morrissey and O'Meara and were leading the race. By Reading they'd been forced to retire.

As blisters bubbled up and backsides reached new levels of pain, the night section added to paddlers' problems as they struggled against the sleep. It's the stretch from Marlow to Old Windsor from 2am until the first signs of dawn that claims most casualties. Real time reporting from the waters edge updated on the Internet every 20 minutes showed promising times as two crews from Richmond Canoe Club (Russ Dawkins and Henry Hendron and brother Richard Hendron and Ross Lloyd) vied with brothers Asia and Morgan Cooper from Contrast Canoe Club for the lead.

Cutting through the inky black waters of the Thames, the leaders would be forgiven for not thinking about a small band of paddlers just setting out from Devizes on the daylight run.

From the Tideway it's meant to be plain paddling, but this year packed another punch of surprises. Arriving late at Teddington, some hit the slippery half lock portage at Richmond. Kathy Birch and Earl Hewett of Wokingham CC were winning the mixed doubles when they capsized and were picked up by the lifeguard before being flown to hospital by helicopter suffering severe hypothermia. They were at

Devizes- Westminster 2003 Winners



Senior doubles (Above)

- 1 Jim Morrissey (Dollymount Sea Scouts) and Michael O'Meara (180 KC Waterford) 18:35:41
- 2 Ian Wilson (Grampian) and Sean Morley (Devon & Cornwall) 19:13:32
- 3 Ian Bridge and Michael Doyle (Hemel Hempstead) 19:21:54

Endeavour

- 1 Richard Perkins and Cara Coolbaugh (Bryanston School) 19:35:42
- 2 Jonathan Hallam and Stevens Paul (Gosport District) 25:58:48
- 3 John Green and Steven Chambers (Barking & Dagenham Canoe Club) 27:47:54

Junior doubles

- 1 Nicholas Thomas and Simon Murray (Bryanston School) 18:40:45
- 2 Mark Burton and George Neville-Jones (Bryanston School) 18:43:12
- 3 James Purchase and Iain Hissett (Pangbourne Canoe Club) 18:45:34

Vet - Junior doubles

- 1 Markus Panayi and Andrew Thompson (Leaside Canoe Club) 18:45:53
- 2 Lee Bloxson and Richard Vincent (78th Leicester / 1st Thurmaston Venture Scouts), 19:22:59
- 3 Stephen Keane and Sandy Nightingale (Blundell's School), 20:18:41

Senior singles

- 1 Daniel Beazley (Leaside Canoe Club), 16:57:17
- 2 David Hallam (Leaside Canoe Club), 17:10:21
- 3 Ciaran Cooke (Phoenix Kayak Club), 17:35:23



Wandsworth Bridge – just 4.6 miles from victory.

Others pushed the pain barrier, digging deep for the last reserves of energy. On the last section, according to some experienced race veterans, paddlers only needed to stay in the middle of the river and let the tide do the rest. Some were so late they were paddling against the tide! Onlookers dangled over the side of Westminster Bridge as neatly packaged, cramped paddlers were lifted out of canoes. One suggested the Coastguard support vessel was rescuing someone who had just jumped off the bridge. Jaws dropped when told most paddlers had been in their canoes for at least 24 hours covering a distance of 125-miles and had taken on the ultimate challenge of the canoeist's Everest.

Making a difference

DW attracts interest from canoe clubs, the armed forces, endurance racers and athletes all sharing personal goals. For many of the schools taking part – some of which tackle the race as a one term event – it's the challenge for the students combined with the team spirit and cooperation between the crews. Andrew



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Jones of Trent College says it's about "seeing crews start off with very little prior experience, and after a great deal of training and hard work, enter a 125-mile marathon race, and not only complete it, but compete well, with great strength, fortitude and attitude." No doubt the feeling of all the schools' team coaches.

It's a bit of an eye-opener for the parents as well, says Andrew. From the fine weather of the Friday to see their sons and daughters battling in testing conditions against the "white horses charging upriver, with heavy chop and a biting headwind." Oliver Disney of the lower-sixth puts it bluntly: "Progress was so slow in the headwinds that it was often easier to get out and run where possible. It was demoralising and draining to constantly have to battle those winds." But it's worth it in the end, says school colleague Charlie Partridge. "The elation of finishing at Westminster was tremendous. It made all the pain worthwhile. It is amazing how quickly the memory of the pain and torment subsides and is replaced with a feeling of real achievement."

Others like Brett Cullen and Devald Joubert from the Isle

of Man blame raising money for charity as the motivation for completing the course. Practising on the islands offshore waters and on the Mooragh Lake in a borrowed kayak, the Manx men capsized a couple of times coming home in 37 hours – four hours faster than planned – and raising over £1800 for a local breast cancer support group. In previous years DW has raised over £30,000 for different charities.

Gearing up for 2004

Any DWer will tell you it's more than just paddling – it's very much a team event. Mick O'Meara believes DW success is built on paddler fitness, support crew, equipment, preparation and that little bit of luck. "It's a big risk returning to defend your title, rather than retiring unbeaten," says Mick, "but when you pull it off the rewards are better."

Get the combination right and you could be in with a chance in 2004 – Morrissey and O'Meara are not taking part. But take the opportunity while you can. "There's always 2005!" says Mick.

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DW diary 2003 – A junior perspective



Planning DW for almost a year, by the end of January '03 we would inevitably have to increase our training program from a once a week, 4-mile paddle. With the build-up Waterside and Thameside races complete, by Easter we were ready for DW. We didn't know what to expect.

Friday 18 April – Devizes to Newbury, 34miles

After spending the night at a friend's house in Devizes, and eating our own weight in pasta the night before, we were feeling good. It was a pleasant, sunny day, with

temperatures around 25°C. After a quick boat check, we set off with the intention of completing the race and maybe even enjoying it. With only the odd vicious attack from swans we came into Newbury in third place.

Saturday 19 April – Newbury to Marlow, 36miles

After a relatively good night in the tent, we got up, cooked breakfast, packed the tent up and made use of the somewhat primitive toilet facilities. We encountered several minor setbacks through the day. We dropped the boat in the water upside down after one portage and wasted valuable time emptying it, a seat fell out of the boat while running a portage and Iain was slapped round the chops by a lump of mango

Iain (front) and James
on Easter Saturday

Celebrating at
Westminster



which missed his mouth.

The day was also the coldest due to a fierce headwind - travelling down the middle of the river in the open stretch between Henley and Marlow may not have been the smartest move.

Sunday 20 April – Marlow to Teddington, 38 miles

We woke feeling great despite horrible blisters and knowing today was the longest stretch on the water. Paddling went well but it took an hour to put up our tent at the end of the day due to sore hands and being so tired. Evening presentations lightened the mood with awards for best blisters, sneakiest rule benders (one crew tried to sneak a microwave and generator into their tent), best cook and other random achievements. The applause was somewhat muffled as everyone had blisters all over their hands!

Monday 21 April – Teddington to Westminster, 17miles

By now we were pretty knackered even after a good night's sleep - however early you go to sleep, getting up at five in the morning isn't a nice experience. Despite the increasingly sore hands we had a great start and stormed off the line. Leading the way with three other Bryanston crews throughout the race, about four bridges before the finish we decided to pass the line together, after having been in fierce competition for the first three days. We passed under Westminster Bridge 1 hour 46 minutes after starting. Thoroughly exhausted a worried man in a dry suit hauled us into the steps beside the London Eye. From here on it was a bit of a blur: being given our medals, the flashes of cameras and shaking hands... which with blistered hands hurt quite a lot.

Iain and James came in 3rd, completing the course in 18 hours, 45 minutes and 34 seconds. ●

**By Iain Hissett and James Purchase, Pangbourne
Canoe Club**

Campbell, Nic and Stu feel the weight of silver

Campbell Walsh is a happy man. As he looks at the silver medal he won today in the Mens Kayak class, he will be pleased to have his first senior World Cup medal in the bag. Well done!

It was nip and tuck as the racing at the Penrith White Water course was full of intensity, excitement in the mens class. Campbell was only 0.7 of a second behind Dave Ford who took gold with two clean runs.

Lying third after the first run (semi-final), Walsh leapfrogged Peter Cibak to grab the silver just 0.34 secs ahead of the Slovak.

Neil Buckley finished 12th (3 secs off a final spot) and Paul Ratcliffe 19th with over 100 penalty points.

Not to be outdone... Stu Bowman and Nick Smith also climbed onto the podium for their silver medals. Lying third after the semi final run, the Brits watched with disbelief as

the Hochschorners (who were four seconds ahead after the first run and who must have thought they had one hand on the gold medal already) missed the final gate for a 50 second penalty. Its never over until the fat lady sings... so to speak!

Alex Burt and Andy Nicholl finished 6th and Tim Baillie and Tim Morrison who did well to qualify for the final, came 10th.

In the C1 class it was an Aussie 1-2 for Justin Boocock and Robin Bell which gave the home fans something to cheer about. Bell had a storming last run to make up time and take him from 4th to second. Stu McIntosh who was leading after the semi- final finished 4th.

The Womens racing was dominated by Rebecca Giddens, showing exactly why she is World Champions. She nailed the fastest clean runs of the day to win by a staggering 5.5 seconds. Elana Kaliska who led qualification had 2 penalties in her first run to put her in 4th place after the semi final and in her haste to make up time in the final run, missed a gate to pick up a 50 second penalty which then put her down to 9th place.

Laura Blakeman finished 5th, Helen Reeves 11th and Kim Walsh 14th. ●

K1M

1. David Ford (Can)
2. Campbell Walsh (GBR)
3. Peter Cibak (Slo)
4. Helmut Oblinger (Aut)

C2

1. Kuban & Olenjnik (Slo)
2. Smith & Bowman (GBR)
3. Skantar & Skantar (Slo)

C1

1. J Boocock (Aus)
2. R Bell (Aus)
3. M Martikan (Slo)
4. S. McIntosh (GBR)

K1W

1. R Giddens (USA)
2. M Farrance (Aus)
3. G Stacherova (Svk)
4. V Oblinger-Peters (Aut)

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Departing from Pontymoile, Lee at the bow, Simon at the Stern.

D of E, inspiration for the

Like so many great expeditions in the past this one began in Weston-Super-Mare! Well when I say started what I really mean is that it was during the Duke of Edinburgh Award conference in Weston that the idea was born.

As the Cornish Paddlesport Development Officer I'd been kindly invited to attend the conference as a representative of the BCU. I'd done my homework and was proud of the fact that paddlesport seemed to have at least a potential place in every section of the award.

Sustained participation in the sport could count towards Physical Recreation, progression through the skills involved in the BCU star award scheme obviously fitted well into the Skills section and Service could be gained from such activities as Canoe Life guarding and the new Cadet Leader scheme, but it was as a means of Expedition that really got me excited.

So how many young people use Canoeing during their Expedition? As an island nation we certainly aren't short of water but sea based adventure requires a very high level of expertise and safety cover and as such many young venturers and their co-ordinators may be dissuaded from this option. River expeditions are another possibility but access to suitable locations can be limited and safety cover on moving water is again a serious business.

What's needed is non exposed, easily accessible, still water of sufficient length to allow for all the skills of expeditioning but requiring no more skill or risk than say walking. The industrial revolution has a lot to answer for and thankfully the countries Canal network is one of them. British Waterways maintains over 2000 miles of canal in England, Wales and Scotland and with a simple BW licence (or membership of the BCU) we have all year round access.

So it was time to put this idea to the test. As Westcountry lads me and my paddling partner Lee Sampson were cautious of going too far from home and so selected the Brecon and Monmouthshire Canal in South Wales as a suitable waterway. Using Ordnance Survey information and a guide to the inland waterways of Great Britain we planned a 3 day expedition to canoe from Pontymoile, just north of Newport, to Pencelli at the foot of the Brecon Beacons. To then complete a circular trek climbing Fan y Big, Crybin and Pen y Fan and to finally

canoe back down the canal to Pontymoile. This would involve a total of 58 miles of canoeing and 16 miles of walking.

To say the expedition started badly is a painful understatement. At the very start of our planning we'd checked with BW that the canal would be open for our venture but unknown to us a leak had occurred just two days before we set off. The canal was still functional for most of its length but after just half an hour of paddling we were brought to an abrupt stop as the works crew fixing the leak directed us away from the canal on a 2 mile diversion to rejoin the canal just 100 metres up stream! Portaging a canoe is fine for short distances, and should be expected but 2 miles is another story! By the time we re-entered the canal we were just 2.5 miles into the trip, exhausted and it was already midday. Salvation came during lunch in the form of Dave, a local scout leader and D of E co-ordinator, who served us with hot mugs of tea and encouraged us that our target was only 12 hours paddling time away! We told him we were ambitious and left in a hurry.

After another 5 hours of near continuous paddling we stopped for dinner, we'd been conscious of the need to refuel and rehydrate throughout the day and so weren't in too bad a shape but a substantial meal was now required. Chicken korma, rice and nam breads did the trick and with the taste of hot chocolate custard fresh in our mouths we continued on our quest for Pencelli, just 5 locks, a 400m tunnel and 6 miles to go. We arrived at 10 pm, exhausted but back on schedule.

Helpful Hints - Day One

1. Carry a set of portaging wheels, they're light and a must for any long portages.
2. Learn the skills of "lining a boat" for use in shallow water and take a long line with you.
3. Check for the unexpected with BW the day before you leave on your expedition.
4. Don't overload your boat and pack everything into rucsacs for easy portages.
5. Don't over estimate the distance you can paddle in a day.
6. Even with a licence some BW facilities (toilets and some water points) will be inaccessible unless you also have a BW sanitary key.
7. Make sure you carry a torch for paddling through tunnels but first check with BW that you will have permission to paddle through them.
8. Practice putting your tent up in the dark!

Our one good fortune throughout this trip, besides meeting some great people, was the weather. The wind can play havoc with high sided open canoes and can even effect your progress along a sheltered canal but during our three days the wind was light and the sky stayed blue.

Our day in the mountains was no exception, indeed our greatest hardship was maintaining an adequate supply of water, by the end of the day we had consumed 5 litres each. The Brecon Beacons stretched out into the haze and approaching from the eastern end we maintained a majestic view of Pen-y-Fan right up to reaching its summit. We walked in much the same clothes as we'd paddled in and had found no real need to double up with clothing for these two separate phases of the trip. We'd canoed in our walking boots (which had proved more useful than we'd expected) and modern layers and waterproofs are just as useful to the canoeist as to the mountaineer. I just wished I'd brought some sun block!



Shallow water as we approached the damaged section of canal but "lining" the canoe saved a lot of effort.

young and not so young!

We'd left Pencelli at 9 am that morning and had returned by 5 pm, sun burnt and slightly dehydrated. With day light in hand we paddled back down the canal easing our burden for the final day. With open fields bordering the canal it was simply a case of finding a flat pitch and checking with the farmer that we could camp the night, easy enough when you arrived at a sensible hour!

Helpful Hints - Day two

1. Don't neglect your food both in terms of quantity and variety. Include hot desserts for dinner.
2. During the day eat and drink little and often, don't stop in the afternoon.
3. After a breakfast of hot muesli and a mug of tea we each consumed 2 chocolate bars, a hot cross bun, 7 small rolls, 2 pieces of fruit and a couple of biscuits throughout the day.

Both evenings campsites had been perfect, close to the canal and flat! After years of making do with the thinnest of foam mats I'd finally forked out and bought an inflatable sleeping mat, which resulted in two very comfortable and warm nights sleep.

As the morning of our final day dawned we had just 16 miles to paddle. We'd portaged a series of low bridges the night before and so our only remaining obstacles were five locks immediately ahead. Short portages have to be accepted when travelling by canoe, low bridges and locks are operated by winch handles which are heavy are rarely carried. Besides a narrow lock, as it rapidly fills with water, is no place to be for a canoeist, larger locks (as found on the Thames for example) aren't so bad.

We made good progress throughout the day taking time to explore some of the industrial heritage flanking the canal but I have to admit that despite the most technical of information boards I'm still at a loss as to how a lime kiln actually functioned?! We used bridge numbers and our guide to measure our progress and by lunch time had reached the BW office along side the canal at Govilon. We inadvertently stopped for lunch on the private wharf of Govilon Boat Club and for the first time in both our lives were excused by an official simply because we were canoeists. We had rearranged our end point to be upstream of the works and paddled the last 8 miles in 2.5 hours.

Helpful Hints - Day three

1. We estimated our uninterrupted cruising speed to be 4 mph but this was in a fast 18 foot fibreglass touring canoe, most plastic canoes would be a little slower.
2. For every hour of travel we used another 15 minutes for drink stops, navigation checks and breaks.
3. We'd recommend you work out your cruising speed by paddling your fully loaded boat for at least 3 hours and measure the distance covered in the last of these hours.
4. In addition allow 5 minutes per short portage and practice portaging with all your equipment before your expedition. Remember that you'll have low bridges as well as locks to portage around.
5. Choose your canal carefully, the Brecon canal has a 25 mile section without locks, others have locks at very frequent intervals which are tiring to portage and can become very demotivating.
6. We only got the Trangia out for a lunch stop on the last day but a warm cup of tea can be a great boost for the long afternoon ahead. 500 ml of meths was all we needed for the trip.

7. You could plan your route with just Ordnance Survey maps but canal guides are easy to come by and contain a lot of very useful information.

We'd had a great three days and together with past expeditions along the Coventry Canal, the Thames and the Irish Shannon I can't recommend this style of adventure enough. I wouldn't call myself an expert open canoeist but as a pair, Lee and myself can paddle in a straight line and enjoyed the adventures of being out in the wilds detached from civilisation even when it's right next door.

As for youngsters taking on this sort of expedition, wouldn't they just love it? Some training might be useful and may as an option include the gaining of a BCU star award, as for D of E supervision, the BCU would recommend a competent paddler to shadow the group at close quarters with a qualification of Level 2 coach or above. Many D of E co-ordinators could gain this qualification themselves and if not there's plenty of level 2 coaches around the country and on your doorstep you would love to get involved. Likewise, equipment can easily be borrowed from local canoe clubs and centres especially for canal based expeditions where risk of damage is minimal. ●



Useful contacts

Simon Hammond,
Cornish PDO for any
advice, contacts and
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Contact the BCU for information, membership and contact details for your local Paddlesport Development Officer. Membership of the BCU gives you free use of all BW waterways. Tel 0115 9821100, website www.bcu.org.uk

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The final few metres as we approached the end of our adventure at Mamhilad bridge.

After 2 miles of portaging we were exhausted but could at last start paddling again.



Perception Wavehopper Challenge

Top 6 club results so far – can anyone catch Salford? Don't forget it's double points at the finals on the 11th October.

1 Salford	380
2 Hexham	212
3 Shropshire	190
4 Brinkburn	188
5 Blyth	181
6 Smallheath	178

For more information of the events check the website

www.bcu.org.uk/youth/youthresults.html

Perception Wavehopper Challenge

There have been some great events run so far this year – with no less than 60 competing in events on 26th April on the Tyne and at the Burrs. Here are reports from both events.

Burrs Wavehopper challenge 8.3.03

I arrived at the centre around 7.30 am just before everyone else. We got all of our kit together and I was surprised when I got a birthday card from Heather and Katie. We got to the minibus and headed off for the Burrs.

When we got there the river was massive, bigger than I had ever seen it before this was because it had been raining all week. It was still raining while we were waiting there so we thought we would go inside to get out of the rain, there was a problem with this; the woman out of the café wouldn't let us sit inside. It wasn't just us; there were people that had come from Birmingham to compete. After all of this Stuart let us sit upstairs until Len arrived.

What I didn't realise was that Heather and Katie had bought me a surprise birthday cake, it even had a picture of me on it. We cut the cake up and gave everyone a piece. A lot of people turned up, we brought the most with nine. We registered and went to get changed.

The changing rooms were packed out with competitors. I didn't wear any of my warm kit (e.g. fleece, cag) as I wanted my kit to be as light as possible, there were a lot of people who advised me against this saying that I would get cold whilst out on the water, but I wanted to win so I wanted as less kit on as possible because I wanted to feel light.

We all paddled down the canal to the get on point of the river. We all had bib numbers from 1 to about 28. I was number 28 and I was feeling nervous so I tried to concentrate on warming up. Each bib number departed at one minute intervals and Katie recorded the length of each run.

The aim of the event was to paddle as fast as you could downriver to get your best time; we had two runs at this with the best one counting. When I got into my boat ready to race I was thinking that I had to win I needed another gold and especially since it was the first in the series. When they counted me down from five, I knew that I would have to paddle my hardest as there was some good competitors.

The first section of the race was flat water so I was trying to sprint this (even though the river was pumping). The next section was faster and bouncy with some wave trains. I was trying to get the right line down through the fastest water. This didn't go very well as I was focusing on paddling as fast as I could and this resulted in losing my line. When I finished my first run Katie told me that I had got one minute 58 seconds. I was pretty pleased with this as we went into lunch.

The second run we ran earlier as Stuart needed some people for the Level 3's to train. I ended up going eighth with Adam right behind me in ninth. I was paddling a lot harder, as one, it was my birthday and two, it was the first



Peter Hollis with his cake

race in the series. The second run started OK. I was still paddling hard but this time I got my line sorted. Just before the finish I lost my balance and tipped over. I was upside down and my knees were slipping, I tried to get them back into place but I had to roll with my knees against my spray deck!

When I crossed the finish for the second time, Katie told me my time was again one minute 58 seconds. I felt disappointed with my time as I felt the run was quicker but I felt OK as it took a couple of seconds of my time when I rolled; so I would have been quicker without the roll.

In the second run I didn't want to know if anyone had beaten me, I wanted to wait until they gave out the medals to find out. Len read out the results to find that I had got gold for the second time, so I got my medal and gift voucher as so did Adam before we went home. The team got a total of three gold medals and other good results. ●

Peter Hollis age 14

Tyne Riverside Country Park Where's the brakes?!

After weeks of dry weather would the Wildwater race planned for Saturday, 26th April at the Tyne Riverside Country Park, Prudhoe have to be renamed a 'Mild Water' race? Further up river, rocks rarely seen 'til mid summer in the Tyne had appeared as blackened teeth at the beginning of April...should I ring round the clubs and tell them to bring mountain bikes instead?

Fortunately my rain stick worked its charms and rain started falling Wednesday evening. Saturday morning dawned bright and clear, the river was up a couple of inches, and the rapids under the bridge a respectable Grade 2 – ideal for the 'first timers' in Whoppers.

So let's get the show on the road! First on site was Mike Mason, the national junior team coach, on hand to pass on his expertise to what I knew would be a lot of youngsters. Almost before the centre was unlocked, participants started to arrive bright and eager – thirty six in all, ranging from seven years to under eighteen. Divided

into manageable groups for coaching, each section got a half hour's coaching with Mike before lunch while others 'played' under the watchful eyes of a team of coaches. It emerged that for some youngsters, not only was it first time in a Whopper but also on a river!

In the afternoon, everyone had two runs of 400 metres in the boat of their own choice – amazing how many went for the Whopper when they realised how much faster they were! Excellent times were clocked up by Robin Jones and Anthony Elliott of Blyth KC and the two Heslop girls, Jennifer and Sandra from Hexham CC and sterling efforts made by many others.

To round off the day, I'd proposed a parent/child race to take place in a Topo-duo, fully expecting to 'badger' half a dozen pairs to take part. In fact we ended up with eighteen pairs, another 'topo' was hastily found and competition for the chocolate orange became serious! With cries of "You were supposed to be doing the steering" and "Just where were the brakes?" the last car rolled away at 6pm with medals, certificates and crème eggs in hand.

Thanks must go to the dedicated team who made the day go so smoothly, whether it was safety cover, coaching, timing, 'admin', carrying boats, or encouraging and cheering the youngsters on, and of course to Mike Mason for his first class coaching. A final thanks to Phil, the very patient warden whose day was considerably extended by the challenge!

Bobby E. Timperley, PDO N.E. Region

Attitude and washing

if you have attitude and like washing, white water canoeing is child's play, so why not give it a go!

Tom Glanville, aged 14, on the Nene. Picture by his dad, Andrew



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In love with Paddling the Nipigon

Heading across the mouth of the Gull Bay the next morning, we lingered and meandered in warm mild winds. As we reached Champlain Point, it became evident that there were many sand beaches providing excellent campsites. Further along, we came to a small islet just off the point, where an Eagle sat intently watching our antics from the tallest tree.

Our bows pointed at Caribou Island. Pelicans played and practiced flight techniques high above. The journey to Caribou was uneventful and relaxing.

Traversing the island's west shore, we skirted cliffs and high relief. The island's south end was a mass of angular and craggy rock faces, dwarfing us. A protected south facing bay castled with rock came into view. We entered its channel looking for a campsite. The map indicated a commercial fishing camp. Sure enough, an old ramshackle building appeared on the north side of the channel. Finding a high piece of ground, with another cabin in rotting condition, we realised that this was home. Pulling the boats off the water, we peeked into the cabins. Mould and rotting material was omnipresent. The area with the fire pit provided an ample spot to set up the tent and tarp. We cleaned the site, removing beer can remnants that had partially melted by previous campfires. As we fell asleep that night, chirping of Boreal Chorus Frogs and squawking of Great Blue Herons serenaded us.

Week 3: Wind, Waves, Illusions and Appreciation

Leaving Caribou Island, we set out for a ten-kilometre crossing aiming for the safety of the distant peninsula. About half way across, winds started to build from the south. "Are we going to be OK?" Monique asked with apprehension in her voice. "I think we will be. When we get closer, Booth should provide a wind break." Concentrating, we fixed on the task as waves splashed over our boats. "Phew, glad we're here, Monique said with relief. We pulled the boats up and set the tent up on the soft mosses.

After dinner and burning the pudding, we decided to paddle that narrow river-like bay. As we meandered, rushes and reeds wafted in the breeze. The sun's angle reflected in such a manner that we could see small fish swimming in amongst the aquatic vegetation. Returning and after a short swim to improve my odoriferous nature, we watched the setting sun and reflected.

The next morning, winds had dwindled but were showing signs of increasing from the southeast. Heading along the northeast shore, winds continued to build as they pushed. Crossing two small bays, we edged our kayaks ensuring that we were not blown further out into the lake. Just when we arrived in the narrow channel between St Paul Island and the high cliffs of Grand Cape, something swam in front of us. Was it a beaver? Was it a muskrat? We couldn't tell. As soon as it landed, its identity became clear; a mink.

As we neared King's Head, its rocky presence loomed augmented by towering black cliffs. "Look at that," Monique commented. "That's a

In the Interior of Shakespeare Island (Rea Lake)



recent rock slide." Large boulders and portions of the cliff face had slid and tumbled into the water. The newly exposed rock remaining had not oxidized and remained quite light in colour. Our attention turned to the high winds blowing from the windward side of the King's Head. Our advance was slow and tedious. Waves close to shore were not much of a problem; it was the high velocity winds. We struggled; we paddled. We struggled some more and finally we reached a protected bay where we stopped for the day.

"There's no wind," Monique beamed, "I never have seen this lake so calm. Is she asleep? It's like looking into a mirror." As we headed south along Shakespeare's east facing shore, a light mist covered the lake. In the distance, forty young and mature loons gathered in dialogue. Their eerie conversation echoed around our kayaks with the older loons seeming to say, "We have taught you all you need to know. Soon you will stretch your wings and fly south. You are now ready for the journey."

"Let's see if we can paddle up into Rea Lake through this meandering channel," Monique sparked. Along Shakespeare's shore, we found an outlet that would take us into the heart of the island. As we paddled through the reeds, rushes, sweet flag and arrowhead, our senses enjoyed

th a lake: wilderness (Part 2)

Sitting on the Rocky Knoll
(Jackfish Island)



Landing at the Moose
Pasture (Shakespeare Island)



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the aromas. Vegetation changed to sweet gale as the channel opened up into a small lake. Lingered, we could see a head of an animal bobbing along the water's surface making its way across the lake. As it reached the opposite shore, its lumbering and lanky form, produced a Moose. We watched and waited. In a blink of an eye, the moose vanished into the forest.

"Let's spend another day here," Monique offered as we woke the next morning, "I know we are only 10 kilometres from Poplar Lodge but I'm not ready to go back." "Fine with me," I said as I smiled. We read, rested and reflected how Lake Nipigon's varied nature had brought us closer to the important things in life; learning about our inner selves and our place in the natural world. Feeling refreshed, we weren't very eager on returning to the hustle and bustle of our day-to-day lives. A deep and intense Love for this Lake was now part of our psyche. "I hope Lake Nipigon never changes, Monique whispered, "I wish it remains a wilderness retreat now and into the future.

After our day of rest, we were back on water to paddle our last 10 kilometres. True to form, winds increased from the southwest and they pushed us to our final destination. We pass the Marina at High Hill

Undercliff
Mountain

Harbour and winds pushed us quickly around the point bringing Poplar Lodge into view. Waves were now breaking as we surfed the remaining 3 kilometres to our take-out point. Landing at the beach, we congratulated each other on an amazing trip and blew a kiss to the spirit of the lake thanking her for her hospitality. Packing up, the campground attendant came by and said, "Sure looks nasty out there." We knowingly smiled, and said, "Yep, it sure does." After packing up, we quickly tallied the distance travelled during our three week adventure. We paddled just under 400 kilometres.

Stopping in Beardmore's NewFinlander for lunch, an old-timer peered at us over his beer. "So, you were out on the lake we're you." "Spent three



weeks kayaking her waters," we replied. Visibly impressed, he went on, "We love our lake. The water is clean; fishing is great. At times, it acts like an ocean. It can get rough, you know." We nodded. "Glad that you enjoyed your time with her – she's quite a lady isn't she?" We both smiled in agreement, as we raised our glasses. ●

Article by Craig Zimmerman who is an avid sea kayaker and naturalist living in Sault Ste. Marie, Ontario
Monique Hansen is obsessed with sea kayaking and is a devoted gardener residing in Sioux Lookout, Ontario

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LETTERS

Your chance to put forward your point of view

Flourishing polo

It was recently brought to my attention that certain people are bemoaning the lack of polo in the West Midlands region. For the last three years the West Midlands league has been going from strength to strength. I originally resurrected the league to honour the passing our (Dudley Canoe Club) treasurer and the BCU's Mr polo, Phil Bennett.

Since then the league has grown to two divisions with 11 teams coming to tournaments in Dudley from Warwick, Bromsgrove and Blakedown to name just three, West Midlands towns. The league is now run jointly by Geoff Phesey of Blakedown and myself.

Both Blakedown and Birmingham University have used our league to gain experience prior to going on to bigger things in the national leagues, although still a fledgling league we are quite proud it and hope to continue to grow.

Teams wishing to enter for next season should contact myself at NJPiggott@aol.com or through Dudley Canoe Club or Geoff via Blakedown Venture Scouts Canoe Club.

Although we don't have a regional rep in the West Midlands this does not mean that polo is not flourishing.

Nigel J Piggott

No credit

Thanks for including the review I sent to you in the April edition of *Canoe Focus*. I haven't had anything published in a magazine before and was quite chuffed to see it there.

I was just a little disappointed to see that the review had been credited to Ray Goodwin. This is not a complaint as everybody knows Ray has a love of all white water and probably would have enjoyed this video.

Despite my nit picking this was yet again a great varied issue, highlighting our wonderful world of paddlesport. Keep up the good work and well done on delivering good information to the BCU members.

Ewart Aylward

What can we say except sorry. Glad you enjoyed the rest of the mag though. Ed

Rivers for canoe camping and canoe hire

For some years I have gone canoe camping with an old schoolfriend on the Wye, not using campsites but pitching our tent on islands or little beaches by the river. Does anyone know of other rivers in England or Wales which lend themselves to this? Ideally we are looking for rivers which have a right of navigation, and pockets of land on the river margins where one can camp without upsetting farmers or landowners.

Since my 50th birthday we have also organised an annual canoeing trip down the Wye, renting 15-20 canoes for a group of friends for the weekend. Here too I would like to widen our horizons. Are there other rivers where canoe hire companies operate as they do on the Wye?

Robert Hazell (r.hazell@ucl.ac.uk)

Old Forg access point

On the 4th May, I was involved in taking a group of young people paddling at Symonds Yat. We had chosen to start a

river run from the Old Forg access point and discovered it is now closed off. As it turned out we used Kerne Bridge instead. While this is an issue in its self (access issues at the Yat are normally well publicised - has this one?). I was disappointed to see a group of kayakers throwing their boats over a now locked gate that is quite obviously there for a reason. I can only assume that if they had arranged access they would have a key for the gate. Whatever the access issue or argument is at the Old Forg, I don't believe that groups of kayakers throwing their boats over the gate will help. The only thought that comes to my mind is 'DUH' - if we saw them, who else did?

In retrospect we should have stopped and challenged them, but it was unsafe to do so. It is a narrow and busy road at this point, not helped by the fact that the group had barely parked their cars and trailer off the road. (The gate was partly preventing them from parking in the area that would normally be used).

Normally I wouldn't say anything, but in this case if access is an issue, then this group were stupid and careless.

Nick Fawdry, Coach Level 2 Kayak

Peter Bray

The April issue of *Canoe Focus* makes a passing reference to Peter Bray's Atlantic crossing. I do not recall having seen an account of this crossing in *Canoe Focus* or the national press. Surely this world record must be one of the most outstanding events in the history of canoeing. Please find room to print a full and detailed account which I believe will be of great interest.

Gle Porteous

To follow Peter's progress and receive regular updates, take a look at www.peterbray.co.uk/
Ed

Get well soon

I am a 'mature' paddler who joined the St Albans Canoe Club (as it was then) in 1973. When the Potters Bar canoeists came into the club they brought with them the Vessey family and canoe polo. Their enthusiasm added a new dimension to the club as we witnessed success in both slalom and polo.

I now follow the canoe world largely through *Canoe Focus* and for several years I learned of the polo lads' successes from Valerie Vessey's excellent articles. Then came one or two by a new reporter and then - silence.

So it was with mixed feelings that I read Alan Vessey's letter. Sadness to learn that he had been hospitalised but relief that he was well enough to draw attention to the lack of polo news. I am not *au fait* with the organisation of canoe polo competition but surely there is a coach/manager with the team. Is it too much to ask he/she to report at least the bare bones of what our team has achieved in this field?

To Alan I would say get well soon and good luck whichever direction you decide to take, but you could do worse than volunteer for committee membership. Sooner or later that brick wall will crumble and you are well qualified to be part of the team that brings it about.

Burton Mills

Please send letters either by email to

[peter@](mailto:peter@canoefocus.co.uk)

canoefocus.co.uk

or post to:

Canoe Focus,
49 Greenfields,
St Ives,
Cambs PE27 5HB

Holiday swap

I am a paddler in Iowa, USA. I have organised trips on many of the rivers in this state, and I would like to share my experience with others. What I would like to do is to invite some people from England to come canoe with me, and then have them host me for a canoe trip in England. I would organise the entire trip in the States, they would only have to get here. I can send pictures of my past trips for people to see the beautiful areas that we would paddle through. If you think that this sounds like a possibility that it would work please let me know. If you are not interested in a trip like this, but know of someone who might be, let me know. Thank you

James Higdon

[higdonj@aea15.](mailto:higdonj@aea15.k12.ia.us)

k12.ia.us

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Classified, 49 Greenfields, St Ives, Cambs PE27 5HB.
Adverts cannot be taken over the phone.

FOR SALE

15 Foot 'Grumman' Open Canadian canoe in very good condition. (Now made under the "Marathon" name and price new, in Spring 2002, is £800). Sale includes pair of 'Schlegel' Canadian paddles, 1 ABS paddle, mooring stakes, anchor, gunwale covers, seat covers, waterproof container and various other sundry items. Price: £550.00. Also a 'New Wave Professional' double-bladed general purpose kayak paddle virtually in new condition! (Overall length 207cm) Price: £35.00. Owners selling with great regret due to various fitness problems! Contact David or Anne on 01245 352346 (S.E. Essex - buyer to transport).

2 pairs of wetsuit boots size 5-5 1/2. 1 Pair never worn £20, other pair £10. 1 waterproof pack sack. Ideal for putting camera or video in. £15. 1 Kayak Buoyancy aid. £10

5 Glass Fibre Kayak surplus to requirements, space wanted. Also 1 windsurfer complete sails, mast etc. No offer refused. Could deliver within reasonable distance. Phone Dave 01935 428603 or Andy 07870 611310. Somerset

Beautiful antique canoe made by the Strickland Canoe Company of Ontario Canada, possibly before WW1. Weight 33 kilos, 468 cm long, width 81 cm, depth 33 cm. Made of alternate strips of light and dark wood on ribs in the conventional manner of the time. It comes complete with rear seat on which the manufacturer's number 2842 has been stamped. Fittings include seat thwart for solo paddling, mast step and socket, metal carrying handles and small clips of indeterminate use! Suitable for restoration to museum standard or as a delightful touring boat. £1,300. They don't make canoes like this any more! Contact Richard on 01179683842.

Blowkarts (small land yacht) good condition great fun for windy days £750.00 each contact steve at steve-jones@amserv.co.uk or 01443 740156

Brand new epoxy keel/deck and hullacing K2 'Condor' for sale including spray decks. Quick forced sale needed so looking for anything above £1,000 a saving of £500! Rob on 07956 182 151

Canadian canoe coleman ram-x15 £175 ono tel:017687 72000

Cedar Strip C1 Open Canoe, glass sheathed, cane seat, 14' 6" x 27", very good condition, little used over last 5 years - £475 ono. Tel. 01284 700165 or email boyd.nicholas@forest-health.gov.uk

Cirrus or Hobby K1 in good condition, can collect Southern England and Midlands. Please contact David on 01296 668639.

Coleman Ram X 15' Canoe. Extras include Paddles x 2. Extra seat. Trolley. Helmet. Buoyancy Aid. All items as NEW (unused) £500. Phone 01509 551008 (Leicestershire)

CSC Master Kayaks x 2. Good boats for beginners and serious water - CSC is almost a Pyranha, but cheaper. Includes two paddles, deck, skeg. One rear toggle needs attention, otherwise very good condition. Pictures by email on request. Arthritis knee braces for sale. To clear £250 for the lot. Buyer collects - Banbury, Oxfordshire. Contact Neil on 01295 738473 or Neil@bcc1.demon.co.uk

Dagger Blue, blue, good condition full w.spec. Full plate foot rest, back rest, air bags, neoprene spraydeck, suit smaller paddle £150. Tel: - 01237 470606 (N.Devon)

Dagger centrifuge. Colour, Red, Blue & green. Price £320. Condition: fair-good. Other items for sale: paddles, helmet, buoyancy aids, cag, glasses, camera, books, river equipment, containers, wetsuit shoes & boots. Contact Mark on Bristol 01275 542674 e-mail: MarkThompson130@hotmail.com

Dagger Freefall XT - £225.00 or swap for Inazone 230. Tel: 07765 372838

Dagger Infrared - Good Condition, Blue Multi Art, £250 ono. Contact: Nicolaharris1977@aol.com or 07909 558 737 (South Yorkshire)

Dagger Infrared. 2 Years old in good condition. One lady owner stored indoors. £350 ono. Contact Dave on 01229 582009, Ulverston, Cumbria

Dagger Legend 15', Navy blue roylex, fitted air bags, kneeling thwart, etc., ready to paddle. £675.00 [Run out of space!] Tel.01427 628419 Eric or colonel2@biopenworld.com

Dagger Genesis 15ft Open canoe. Full W/W spec with saddle and air-bags. near Leeds , £350 ono. Tel 01937 573082 or e-mail d.wort@virgin.net

Dagger gtx red 9mths old good condition ideal river running boat for larger paddler full whitewater spec first to see will buy £375 contact Lee on 07930564736

Dagger RPM Full W/W Spec. End Caps, Bags Excellent condition, stored indoors only 3 years old + 200cm Gorilla Paddle. Bargain £380 (Young, Ian) or swap for Topo Duo. Available either St. Ives, Yorks or Herts. Tel. Iain 0777 6133818

Dagger Vertigo. Very good nick, blue and black, plus stickers! £250 ono Ring 01753 888740 (comes with free canoe friend if you live in bucks!!)

Dagger Vertigo. vgc, upgraded parts, new boat forces sale £300. (Scotland) Contact: Bob, 07974923331

Dagger Vertigo. purple & turquoise. Very stable river runner, Ideal first serious boat £250 ono. Dagger Vertigo, blue / black, intermediate playboat / river runner, good condition, priced for quick sale £250 ono South Bucks 01753 888740. Richard@eatonair.co.uk

Dagger Freefall, very good condition, complete with

full plate footrest, airbags and backstrap. £275 ONO. Contact Morris on 01788 814160, 07791 739852 or morryval@everest70.freeserve.co.uk Warwickshire.

Dagger Outlaw, 2yrs old, excellent condition, ww spec, hardly used, £425 ono. Contact: Andy 07887557123, andy_rhucroft@hotmail.com

Dagger Super Ego. Blue & black. A superb playboat for those long in the leg or big in the belly. £325 ono. Tel: 01242 691485 Evenings.

Double Dutch Krpton slalom kayak, red/orange foam sandwich deck, clear aramid hull. Only used twice so immaculate con £425 ono, Richard 01676 542461

Eskimo Diablo 270 - forgiving river running boat, yellow + Perception Java Excellent creek boat/yellow orange good condition £350. Region Manchester. Contact Laurie on 01619984284 or E mail loz_carsfoot@yahoo.co.uk

5 Eskimo Diablos for sale. All in good condition. £250 each or £1000 for all five. Also other kayaks and equipment. 01437 721611 or play@tyf.com

F roof rack for 1992 on orion 35.00 ono roof rack fitted with uprights for car with gutters contact steve at steve-jones@amserv.co.uk or 01443 740156

Gaybo WW Racer. Reasonable Condition. No Leaks. £150 Mike Robson Tel 07721 362529. or e-mail mike.robson23@ntlworld.com

Ina Zone 220, hardly used excellent condition, Blue, £320 throw in a ras deck for free. South West area. Contact: Jev on 07855502459

Kayaks for sale. 1 Enigma Pink £80; 1 Europa White £80; 2 Perception Dagger Red £80; 1 Pyranha Mountain Bat White £80; 1 Pyranha Mountain Bat Pink £80; 1 Pyranha Rotabat White £80; 1 Valeta Blue £80; 1 Valeta Red £80. Kayak trailer for sale £450. Good condition, 3 tiers, Self braked, storage boxes. Towing hitch. Lighting board. If you're interested get in touch and I can email you some photos. Prices are negotiable so make me an offer and I might make your day! Chris Askew, President Aston Uni Canoe Club askewcj@yahoo.co.uk

K1 - macros, ideal for the heavier paddler. Carbon Kevalar Hull, Glass fibre deck, all black and complete with wooden seat. Mint condition. £550. Tel: 01344 481805

K1 Kobra low volume full carbon like new and the cost is £550 ONO. Mobile: +44 (0) 07711 055124 E-Mail: andy.morgan@gc.com

K1 Cleavdon. X - Carbon Kevalar V.G.C. £550

K1 Tiger. OK Light and fast - £150. Call Steve on 01179659608 or 07770988395

Kirton Mirage 4 K2, carbon kevalar, very light and fast, complete with 2 paddles and zipped spraydecks. £650. Tel: 07990 567115, email: jcg18pa@hotmail.com

Kiwi Voyager Open Canoe, with Outrigger and Sail. Little used, one careful lady owner, excellent condition £500 ono. Ladies size 14 wetsuit VGC 35 ono. Gents wetsuit XXXL good condition £30 ono. email canoe_sailor@hotmail.com or phone 0116 2364865 after 6 or at weekends.

Klepper Aeries 2, £600; some work needing doing, paddles included. Contact Dick Foyster 01953 606910 (Norfolk)

Lettmans Wing Paddles with metal tips. Very good condition. £100 (& P&P) John 01902 783967 or e-mail john.clive@btinternet.com

Liquid logic pop Orange good condition £475 contact Pete 01690 760270

Marathon C1 American sit down style boat, anything considered Tel. 01284 700165 or email boyd.nicholas@forest-health.gov.uk

Marsport 'Toucan', K2, Glass Fibre in white, VGC, £900 Tel. Mike on +44 7764 359 821

Mega UFO Venom surf kayak. Red & Mango marbled design. Adjustable foot pegs, Back strap. In excellent condition. £600 o.n.o. 07976 247682 or glaycock@biopenworld.com

5 Old Town Discovery Open Canoes (red) including 174's and 158's @ £500 each ovno. Indespension 8 Canoe/24 Kayak braked Trailer £950 ono. 4 Jumper BATS @ £55 each ono all ex cert/NSOC. email: paul.fynn@talk21.com

Nordkapp Sea Kayak. Excellent Condition, Red, Hatches, Deck pump, Rudder, Ocean Cockpit, Neoprene deck. £895. West London. 01895 635510

Ocean Kayaks Drifter & Drifter II. 6 months old £250 each Also other kayaks and equipment. 01437 721611 or play@tyf.com

Old Town Discovery 119K - excellent solo touring canoe. Red. Good condition. 7375. Phone Andy on 07966 491026 or email morven@ukonline.co.uk (Thames valley).

Open Canadian - 12'6" marine ply canoe to Phil Green's 'Indian' design. £200 c/w paddle. Ring 01963 33532 (Somerset) or e-mail angus_watkins@compuserve.com

P&H Orion sea kayak, stable, manoeuvrable but still no slouch, fitted with skeg, Suunto compass, split paddles, electric bilge pump, sacrificial strip, drinks holder and towing cleat and eye. Very comfortable expedition kayak, predictable and easily loaded. May include neoprene spraydeck and lendal knordkapp carbon blades with modified crank shaft at 224 cm. Cheshire area, will deliver reasonable distance. £750. Contact Terry on 0151 355 1170 or aulddog@aol.com. Can be seen at www.nwsk.freeserve.co.uk, photo gallery 4, 2nd row on right.

Perception Mr Clean, Kober paddle, spray deck

and helmet. £395 ono contact steve at steve-jones@amserv.co.uk or 01443 740156

Perception Spin - 6 months old, excellent condition, x team boat, £350, phone james on 01276 475719 or 07729871896

Perception Dancer - good general purpose kayak. Clear. Fair condition. £100 including spraydeck and paddle. Phone Andy on 07966 491026 or email morven@ukonline.co.uk (Thames valley).

Perception Dagger XT and paddle. Green, Very Good condition, little used £190 ono. Contact David on 01954 202528 (Cambridgeshire) or email: david_beswick@ntlworld.com

Perception Corsica, good condition, airbags, full plate footrest and backstrap. £175 ONO. Contact Morris on 01788 814160, 07791 739852 or morryval@everest70.freeserve.co.uk Warwickshire.

Perception Sealion Fastnet c/w rudder. Red. 3 years old. Only used once. Very good condition. £375.00. contact Rodney 01643 704144 or 01643 862334

Perception Whip-it, Green, Good condition, £250, South West Area. Contact: Jev on 07855502459

Perception Whip-it, green, £250, good condition contact Jeff on 0121 421 4395

Prijon Seayak 1 Double and 1 Single Sea/Touring Kayak. Red £450 and £350 Spray Decks, Paddles, Rudders Contact Philip on 07770 411 613 or philip.jacobs@dorington.co.uk

Pyranha Acrobat 270 Grey, ww spec & ideal beginners boat. Good condition £225 ono. Contact Martin 0114 2217153 or email Martin.Clough@eds.com Sheffield area.

Pyranha Blades. Good condition, well used but loved. Will suit river runners, who like elegant moves! Beautiful boats. White water spec. Contact Sian on 01603 278279 or email tomlinson1@bce@aol.com Norfolk based , but can travel £200 each

Pyranha Inazone 220. Excellent cond used 6 times. orange/black outgrown £375 will do straight swap for good Inazone 230. Any colours must be full white water spec with airbags. Contact Kenny kennypark@fsmail.net

Pyranha inazone 220, black and blue good condition £350 o.n.o phone chris on 01322 273832 or 07956 273319. Or swap for a Dagger RPM or Redline. Live in Darford work in N.yorks

Pyranha Inazone 240 (Sport) + Lendal Kinetic N12 Paddles (2005) + Playboat Deck V.G.C. (£300) Tel: Steve 07810 232444 Merseyside area.

Pyranha Magic Bat £150. Creek 280 £80. Perception Piroquette £150, Piroquette 'S' £150, Corsica 'S' £135, Arrowcraft Spider slalom 'C1' £100. Gaybo WWR C2 £150 Open Canadian Tourer £275. Phone 011332 873789 (Derby).

Pyranha Microbat 230 Blue W/W spec, inc paddle, spraydeck and helmet £250. Contact Lee 01744 633454 Merseyside

pyranha mountain 300 for sale good condition new back rest c/w (fabric) spray deck and paddle £250, view west yorks

Pyranha PROZONE Orange, good play and surf kayak. £250, Kaik@gmx.de, Brighton, Nene, or Hurley email: debbycarr@bigfoot.com

Pyranha Prozone 220. Mint condition, red/black. 1year old. £450 ono. Contact Owen (01874) 754353 ojmhayward@tiscali.co.uk

Pyranha Prozone 225 Orange £325.00 Includes air bag, fantastic condition. kb_master@yahoo.com or phone Kyle on 0121 777 5001 or Barry on 07966 512101

Pyranha Prozone 225, £375 phone: 07970115540

Pyranha PROZONE 230, orange, in good condition. Willing to travel to Northampton, Nottingham, Hurley or the Twyeryn. Asking price £300 ono. Contact Susie 07989 292 026 or st10843@yahoo.co.uk

Pyranha Prozone 225, 275Ono, Good condition, red and black, stored indoors. Top playboat, surfs well, slicey ends for great control and impressive cartwheels, blunts etc.. Live close to Nene can also meet at Nottingham, Hurley, Twyerm etc. Contact Ben 01604 750789 or rststephenson@yahoo.co.uk

Pyranha Storm for around 325 o.n.o it has end caps in it red an adjustable back rest system good condition been on white water a few times contact patrick on 01642 862097 or email winebarsus@hotmail.com

Pyranha S8 235 green and blue art spec. seven months old. Paddled twice. in excellent condition. Must sell due to injury. £445 ono. contact Ben on 07980308954 or email tekwox2k@hotmail.com

Radical Moves Duet - K2 playboat, similar to topoduo, but lighter and faster, epoxy - diolen vgc. Little used, never used on white water, end caps and footrests still unfitted. £300 ono. Tel. 01284 700165 or email boyd.nicholas@forest-health.gov.uk

Riot Dominatrix 47 with playboater spraydeck, fully kitted out, Good condition, genuine reason for quick sale! Offers £300 - £400. tel 07900 577614 or 01422 259049 or email marcus.irvine@tesco.net

Pyhrana Master 2 in red, with a full plate footrest, Palm backrest and skeg. Good condition. £180 ono. **Thule roof bars** to fit any car left with gutters and a set that fitted a VW Golf MK2. Free to anyone who can use them. Tel. 0191 3857471 (Newcastle Upon Tyne) or E-mail martin@garrett86.freeserve.co.uk

Riot Booster 55 Bought new last June and hardly used. Yellow Spiderwoman edition. Playboat spraydeck. Piranha Airbags. Excellent Condition. £450, Darford, Kent. Tel: Adrian 07909 918682 email: adrianstrone@biopenworld.com

Riot Booster 55 Spiderwoman Yellow. Bought new June 2002 and hardly used. Excellent condition. Airbags and spraydeck. £425. Tel: Adrian 07909 918682 or adrianstrone@biopenworld.com

Riot dominatrix 44, torrent blue, 8 months old, inc. new peak deck, £425 contact Mark Blower 024 76373484 or email Mrkblower@aol.com

Riot Tricster yellow and red artwork. £300. Very good condition. York area. Contact Roy on

royhalpin@hotmail.com
Riot Air 55 £500. Yellow, only 2 months old, Genuine Reason for sale. Can Demo at HPP. Contact Paul on 0776 586 4994

Riot Disco, Red, Full Spec, Immaculate, Used 5 times, 1 lady owner, can deliver. £500 own contact Jackie: kavakkid85@hotmail.com 01709 740624 (Nr Sheffield)

RiverTec & Pyhrana Fish Deck - General Purpose decks. Both excellent Condition hardly used, Worth about £65.00 each, will sell for £45.00 Each Contact: Nicolaharris1977@aol.com or 07909 558 737 (South Yorkshire)

Romany Explorer: Yellow deck white hull (GRP), Silva 70 compass, hatches. Seen service but still in very good condition. £660. Contact Charles on 01766891895.

Roof Bars. Audi A4 roof bars. Cost new £135 for sale @ £65. tel 011 8983341 (Reading area) or email roger@braedene.freeserve.co.uk

Sweet Helmet - Black Carbon, Never worn worth £125 will sell for £100 ono. Contact Nicolaharris1977@aol.com or 07909 558 737 (South Yorkshire)

Sprite 13-foot single seat fibreglass kayak, paddle and spray deck £100. Thule roof rack for guttered car. make us an offer. Phil on 07887 517649

Wavesport Big EZ Orange and yellow, excellent condition and only used for gentle playing. Suit taller paddler for river play. On show at UK Canoes in Lancaster. Could meet at a Dales/Lakes location. Contact UK Canoes on 01524 388850 or tel Andy on 07974641924 sale at £375.00

Wavesport Big EZ, Good condition, 1 careful owner, excellent boat for beginner playboaters, £350 Or Nearest offer. Contact Steve on 07870140377.

Wavesport forplay £225, can deliver to North wales or Coventry. Contact Rob on 01788574528

Wavesport Siren - 1 year old, Excellent Condition. Red, Really Nice Ladies Freestyle Boat. £475 ono. Contact: Nicolaharris1977@aol.com or 07909 558 737 (South Yorkshire)

Wavesport Ace 4.7 yellow and orange, good condition, fit size 10 feet easily, can deliver to certain areas, based in Hereford £400 Contact HX 245 any colour and condition. paulbayliss@hotmail.com 07976 932902

Wavesport ACE 5.1 for sale, 12 months old, FAT 2.0 outfitting, very good condition, well looked after, in Wavesport Blue colour, An excellent playboat and great on rivers, very comfortable, cost £749 last summer, would like to sell for £450. Contact Andi - 01373 825754, 07801 621183, alpine@mad173.fsnet.co.uk

Wavesport XXX paddle, blue Good condition. Contact Harry on 07919231916

Wavesport 2, Blue, White, red. Excellent condition, brilliant river running and surfing boat. £280 ono. 01548 821617. Mid East Devon area.

Weaver surf shoe - Classic surf boat. Yellow/red. Fair condition. £75 including spraydeck and paddle. Phone Andy on 07966 491026 or email morven@ukonline.co.uk (Thames valley).

Wood veneer K1 in reasonable condition or damaged. Limited funds 07768 618760

Wanted

Dagger RPM or GT in good condition for a reasonable price. North West region preferred. Please contact Paul at Paulandkathrin@aol.com

Eskimo Kendo or Inazone 212 or Wavesport Evo or Siren in good condition for a reasonable price. North West region preferred. Please contact Kathrin at Paulandkathrin@aol.com

Neoprene spraydeck to fit an Islander Sea Kayak and a cheap pair of split paddles. Please phone Dave on 01248 602040 or e-mail daveinexile@yahoo.co.uk

Ocean Kayaks 'Yak Board' or similar. Preferably within travelling distance of Hertfordshire. Please e-mail make, model, price to Carl at j_werrett@hotmail.com

Perception Fastnet Sea Lion, reasonable cond. accepted shaundb63@hotmail.com or phone 0114 2498822

Perception Dancer good condition not essential, West London, can travel. Contact Tim 020 8287 5292 or tim_tibby@blueyonder.co.uk

Pyranha G3, tel: 0787 668 1489, email: kjc@uk2.net

Pyranha S7 1-ball with the 2002 spec included. If you have one for sale (in England) then please send me an email: ericgreenday@hotmail.com

Roof rack/bars for Corsal/Astra. Tel: 07765 372838

Wavehopper for 15 year old girl. Please call on 0113 2528591.

Found

An open canoe paddle on the river Barle on 9th March 2003. Contact Daniel on 01244 678408 with a description for its return.

Lost

Set of RVX Carbon Fibre paddles lost in the scum at the finish of the D-W on Westminster Bridge on Easter Monday. Any info, please contact Oli Kemp on 01980 620353 or 07747 807843.

Stolen

On Wednesday 7th May 2003 my secured canoe was stolen from my roof rack in the Canterbury (Kent) area. It is a Perception Whipit Mk 5

SEA KAYAK ATLANTIC CANADA

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For further details please contact Sian Bourton Tel: 01874 625252 ext. 401

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Jane & Guy Williams on:

Tel: 01678 520738

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We Don't Want You!

If you are not interested in working with young people from a variety of backgrounds. If, however, you are an enthusiastic Christian with a desire to assist in the personal development of young people through the use of activities ranging from initiative games to abseiling and High Ropes Course all held in a fun environment then Action Centres U.K Ltd. Can offer you the following opportunities

Pioneer Centre, Shropshire
Chief Instructor & Instructor

Frontier Centre, Northamptonshire
Instructor

Salary for each position is dependent upon experience

For Application Form and Job Description please contact
Personnel Officer, Action Centres U.K Ltd., Kings Park
Road, Northampton NN3 6LL Tel.No. (01604)499699



VACANCIES FOR 2003

Fourth Dimension is a small privately owned organisation. Vacancies exist from April to October as follows based in South East England.

- Multi-Activity Instructors
- Kayak and Canoe Instructors (L2 Training minimum)
- Freelance Providers
- Catering Provider
- 6 Month Trainees
- Above average pay rates

Fourth Dimension (staffing), 13 Eskbank Avenue,
Brighton, BN1 8SL www.4thdimension.co.uk
Email info@4thdimension.co.uk



Heatree Activity Centre

Following a period of successful expansion at Dartmoor's premier residential outdoor pursuits & Christian conference centre, we are looking to fill the following positions, offering good salary with on-site accommodation. We provide multi-activity courses, primarily to residential school groups.

Senior Instructors

Min 3 years prior experience as a multi-disciplinary adventure activity instructor. Applicants ideally should hold most of the following SPA – BCU L2/L3 Kayak – ML Summer.

Trainee Instructors

Voluntary basis for 12-18 months with full-board & lodging and other direct expenses provided. Possibility of transferring to full-time salaried Instructor position on completion. We fund training, relevant awards & qualifications.

Apply with full CV and motivational covering letter to:
Director, Heatree Activity Centre, Manaton, Devon TQ13 9XE
Tel 01647 221307 Email heatree@aol.com

Wanted!

Dynamic coaches to operate within the World Class Flat Water Racing Talent Search Pilot Project.

The BCU World Class Directorate proposes to launch a Talent Search Scheme to unearth young talented athletes who can begin to make an impact on the World Stage within 4-5 years. Funding from Sport England for this project is still to be confirmed. The project and these posts will only launch if this funding becomes available.

Initially it is anticipated that this pilot project will run in a maximum of 4 locations predominantly within the W Thames area. (Royal CC, Elmbridge, Eton. Possibly Wey CC and Leighton Buzzard - to be confirmed).

The scheme involves:

- testing young people within schools to see if they have some of the necessary requirements to become an elite racer
- Coaching the selected group of young people

All positions will require the successful candidates to be available during the day to work with the schools, available to coach during the after-school time slot, and weekends.

It is envisaged that the work will be on a part time basis - commencing with 9 hours and rising to 12 hours at £15 per hour. One of the positions is to include a coach co-ordinator role that has a nominal £2400 attached to this post.

It is anticipated that the pilot project will commence in September 2003.

The successful candidate typically will have the following qualities:

- Be enthusiastic
- Already have obtained or be working towards a Level 3 coaching qualification
- Preferably with a Sports Science degree
- Recent knowledge and experience of training and competing at a high performance level
- Understands the needs of young people
- Can relate to and motivate young people
- Is prepared to make a voluntary contribution back into the sport alongside the funded work.
- CRB checked

Those also interested in the co-ordination work, should show administration experience and indicate an interest in these additional duties on their application.

Please contact Rebecca Pritchett (0115 9822094) for an application form. On the form you should show how you match the criteria shown above and indicate which location you wish to be considered for.

Closing date for applications: June 30 2003.

Please send to:

**Mrs. R Pritchett, BCU World Class Directorate, The Elms, NWSC
Adbolton Lane, West Bridgford, Nottingham NG12 2LU**



WATERSPORTS STAFF NEEDED IN KINGSTON UPON THAMES

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OPPORTUNITIES FOR
R.Y.A. AND B.C.U.
INSTRUCTORS/SENIOR INSTRUCTORS

AT

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email fionah@rbk.kingston.gov.uk



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We are looking for vibrant, energetic people to work as part of a small friendly team in an award winning country park during the Summer Season 2003.

DUTY MANAGER

Post No V10016

£10.93 per hr (inclusive) 37 hrs per week
 April-October, June-September

To be responsible for the efficient management of the Park on a day-to-day basis, including security, cash handling and staff supervision. Must be computer literate.

CHIEF INSTRUCTOR

Post No P00471

Up to £9.38 per hr (inclusive) 37 hrs per week
 April-October

Minimum of 2 qualifications from RYA Senior Instructor, Windsurfing Level 2 or BCU Level 2 coach required.

SEASONAL INSTRUCTORS

Post No V10038

£8.53 per hr (inclusive) 37 hrs per week
 April-October, June-September

Minimum of one NGB instructor qualification in sailing, canoeing or windsurfing required.

Instructors posts are subject to Criminal Records Bureau disclosure.

For an application form telephone our 24hr recruitment line on 01707 357281 or email: leisure.reception@welhat.gov.uk.

For further information contact Ashley Cato, Assistant Manager on 01707 327655.

Closing Date: 30 June 2003

Leisure & Community Services
 Campus West, The Campus,
 Welwyn Garden City, Herts AL8 6BX



WELWYN HATFIELD COUNCIL

www.welhat.gov.uk

**DEVELOPMENT, ENVIRONMENT AND LEISURE
 Leisure Services**

**Outdoor Education Officer (Post ref: L111PCF)
 SG4/5 £16944 - £20469**

Sheffield Sport and Community Recreation require a self motivated Outdoor Education Officer to work with the Outdoor Education Team Manager to develop outdoor education city wide. The post, which will be based at Underbank Outdoor Activity Centre, has 4 key elements:

- Day to day leadership and development of both paid seasonal and volunteer instructors
- Responsibility for the safe and efficient running of activities
- Strengthening existing community links
- Reducing barriers to participation

Applicants must be able to demonstrate good organisational and communication skills and must hold 2 NGB awards from the following: RYA, BCU, BOF, SPA, MLTB and preferably experience in other outdoor activities.



A working knowledge of AALA and NVQ's is desirable for the successful candidate.



INVESTOR IN PEOPLE

**Sheffield
 City Council**



The successful candidate will be required to complete a Criminal Records Disclosure form in line with Section 113 of the Police Act 1997.

Are you ready to meet this challenge? If so contact Paul Steel (Team Manager – South), tel 0114 273 5630 for informal enquiries.

Application forms and further details are available from DEL Personnel, 2 – 10 Carbrook Hall Road, Sheffield S9 2DB, tel 0114 273 5975. Closing date 13 June.

**Full time Senior
 Instructor Required**

A highly motivated person is required for a small, busy, developing outdoor education centre in the Perthshire Highlands. We are looking for someone who can not only simply integrate into our staff team but also can positively influence our continued growth as an outdoor activity business. This is a good opportunity for someone looking for a long term position within an expanding business. Candidates with good organisational abilities combined with good river skills/qualifications will be considered first. We will also be looking for candidates to hold the following qualifications:

Level 3 kayak Coach or Level 3 Canoe Coach or a Raft trip Leader Qualification. Summer Mountain Leader and SPA. Candidates with a wide range of activity experience and especially rafting experience will be at an advantage.

We would be looking to start the appropriate person on £13000 per annum. It should be stressed that with continued development of the centre this will be a financially rewarding job for the right person.

Please contact Scot Hermiston, General Manager, Dunolly Adventure Outdoors on:
 Tel 01887 820298

info@dunollyadventures.co.uk
www.dunollyadventures.co.uk



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£12.5K - £14K p.a. after training

We are looking for enthusiastic highly motivated staff committed to obtaining NVQ III in Childcare, who will be required to work with young people who present challenging behaviour. Seasonal work available possibly leading to full time positions.

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Applicants should be over 21 and hold a full Driving Licence All applicants will be police checked.

For an application pack contact Head Office - 01694 724488

www.corvedalecare.net

Low Wood Watersports & Activity Centre

Require qualified and experienced instructors in canoeing, sailing, water-skiing...

Join the team at this busy centre catering for the public and corporate entertainment & teambuilding.

The Centre is situated on the shores of Lake Windermere, a few minutes from the lively towns of Bowness and Ambleside.

Offering a good financial package and great perks. There are plenty of opportunities for expanding your outdoor qualifications.

Send your CV now to Mike Coates, Centre Manager, Low Wood Watersports and Activity Centre, Low Wood, Windermere, Cumbria LA23 1LP -Tel 015394 39441

or e-mail Watersports@elhmail.co.uk



STAFFORDSHIRE COUNTY COUNCIL OUTDOOR EDUCATION SERVICE

STANDON BOWERS OUTDOOR EDUCATION CENTRE,
STANDON, STAFFORD, ST21 6RD

SENIOR INSTRUCTOR/COURSE LEADER Required
September 2003

Permanent post 41 working week per year, salary scale 4/6
£13,339-£18,428

An exciting opportunity to join the team at this well established residential Outdoor Centre. Applications are invited from suitably qualified people interested in working with school groups mainly at Key Stage 2, who are committed to using outdoor education to promote personal and social development in young people.

The post holder will require a wide range of interests, experience and qualifications in outdoor education and environmental studies.

**For further information and an application form telephone 01889 881357 or write to Shugborough O.E.C., Shugborough, Staffordshire, ST17 0XA.
e-mail ewart.gardner@staffordshire.gov.uk**



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Instructor in Adventure Sport (Outdoor Education)
Full-time – Starting September 2003

Salary: Scale 4/5 (£14,351 - £18,043)

Reaseheath College is a specialist land-based Further Education College delivering a broad range of vocational courses situated in rural Cheshire. Ofsted describes Reaseheath as "a particularly successful" college.

As a result of the expansion of the Adventure Sport programmes we are currently looking for a motivated individual to instruct in a range of outdoors educational topics. The courses are primarily BTEC First, Certificate and National programmes of one and two year duration – aimed at 16-19 year olds. The ideal candidate should hold a range of NGB instructor awards.

Application forms and further particulars can be obtained from:
Reaseheath College, Reaseheath, Nantwich, Cheshire CW5 6DF

Tel: 01270 625131

Closing date: Friday, 13 June 2003



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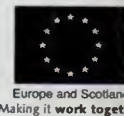
To have a chat with the fitness staff call
0141 952 7771 ext. 2057

Clydebank College, Kilbowie Road, Clydebank,
Scotland, G81 2AA.

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www.clydebank.ac.uk

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Manchester City Council Manchester Leisure

Assistant Manager
SO1 £21,282 to £22,689
Ref: 15/1748

Location: Debdale Outdoor Centre
Permanent
Full time

Hours: 36 per week inclusive of evenings & weekends

To assist the centre manager in the overall organisation and management of Debdale Sailing Centre. You will need to provide sound practical instruction (covering theory, training and maintenance skills), supervision of staff, and experience of developing activities and facilities provided by the Centre.

High Season Instructor
Scale 4 £14,817 to £16,515
Ref: 15/1750

Location: Debdale Outdoor Centre
Fixed Term 4 months

Hours: 36 per week inclusive of evenings and weekends

Self motivated Instructor needed to provide sound practical, theoretical instruction to groups and individuals in two or more of the following: dinghy sailing, windsurfing, kayaking, power boating, rock climbing or hill walking.

Contact Details:

Application forms and further information from: Manchester Leisure, Pink Bank Lane, Longsight, Manchester M12 5GL.
Tel: 0161 953 2487 Textphone: 0161 953 2497

E-mail: recruitment.leisure@notes.manchester.gov.uk
Apply online: www.manchester.gov.uk

Closing date: June 9th 2003

We welcome applications from people wishing to job share. All disabled applicants who meet the shortlisting criteria are guaranteed an interview.

Manchester City Council is an Equal Opportunity Employer and we positively welcome applications from women and men, regardless of their racial, ethnic or national origin, religion or belief, disability, age up to 65, sexuality or responsibilities for dependants.



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Stubbers Adventure Centre, Ockendon Road, Upminster, Essex RM14 2TY
 Or email: admin@stubbers.co.uk
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www.robinwood.co.uk

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New boats on the block



G - Ride 6.2 / 6.5

There just ain't no ride like a G-Ride. This is the high performance kayak for the small to medium sized paddler. From performance river running to wave play to big water, this one's a phenomenal performer on any type of surface claim Dagger. It's got an extremely short length for lighter overall weight, quick maneuverability and solid boat control. And a no-compromise planing hull that surfs, spins and bounces like a freestyle boat. An even volume distribution offers a full day of comfort and predictability in tricky rapids. The G-Ride along with the Kingpin are fitted with the Performance Fit System™ featuring Precision adjustable seat and thigh braces with a Camlok™ backband and AirCore™ hip pads.

	G - Ride 6.2	G - Ride 6.5
Dimensions:	188 x 67cm	196 x 67cm
Volume:	204 litres	227 litres
Weight:	15 kg	16kg
Cockpit:	86 x 48 cm	86 x 48 cm
Weight range:	40-70 kg	59-100 kg
Deck Height:	29cm	32cm

Kingpin

No compromise, high-performance freestyle kayaks for intermediate to expert paddlers: spud boat length with slicy boat performance. Volume cutouts in the ends collect water and drive you into the air, and also offer better control when vertical than the typical spud.

The roomy, high-volume cockpit is not only extremely comfortable, but when combined with short, skinny ends it proves amazingly retentive in holes. Maximised hull speed for catching waves on the fly. You won't find many faster boats.

	Kingpin 6.1	Kingpin 6.2
Length:	1.85m	1.91m
Width:	60cm	63cm
Weight:	13.6kg	14.5kg
Volume:	174 L	189 L
Cockpit:	86 x 48cm	86 x 48cm
Pad.wt:	36 - 64kg	45 - 82kg
Deck height:	29cm	31cm



A Bone Thrilling Experience



Made in a very comfortable and thick 100% Mississippi cotton, this feels like a sturdy and high quality addition to anybody's collection of t-shirts. Available in new periwinkle, iris blue, navy, turquoise, olive, charcoal, melon, brick, stone or rust.

Size ranges and prices are: S, M, L and XL with a RRP of £22.00 each. Or XXL

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Tel./Fax 01935 815424 or email Marcus@Markat.co.uk www.Markat.co.uk



No sweat

Gamma

The Gamma men's water shoe features the superb quick-draining and fast-drying upper section which makes these shoes highly breathable and very comfortable to wear. It's a joy to have a shoe that does not suffocate and overheat the foot inside. These are a breeze to wear and it's easy to forget they are there at times. They provide solid support, a drop-in midsole for extra cushioning and good shock absorption. You can wear them anywhere at anytime. Can't wait for the summer where I think they will come into their own. If you have never worn Tevas, buy a pair, you will love them.

- Perforated synthetic leather and mesh upper drain quickly and are highly breathable.
- Mono-sock upper construction with moulded T.P.U. exo-skeleton provide additional structure and support.
- 5mm EVA drop-in midsole for cushioning.
- Shoc Pad in the heel for shock absorption.
- Highly aggressive crystal River Rubber wrap-over outsole for added traction over all terrain, submerged or dry.



Gamma



k-Hurricanes



Cross-Terra

K-Hurricane

These sandals provide little feet with freedom and comfort. The strapping system is easy to use and ensures a custom fit which is secure. My four-year-old boy, not being quite old enough for canoeing yet, loves to take the Tevas to the local baths for his swimming lessons. Their rubber outsoles provide excellent traction which is invaluable in that type of slippery environment. They are non-marking, which makes them easy going on the wooden floors in the house. Overall he loves them and we think they are great because they allow his feet to breathe whilst being secure and grippy.

- Patented Universal Strapping System in lightweight, durable jacquard webbing with padded heel for comfort and fit.
- Lightweight, two-part EVA midsole with encapsulated Shoc Pad in the heel for stability and impact absorption.
- Rugged, non-marking, all-rubber outsole provides durable traction across any surface.

Cross-Terra

Colourful, classic Teva styling makes this sandal immediately recognisable. They are very comfortable and very fun to wear but the straps are a little thick, other than that, the comfort level is second to none. Top quality features and materials ensure custom fit with lightweight, durable jacquard webbing and a padded heel for comfort. The straps secure your foot with four points of connectivity and lateral straps for athletic fit. Soft, compression moulded EVA topsole with embedded Shoc Pad for impact absorption and energy return that actually provides greater spring with each forefoot push off. This all shapes to the foot and AgION anti-microbial treatment on the topsole helps prevent the bacteria which causes smelly feet! River Rubber outsoles provide durable traction in and around water giving the wearer an enhanced level of security and safety. Overall, they are very easy to wear.

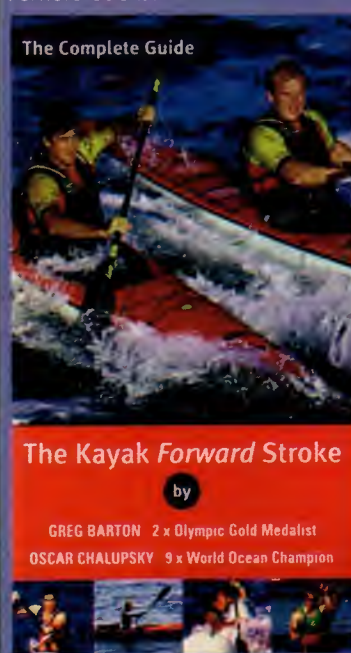
- Patented Universal Strapping System in a lightweight, durable jacquard webbing with padded heel for comfort and fit.
- Soft, compression molded EVA topsole with embedded Shoc Pad shapes to the foot for customised.
- Microban Zinc is an environmentally friendly zinc technology that fights the growth of odour causing bacteria and fungus. Built into the topsole it is designed not to wash or wear off.
- River Rubber outsole provides durable traction in and around water.

Tevas are available from all good outdoor retailers

www.teva.co.uk

Paddle technique

Epickayak manufacturers are proud to announce the release of the first of its kind paddle technique video. "The Complete Guide" to The Kayak Forward Stroke.



Greg Barton (two time Olympic gold medalist) and Oscar Chalupsky (nine time world surf ski champion) combine their extensive and superior knowledge, of both fiat water and sea paddling, to deliver an in-depth look at the forward stroke for paddling. A fantastic user-friendly tool, which will appeal to all levels of paddler, from complete beginner, to advanced. It carries the endorsement of the Olympic Committee and provides information on choosing the right equipment, correct paddling technique, and corrections for common mistakes. A list of dealers can be found at

www.epickayaks.com

Two-way safety

These pocket sized radios are functional, durable and lightweight, though not yet the miniature size of the latest mobile phones. Manufactured by Motorola, the hand held units should prove popular with canoeists when combined with the optional water-proof pouch. They are a handy and effective, without mentioning free, way of keeping in touch with each other.

However, don't stray for more than two miles apart and keep your ears open for any unwanted chatter. Unfortunately, I was testing the unit with a youngster when we were interrupted by an obscene and violent conversation between a couple. I switched to another channel but it took a minute to reach my son to switch his over. It has to be said though, that once you become proficient with these radios there are temporary methods of removing these nuisances.

Apart from that, the units worked very well. I took mine on the water in its waterproof pouch and kept in touch with my wife on the bank for the next couple of hours, whilst I explored a slow moving river. This part of the Great Ouse has been a poor reception area for mobile phones, so the radios are a valuable accessory in this situation. I dumped the radio in the river in the pouch and it did keep it dry. Another valuable accessory for a paddler would be the hands free headset with microphone and you can keep paddling as you talk!

Their ease of use is ideal for all the family, featuring a large easy-to-read screen with user friendly icons, and the flexible option of adding units for larger groups. The radio is supplied with a rechargeable battery which takes the usual 16 hours of charging before use. However, you can use the radios straight away with AA size batteries, which is a bonus if and when the rechargeable battery runs out of juice.

This particular model was the Motorola T5522 which is available in a twin pack with rechargeable batteries, belt clips and twin desktop charger, offering good value for money at only £99.99 per pack.

Standard features of the T5522 include:

- a License free operation in the UK
- Instant communication, just press and hold the push-to-talk button and you are ready to talk.

Actual size



- Distance range of two miles.
- Ten call tones, eight channels and 38 codes.
- Compatible with any other Motorola two-way radios and walkie-talkies.
- Scalable for your family needs - just add units when required and talk one-to-one or one-to-many.

The Motorola T5522 models are distributed in the UK by Specialist Dalesman. For stockists information please contact: Ellis Brigham: 0870 444555 Field and Trek: 01268 494444 Cotswold: 01666 575575 Tiso: 0131 554 0804

Not just for surf

We haven't had the chance to get the Hula to the coast yet. However, the Hula is touted as a beginners boat for recreational paddlers as well as surfers. I also viewed it as a chance to introduce my four year-old-son to his first tentative steps at paddling as the advantage lies in the open deck design with no spraydecks involved. I plonked him in front of me, tucked him between my legs and gently paddled a stretch of two-foot deep still water.

He loved it and it felt very safe and stable. After 10 minutes off he got and I paddled off to another stretch of faster moving water. The open deck does take a little bit of getting use to and I wore a pair of Yak Kalmar salopettes to keep dry. I don't mind getting splashed, so it felt fine for me. It can be a little tipsy at times, mostly because it is narrow but it can also carve a nice edge. For a beginner with no roll to speak of, and staying on grade II and III water, this is a good boat to get started on.

The other sweetener for a beginner who starts off with plenty of enthusiasm but with the possibility of this waning, is the fact that the boat only costs £260, though you will have to shell out a little more for the optional seat etc. I also liked the little extras such as the cup holder and the eyelets to add any accessory of your choice.

The soft, rounded corners make getting in and out painless and snag free and the self baling holes in the hull are excellent though very necessary to prevent you from sitting in two or three inches of water. For carrying and transporting, the bow and stern carrying handles and the moulded-in recesses have made it easy.

A full range of sit-on-top accessories are also available to make paddling an Islander Hula sit-on-top even more fun.

Prices start from £259 RRP

For more information on Islander Kayaks sit-on-tops at www.islandersitontops.com Tel: 01275 798 100





Mike Jones on the Orinoco River, Venezuela in 1977

Mike Jones Rally is back!

Friday & Saturday 4-5th July 2003

The 16th Mike Jones Rally is to be held at the invitation of the Alpine Kayak Club on the banks of the River Inn at Silz near Landeck - the home of Austrian white water.

If you are thinking of going to the Alps this summer then make sure you include this unique event!

- A meeting for international white water paddlers - old friends and new.
- A wide range of great paddling in the locality - all grades from 2-5
- Brilliant venue with all facilities (camping, bars, food, etc.) on site
- A full programme of entertainment's and fun events (bring your inflatable toy...)
- Top international Guest Lecture on extreme Kayaking
- Rafting and other activities for non-paddling partners.
- Live bands.
- Playwave nearby

Guideline Cost - 10 euros a head including camping
email: rhuyton@macunlimited.net

The Mike Jones Rally

Mike Jones was a young doctor from Keighley in Yorkshire who died at the age of 26 on the Braldu River in Pakistan in 1978. At the time of his death he was leading a team of kayakers who were attempting the first descent of one of the world's most remote and toughest rivers. He had already made his name in the kayaking world by making other descents of rivers in Austria, South America and most famously in Nepal where he descended the Dudh Kosi River which has its source on the slopes of Everest.

The Mike Jones Rally was the brainchild of Dave Manby who was one of the paddlers that accompanied Mike on some of his best known expeditions and who wanted to create an event that celebrated two of Mike's great motivations, kayaking and having a good time. The Rally began in 1979 and over the next 16 years it grew into the largest river tour in the UK, often attracting 2,000 paddlers.

This year the latest Mike Jones Rally will be co-hosted with the Alpine Kayak Club and will be held at Silz in Austria. The Alpine Kayak Club is based in Germany and is a group of international paddlers who are very active throughout the world paddling some of the hairiest rivers on the planet, they are also some of the most sociable paddlers out there. In the past, members of the club attended the Mike Jones Rally and were so impressed at the atmosphere and the wide range of paddlers enjoying this one event that they wanted to recreate it in Austria. The AKC paddlers will be out in large numbers at the event and it is hoped that anyone who has never paddled in the area will join them to do some of the classic runs on the nearby rivers.

The weekend will have a novelty event on the nearby playwave, so bring something inflatable and see how long you can surf the wave. In the evening an international paddler will be lecturing and showing footage. For the non paddlers there are rafting trips and of course a large bar.

Canoe adventure challenge



sense
TOUCHING PEOPLE'S LIVES

Sense, the national charity working with children and adults who are both deaf and blind, is calling on canoeists to take part in it's new 'Amazon Adventure' in September 2003. This is one of a series of Adventure Challenges Sense is organising throughout 2003/4.

This eleven day adventure in the Ecuadorian rainforest offers the opportunity to participate in something truly challenging and highly rewarding. Participants will spend six days trekking and canoeing through some of the most amazing surroundings. The jungle is teeming with wildlife and the group is likely to see spider monkeys, toucans, armadillos and anacondas. At the end of the challenge, the group will also have two days to explore Quito.

If you'd like to have some fun and the chance to share a unique experience with new and often lifelong friends, you can secure a place on 'Amazon Adventure' for £300. Sense requires each participant to raise a minimum of £2,500. Funds raised will go towards breaking down the isolation which deafblind people face.

Paula McGoveney, Overseas Challenge Fundraiser at Sense, says, "Sense is expert in the field of charity treks, having organised trek and cycle challenges to some of the most interesting and adventurous destinations worldwide. Participating in a challenge is a fun and exciting way to raise money for Sense and help raise awareness of deafblind people."

Sense offers a variety of trek and cycle Adventure Challenges throughout the year. Destinations for 2003/4 include Amsterdam, The Amazon, The Great Wall of China, Cuba and The Rocky Mountains. **If you would like further information on Sense Adventure Challenges, please call 020 7272 7774, Email adventure@sense.org.uk or visit www.sense.org.uk/challenge**

Waterways festival

Preparations are in full swing as the Environment Agency gears up to welcome the Inland Waterways National Festival and Boat Show on the River Thames at Beale Park near Pangbourne this summer.

More than 540 boats have already signed up for the four-day festival taking place over the summer bank holiday from Friday, 22 August, to Monday, 25 August.

As navigation authority for the Thames and a sponsor of the festival, the Environment Agency is busy ensuring things go smoothly. A floating pump out and a pump out barge will be provided as well as an extra water supply at Mapledurham Lock and the Agency will have constant presence on the river to make sure visitors get the best service possible. The Agency is also sponsoring the Festival Theatre, the 'hub' of the show where visitors can find out from exhibitors and organisers what is happening over the weekend. Festival organisers are also hoping to run a ferry service and public boat trips.

Eileen McKeever, Thames Waterway Manager, said: "It's good to welcome the Festival back to the Thames. The Thames is increasingly part of the national waterways network and it's great to see so many boats from round the country. In a few years time, the Cotswold Canals will be open, making it even easier. Historically, the Thames and its boatyards such as Maid Line have played such a crucial role in the growth of river and canal cruising; it's good to see so many exhibitors celebrating this!"

More than 200 exhibitors will be at the show presenting new and used boats, boating accessories, clothing and services for boat owners as well as boats for holiday hire.

The children's organisation Wild Over Waterways (WOW), which encourages kids to learn about and value our rivers and canals, will be entertaining children with games and quizzes.

The festival is open from 10am to 6pm on Friday, Saturday and Sunday and from 10am to 5pm on Monday. Tickets cost: adults £7.50 (£6.50 in advance), senior citizens £5, four-day tickets £15. Children under 16 and wheelchair users go free of charge. **For more information, application forms and advance tickets call the festival hotline on 0870 240 2438 or visit www.waterways.org.uk/festivals.**

Scottish Paddlesport Festival and Exhibition

No Show in 2003

The Scottish Canoe Association has taken the hard decision of calling off their annual showcase event this year. Scheduled for the 18th and 19th of October in Perth, the next Scottish Paddlesport Festival and Exhibition will now take place during 2004. The 2004 event will follow a new and more exciting format, designed to attract a wider audience. The SCA will be providing regular updates on the 2004 event on their website www.scot-canoe.org or they can be contacted on 0131 317 7314.

River Usk canoe race 2003

Sunday 6th July

Start:

12.30 hrs
Newbridge on Usk

Finish:

Hanbury Arms Hotel,
Caerleon

Distance:

7 miles

Everyone welcome

For details contact:

Alan Baker

20, Larkfield Close,

Caerleon, S.Wales.

NP18 3EX

Tel 01633 421629

E mail: baker@alval.freeserve.co.uk

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Tempest is coming.



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