

THE OFFICIAL CANOEING MAGAZINE OF THE BRITISH CANOE UNION

# canoe

## focus

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**Lundy** x 2 sea crossings

**Norway** sea kayaking

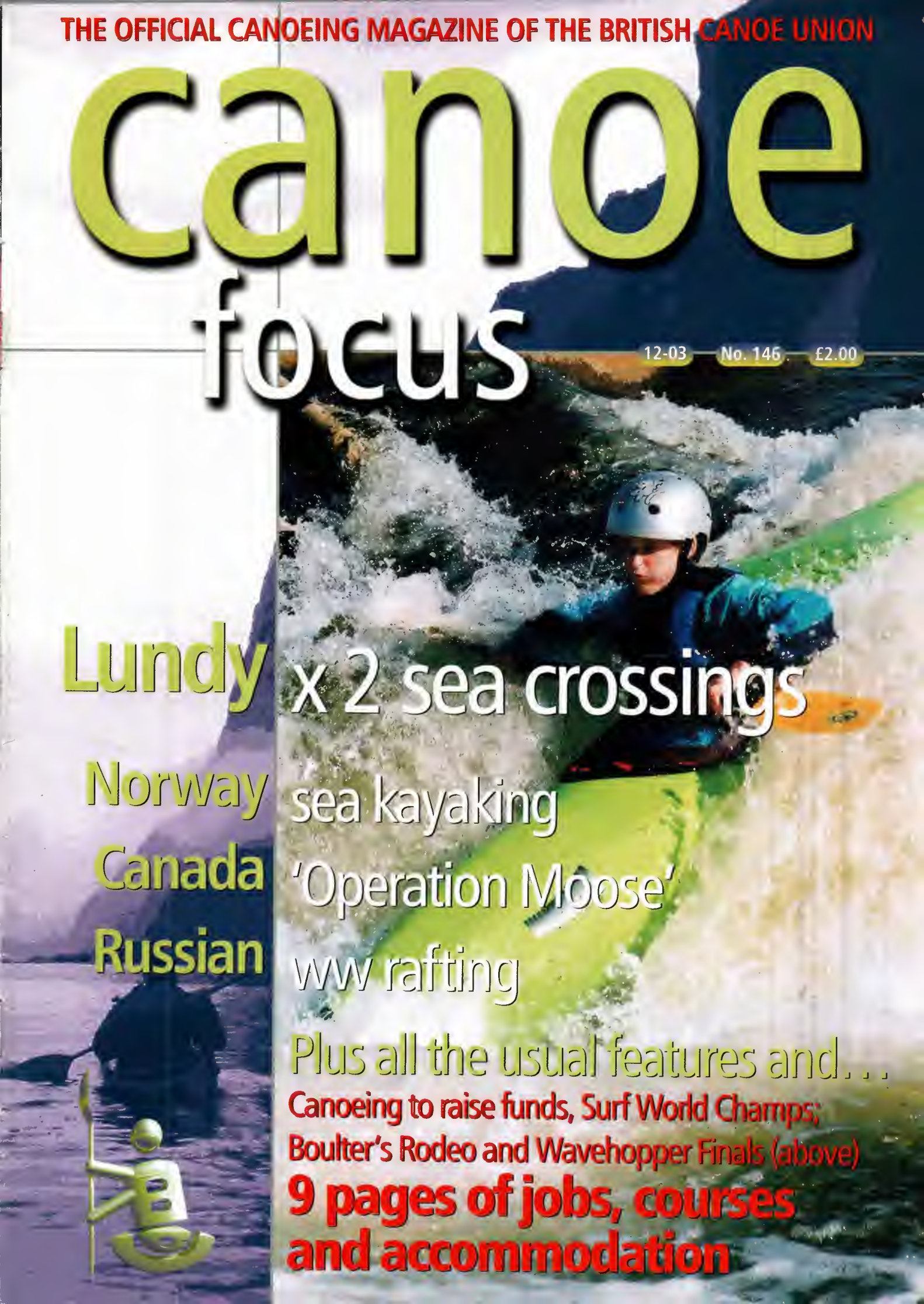
**Canada** 'Operation Moose'

**Russian** ww rafting

Plus all the usual features and...

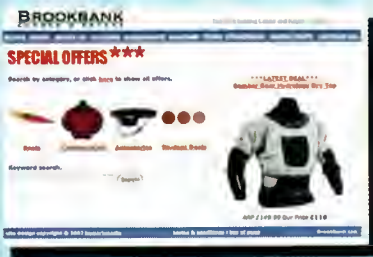
Canoeing to raise funds, Surf World Champs;  
Boulter's Rodeo and Wavehopper Finals (above)

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**THE BCU VISION IS TO:**  
enable our members,  
partner organisations and  
the wider paddling  
community the best  
available opportunity to  
achieve their potential in all  
aspects of paddlesports

The BCU's mission is quite  
simply helping and  
inspiring people to  
go canoeing

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achieve more

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accept these risks, and be  
responsible for their own action and  
involvement".

**Contributors:**

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and Mike Devlin

**Front cover:**

Perception Wavehopper  
Challenge Finals 2003

**Photo: Sue Hornby**

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Alpine, Palm, Werner Paddles, System X and  
Glo-Toob plus book reviews

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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](mailto: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 DECEMBER 2003**. Material arriving after this date cannot be included in the **FEBRUARY 2004** 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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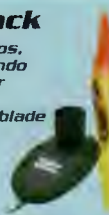
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# COMMENT

**Paul Owen**  
Chief Executive

## BCU Membership

At the close of the BCU year, I am pleased to report that the numbers of BCU members has again increased. Individual membership in England has grown to a record 21,861. Scotland and Wales report growth over the last year leaving BCU individual membership at just over 26,000 and the total of BCU members, including club members at just under 48,000.

## World Canoe Surf Champion

This news came too late for the last *Canoe Focus* but I must offer congratulations to Simon Hammond, who won the World Surf Kayak Championships. This is an excellent result, well done Simon.

## Community Club Development Programme

The BCU have been awarded £1.216m to develop its 'Community Club Development Programme'.

The money will go towards supporting an initial 14 clubs from a portfolio of 20. The selection of clubs has been made after all clubs were invited to submit applications under the scheme and the successful applicants will have demonstrated their commitment to the BCU's strategic objectives of:

- Paddler focus
- International success
- Raising the profile of paddlesport.

As well as contributing to the priority areas of:

- People with a disability
- Women and girls
- People from ethnic minority backgrounds

In summary, we believe that the portfolio will support our vision to:

*"Enable our members, partner organisations and the wider paddling community the best available opportunity to achieve their potential in all aspects of paddlesport"*

The funding will enable clubs to develop better facilities from new clubhouses to improvements with existing premises. It will help raise the profile of our sport and attract more paddlers and members from a wide range of the community. Our thanks go to the volunteers within the clubs, without who, these developments would not be possible and to Sport England for having the faith to back our proposals.

## World Anti Doping Agency

A recent meeting of the ICF board of directors agreed to adopt the new WADA anti doping code. The decision of the ICF Board will bring about the introduction of new WADA compliant doping rules in time for the 2004 Olympic Games. Based on the current ICF timescales, the BCU would anticipate new procedure being in place by the end of May 2004.

## 2006 Wild Water Racing World Championships

The BCU has been awarded the 2006 Wildwater Racing World Championships. Planned to take place at Bala in North Wales, the spiritual home of whitewater canoeing. The event will follow on from the successful 2002 Junior World Championships at the same venue.

## Top ten UK sports

At a meeting in late October the Secretary of State for Culture, Media and Sport, Tessa Jowell, announced that there would be ten key UK sports who will continue to enjoy infrastructure support at a 'British' level. We are pleased to confirm that canoeing is amongst these sports. The home country sports councils will shortly be making further announcements concerning the national sports for England, Wales, Scotland and Northern Ireland. These will join the ten UK sports as the key sports to enjoy support from the sports councils.

## Modernisation

Modernisation is the current buzzword in sport linking the commitment to sports to the need for sports governing bodies to be fit for purpose and fit to take on board greater responsibilities and greater autonomy. The BCU is well advanced with this work which recognises that structures and procedures once acceptable in a completely voluntary environment, are no longer appropriate.

The Government, through the sports councils, are insistent that public funds can only be invested against measurable outcomes and that decisions concerning the investment of these funds can only be taken by those appointed because of their expertise for the purpose. In the case of the BCU, this will need to be a mixture of both volunteers and paid staff. The important thing will be for us to ensure that these appointments are made on a competency basis and that the procedure for making appointments remains accountable.

## International Canoe Exhibition

After the success of 2003, the International Canoe Exhibition will again be held alongside the Outdoors Show at the NEC from 2nd - 4th April 2004. The exhibition which is already sold out to the trade, will include the Merrell Kayak Experience with the Peak UK indoor freestyle event using the Wave Box, plus features on both the indoor pool and outdoor lake. Tickets for the UK's premier show for canoeing and the outdoors are available at a special BCU member's price of two for £16.00. They are available from the ticket hotline on 0870 010 9086 and please quote BCU.

In January 2004, for the first time, the BCU will be exhibiting at the London Boat Show. The exhibition starts at Excel on the 9th January and finishes on the 18th January. This exhibition is important to the BCU raising our profile in a different arena.

## Nominations

The BCU AGM on 6th March 2004 will consider nominations for Treasurer and two English Councillors. Nomination forms are available from Vera Whalley at the BCU office. Completed forms must be returned before 31st December 2003.

## And finally

Happy Christmas and a successful New Year to all BCU members

# Bliss-Stick kayaks available in the UK

Bliss-Stick Kayaks have gained a global reputation for their fantastic Whitewater range. Forgiving rails combined with the latest top end design features mean that no matter what level you are at a Bliss-Stick kayak will enable you to reach the next level. Available in very small numbers from our exclusive dealer network at a price that will please, you can choose from

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For more information on these kayaks, dealers and Bliss-Stick visit the all new website at [www.bliss-stick.com](http://www.bliss-stick.com)



## Freeriderclothing.com launch



Freeriderclothing.com is launching a unique clothing brand aimed directly at the kayaking community. Produced in small numbers for those who want to wear something a little special. Based and made in the UK, Freerider is all about the kayaking lifestyle, big drops, cool waves, expeditions and competitions. Pay a visit to the website, meet the team, enjoy the downloads and see the Freerider Project in action. [www.freeriderclothing.com](http://www.freeriderclothing.com) [sales@freeriderclothing.com](mailto:sales@freeriderclothing.com)

## Download your favourite Thames Guide online

Why wait for the post when you can simply download your favourite guide to the non-tidal Thames online at [www.visitthames.co.uk](http://www.visitthames.co.uk)? As navigation authority for the non-tidal River Thames, the Environment Agency wants to make it as easy as possible for you to find out all you need to know about the river. So now you can read the Agency's most popular leaflets such as Hiring a Boat, Camping on the River Thames, Tips for Visiting Boaters, Lock and Weir Fishing and the new series of Out and About Guides at the click of a mouse. And that is not all - plans are also underway to add several new sections to [visitthames.co.uk](http://visitthames.co.uk) over the next few months such as recommended days out on the river, news stories and feature highlights. To get your free leaflets and to order the Out and About Guides (which carry a charge) call the Thames Information Line on 0845 601 5336.

## Lock keeper retires

Lock keeper Brian Webb opened and closed the lock gates of Hurley for the final time on Tuesday, September 30, after dedicating 45 years of his life to the River Thames. He began on the river as the youngest lock keeper and retired last month as the most senior.

During his time on the Thames Brian helped Hurley Rodeo become renowned worldwide as an international white water canoeing event. Together with his wife Shirley, he cared for more than 100 foster children as well as raising four of their own, and in 2001 he received an MBE from the Queen for his services to the water industry.

Looking back over his 45 years Brian said: "I have many wonderful memories of the Thames and I am of course a little sad to be leaving. I have met some first class people. It's been a lovely place to work and I've often felt quite amazed to be paid to do a job I love so much. Of course one of the highlights has been receiving an MBE and meeting the Queen but I've also met a lot of wonderful people who I shall never forget."

Brian has now moved to Caversham, where he says he will "continue enjoying life and fostering children".

Gay Arnold is the new lock keeper at Hurley.

## Increase coaching skills

Fife Canoeing Activities Group has recently been awarded a lottery grant of £4,932 from "Awards For All", to enable it to increase its coaching skills and to purchase new equipment.

The club will be able finance their existing coaches to attend



further training courses and to introduce club members into the coaching scheme, purchase club wetsuits and wet shoes for the first time, renew cagoules and paddles, and purchase safety equipment, including throw lines, slings and karabiners, first aid kits, survival bags and a group shelter.

The club meets on Tuesday evenings at the Fife Institute swimming pool in Glenrothes, is involved in canoe polo and slalom competitions and organises a full calendar of activities to suit all abilities and interests most weekends, including river trips and loch sessions.

Anyone interested in joining the club or to obtain more information, should contact Douglas Paton on 01592 744436. Pic: Club members modelling some of the new equipment, before a training session.

## Peter Hanover Fund Awards

Aim: The fund will be used to develop the slalom competition skills of young persons in the J.16 age group or younger, living in the BCU North or BCU Yorks regions.

**Awards:** The awards will be made at the discretion of the fund trustees, using the following criteria:

- Applications will be considered from eligible young people who will access slalom coaching in the next year, which is not subsidised from other sources.
- Applications will be considered from qualified BCU coaches who will provide slalom coaching for eligible young people in the next year, which is not subsidised from other sources.

Awards will be made annually and applications should be submitted before December 1st. The size of the award will be decided by the trustees. Recipients will be expected to report on their progress and use of the award before Dec 1st in the next year. Decisions on award allocation will be made by Jan 31st. Further details and an application form can be found on the Tees K.C. website: [www.teeskc.co.uk](http://www.teeskc.co.uk)

Applications giving details such as age, current ranking and outline of winter training plans should be made in writing to: Peter Hanover Fund, c/o. Don Rospin, 28 Cotswold Drive, Skelton, Cleveland. TS12 2JN.

The Daily Telegraph

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## Paul 'Cheesy' Robertson joins Palm staff

Palm Equipment International has announced that Paul Robertson has joined the company as a member of full time staff. He will be in charge of marketing and brand development for the Palm, Dagger and Islander brands.

As a paddler, Cheese needs little introduction, having achieved numerous successes in freestyle competition around the world, including winning two golds and a silver at world championship level, as well as four GB titles. Having paddled for Palm for the last six years, they have developed a close relationship with him, especially over product feedback and testing new ideas. With new products for 2004 just around the corner from both Palm and

Dagger, he will be responsible for letting everyone know what's new and happening on Palm, as well as getting to events, so people can try the gear and looking after the team.

## Quality is assured

The ODCC has quality assured the club by obtaining the Adventure Activities Licence, British Canoe Union Centre Recognition and Welsh Tourist Board Approval, this was made possible by a grant from Shropshire community council. ODCC is one of the first canoe clubs in the UK to obtain these three quality assurances. The aim being to assure parents, teachers, youth leaders and interested adults that voluntary clubs can be as safe as an outdoor centre. Canoeing is an assumed risk activity and users of canoeing providers canoeing should check that basic issues like, qualified coaches are used, lifejackets are provided, a risk assessment has taken place and the venue is suitable for the level of experience of the participant.

The club has an open door policy to membership and positively welcomes new persons to paddlesport, all participants should be able to swim for safety reasons, normally our type of tours on canals, lakes, rivers and estuaries do not involve getting wet, the purpose being to enjoy the journey. Pool courses are operated over the winter, there will be two before Christmas and two after before Easter of about six sessions each, these are held at Rhyn Park School Pool on Thursdays from 7 to 8 pm, to book telephone the club coach Dave Hart. Tours take place all year, the venue chosen by the coach to suit the weather and the group's ability. **If you would like details telephone Dave Hart on 01691 659 280.**

## Protect your ears...



Winter is coming, so what better time to consider the new way of protecting your ears against the effects of cold water and surfers ear with SurfMuff™ from KayakSportUK.com.

### What is surfers ear?

It's a bony growth that closes the ear canal and is caused by prolonged exposure to cold, wet, windy conditions. Without protection, surfer's ear can progress to a point that requires surgery. The procedure is expensive and painful. Bone growth after surgery tends to be faster than before, causing some surfers to require multiple surgeries on the same ear over a lifetime of exposure. Most agree, prevention is the best

approach to managing surfers ear.

SurfMuff™ protects the ear by insulating the entire outer ear and ear canal. The neoprene cover resists "injections" of cold water. When water does seep in, it readily drains allowing the ear to return to a tropical temperature. Since nothing plugs into the ear canal, hearing is substantially unimpaired. Choose SurfMuff™ for

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## 'Sea kayaking' one of the highest lakes in the world

A stunning expanse of shimmering blue water, surrounded by vast Andean peaks, Lake Titicaca is home to the fierce and unconquered Aymara Indians, who even to this day, speak their very own dialect, dress in their colourful traditional costumes and celebrate their very own fiestas. We have four glorious days sea kayaking on its blue waters visiting the famous floating reed islands and the beautiful Taquile and Amantani Islands.

This combined with trekking the famous Inca Trail to the lost city of the Incas, Machu Picchu, has to be the 'must do' Peru trip for 2004. Adventure Whitewater still have a few spaces on their Mellow Morocco kayakers trip in March and their Morocco Kayak Clinic for beginners in April.

For further information please contact Adventure Whitewater Tel 0870 443 0240 [info@adventure-whitewater.com](mailto:info@adventure-whitewater.com) [www.adventure-whitewater.com](http://www.adventure-whitewater.com)

## Jubilee Waterside Centre

The Jubilee Waterside Centre (an AALA provider), has reopened after a £3 million rebuild, funded by Sport England, Kings Cross Partnership, Camden Leisure Department and many other charitable funders.

The new centre has a new boat storage area with direct access onto the water, a climbing wall, a gym, café area, classrooms and a community hall. With the vastly improved facilities our outline program is as follows:

**Schools Program** – is a National Curriculum based program, aimed at the needs of the group, prepared in consultation with teachers, to meet the outcomes required. A record is kept of each session so that progress can be measured.

**After Schools Program** – a mixture of funded and open sessions, giving young people access to activities outside of school time. These sessions are also used to develop personal skills, encourage progression and identify elite athletes for further development.

**Local Youth Program** – to meet the needs of the local community, providing a structured activity program.

**Adult User Access** – to encourage adults to take part in physical activities through access to beginner sessions and courses. To continue to take part in sport with access to instructors and improver courses. For those interested in competition we provide a Central London base for training. This is our initial setting up program and runs alongside our off site work including; training and assessment for Duke of

## Helen's rolling along

Helen Barne's new car sponsor is the 'Co-op Motor Group'. They have given her a Fiat Seicento and created a picture of Helen doing her rolling record on the back. Helen is also sponsored by Paddlesport for her Kinetics 'streamlite' paddles which she thinks are fantastic. Helen who is coached by Neil Buckley, is ranked 5th in Great Britain for Canoe Slalom and has an entry in the 2003 Guinness Book of Records as 'World Eskimo Rolling Champion'.





Edinburgh Award Scheme expeditions at all levels, residential experiences offered around the UK for young people from a variety of backgrounds and needs.

If individuals and groups would like to find out more contact: 020 7387 2367 [info@jubilee-centre.org.uk](mailto:info@jubilee-centre.org.uk). Or visit our website for further information: [www.jubilee-centre.org.uk](http://www.jubilee-centre.org.uk)

## Canoeists pledge to work with nature

The British Canoe Union (Canoe England) has signed a memorandum of understanding with the Government's wildlife agency, English Nature. This is based on a common understanding that canoeing relies on, and needs the use of rivers and other open waters that may be important to wildlife and nature conservation.

The memorandum recognises the enjoyment and appreciation of nature that recreational canoeing can give and the need for special care to be taken in sensitive lakes and rivers. The BCU promotes environmental awareness among its members, and its Code of Conduct stresses the need for canoeists to avoid environmental damage and disturbance to wildlife. Where more organised or intensive activities might affect a Site of Special Scientific Interest (SSSI) or a nature reserve, canoeists are expected to contact English Nature in advance.

Sir Martin Doughty, Chair of English Nature, said: "Many recreational activities have the potential for conflict with nature conservation. I am delighted Canoe England are committed to ensuring that its members appreciate and enjoy nature to the full."

Paul Owen, Chief Executive of the British Canoe Union,

## kinetic style

Streamlyte Performance Blades have introduced a new blade to their "Stix Range" of paddles. The "PlayStix" is a kinetic style blade for the freestyle paddler at an affordable price. It allows power and support strokes to be made closer to the boat for those quick action rotational moves, without fluttering of the blade. This will complement the existing blades range of the RiverStix and TrickStix.

The blades come in three grades of nylon: Long Fibre (LF) for centre and club use, in RiverStix and TrickStix. Nylon 12(N12) for all round white water use in TrickStix and PlayStix and Nylon Carbon (NYCARB), a real stiff blade for the hard-core white water use in TrickStix and PlayStix

Blades are made to your requirements of left/right hand, length and feather angle Prices; LF Blades on HDG shaft £79-00 RRP. N12 Blades on SC shaft £109-00 RRP. NYCARB Blades on CXT shaft £189-00 RRP

Paddle Sport: Tel: +44 (0) 1926 640573 [streamlyte@paddlesport.co.uk](mailto:streamlyte@paddlesport.co.uk)



said: "The British Canoe Union welcomes this agreement underlining the organisations commitment to nature conservation and recognising the unique role that the canoe can have in peaceful and unobtrusive access to the water, environment and the countryside."



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## Ron Rymer



Ron Rymer was until his very sad recent death a life member of West Yorks canoe club and, at the ripe young age of 80, still deputy chair of the BCU Yorkshire Region. Ron was one of those people who absolutely make the world a better place – albeit while doing so, also drive some people absolutely potty! No one seems to quite know when exactly Ron started canoeing, other than that it was a very long time ago. He gave some clue to this by enjoying answering the phone to paddlers with just his (very early) BCU number – 447 !

Ron came into our lives at West Yorkshire canoe Club back in 1969 – when I well remember a somewhat zany chicken farmer arriving at the baths and offering to trade cracked eggs for membership! – Ron's club membership application dated 17th January 1969 discloses his passion for coaching and canoe touring, and boasts ownership of Tyne and home built (canvas) canoes. Ron quickly became and continued to be an important part not just of West Yorks CC, but of the regional and national BCU, serving for many years on the regional exec. and coaching and access committees – and not least being a member of BCU Council from 1980 to circa 1992. He was also Local Access Officer for the River Ouse for over 30 years!

Ron was very active in pushing for better things for paddlers ! He was for example a founder and very influential member of the canoeists action group CAG, which had as its major aims the building of the Holme Pierpoint white water course, moving the headquarters of the BCU to Nottingham, and free access to rivers for all ! Ron and CAG only failed (so far!) on the last policy ! At about the same time Ron was also a leading member of CRACK – the Campaign for River Access for Canoes and Kayaks – many of whos ideas are now likely to be adopted by the BCU.

He had - and just had to share – a real passion for life. As early as 1970 Ron was joining a WYCC trip to Spain and the Rio Noguerra Pallaresa – from where he never looked back in his love of paddling abroad – spending holidays paddling in Spain, France, Austria, Italy, Norway and Canada and, in 1986, joining and enjoying an expedition to Iceland with WYCC. Partly as a result of early trips to Spain, he developed an 'unholy' relationship with Brian Churchill, Paul Rea and a crowd of other reprobates from Proteus canoe club - and that started a thirty plus year relationship involving paddling and alcohol! Most of all Ron enjoyed paddling in good company and all that went with it - particularly if it involved a pint of 'sludge' and a chat in the local hostelry! In the early years he tried slalom, but could never quite remember which way to go !, and finally settled for white water touring and most importantly – coaching and particularly introducing newcomers to the sport.

Ron coached canoeing at club and regional level, and also taught and introduced to the sport many paddlers from educational establishments. After his retirement from farming, Ron really became a full time paddler and canoeing coach.

Few people know that Ron was also a founder member and still a minor shareholder in canoeing accessory company 'Wild Water' which was originally founded by Chris Hawkesworth in Ron's local town of Wetherby. Chris said recently 'in many things he was a quiet man, but it was all there and his contribution was tremendous, probably up there with the greats, but because he never shouted about that himself he tended to perhaps be underrated. I guess that's the way he wanted it to be.'

Ron had suffered from cancer for a number of years, but showed great bravery and tenacity by continuing to be the ever cheerful paddler and helper the canoeing world had known for so long. In October 2002 Ron hosted a legendary 80th birthday party, held by his favourite river – the Ure - in West Tanfield village hall, when some 90 paddlers and friends enjoyed good company, dined on 'dead pig' and a pint of 'sludge', and paid tribute to a a man whose friendship, coaching skills and far out sense of humour had touched and will continue to touch so many of our lives.

Ron leaves a close and loving family including his wife Em and sons and daughter Richard, Nick and Tracey, to who we offer our very sincere condolences and, of course, our continued friendship and support.

In Ron's memory a collection is being taken, with the resulting proceeds being donated at the wish of Ron's family to a children's cancer related appeal (see [www.joshuasappeal.org.uk](http://www.joshuasappeal.org.uk)) being run by fellow canoeist Jonathon Abbott of York, whos seven year old son Joshua very sadly died last year from lukaemia. Any donations will be warmly welcomed and should please be sent to myself at 161 Old Road, Overton, Wakefield, WF4 4RR.

**Ken Harrap, Chairman, West Yorkshire Canoe Club.**



## The Manor House Activity & Development Centre

**Multi – Activity Instructors** required for a busy activity centre in spectacular North Cornwall, which provides multi-activity courses for a wide range of clients, primarily residential school groups; offering good salaries with quality on-site accommodation and meals

Activities include Surfing, Sailing, Canoeing, Kayaking, Rowing, Climbing and Abseiling, Cycling, Orienteering and Team Building.

The ideal candidates should be aged over 21 and have minimum one qualification from the following:

- BSA Coach,
- BCU Kayak and/or Canoe,
- SPA,
- RYA Dinghy
- Beach Lifeguard

A clean driving license is essential; PCV license desirable

However if you are enthusiastic and wishing to start your career in this industry we are keen to talk to you if you have the right qualities, so don't be deterred if you haven't got any of the above qualifications.

For further details contact Lesley:

[enquiries@manoractivitycentre.co.uk](mailto:enquiries@manoractivitycentre.co.uk)

Or Call: 01841 540346

Or View our website: [www.manoractivitycentre.co.uk](http://www.manoractivitycentre.co.uk)

## Sea kayaking in Mexico

For the past year Matt at Canoe-Kayak-Trader has been liaising with Baja Outdoor Activities, Mexico to offer two week sea kayak holidays in Baja, Mexico with lots of whale/dolphin/marine mammal spotting.

Based on nine nights beach camping and four nights in hotels the next trip is scheduled for end of October 2004 with a healthy mix of sea kayaking, dolphin spotting, reef snorkelling (with the seals), island hikes, and tequila sunsets. In October/early November water temperatures are a balmy 25C with the daily temperature range being 30C down to 20C. Visibility is fantastic at this time of year (up to 80ft).

**What's Included:** Four nights hotel accommodation. All meals from Breakfast on 27 October to 8th November, (except lunches not included on hotel days). Beverages: fruit juices, sodas, coffee, tea, hot chocolate, happy hour drinks, wine with evening meals. All sea kayaking equipment and camping gear (sleeping bags not included); ground transportation (includes airport shuttles); bilingual guides and safety boat support (who carry the heavy kit or hung over paddlers!) and cook the evening meals!

**Costs:** We have bargained with BOA to offer the trip at a reduced rate to help them get a feel for the UK customer: Fully catered 10-14 persons: \$1250US.pp (About £800 currently). There is the option to run a cooperatively catered trip which means we all carry our own camping and personal kit plus three/four days supplies and do our own catering. This works out at \$985US pp for a group of 10 to 14. The type of trip will be determined by participants preference.

**Flights:** Return to Los Angeles are often available for £270 plus we have a one-two hour flight to Loreto, returning out of La Paz, (our final destination) which currently costs about £160. So, a total cost of approximately £1,200 all in!

Call Matt at Canoe-Kayak-Trader 0845 456 9533.

Or email Matt at: [sales@canoe-kayak-trader.co.uk](mailto:sales@canoe-kayak-trader.co.uk)

[www.canoe-kayak-trader.co.uk](http://www.canoe-kayak-trader.co.uk)

## Portage route at Hoe Mill Lock

With the help of a grant from the Essex Environment Trust, the Chelmer Canal Trust have now created a portage route enabling canoeists to avoid the dangerous road crossing immediately below Hoe Mill Lock. This road crossing has been a source of danger for many years. This problem has steadily worsened because to the increasing number of fast moving cars using this route to travel between Woodham Walter and Hatfield Peverel.

The route takes the form of two linked landings stages so that paddlers can portage from immediately above the lock and down into the adjacent millpond and then under the second road bridge spanning the waterway

### How to get there

**Proceeding downstream.** Lift the canoe out at the landing stage immediately next to the lock on the towpath (right) side. Carry the canoe towards the road bridge until wooden steps are reached. Go down these to a second stage in the mill pond. Paddle under the road bridge to rejoin the main channel below the lock

**Proceeding upstream.** Bear to the left immediately above the lock approach and under the road bridge on the left. The new landing stage is in the mill pond on the right just upstream of the bridge. Take the steps up to the towpath and carry the canoe to just above the lock and re embark at the new upstream stage.

**Other improvements:** With assistance from the same fund the Trust has also constructed a landing stage and steps

at the tail of Ricketts lock. This has been built for the benefit of both motor boats and canoeists, unlike some recent stages built by the IWA on the navigation elsewhere at lock sides which, sadly, will benefit only motor boats.

With the aid of funds from the Chelmsford Community Jubilee Fund the Trust are also shortly to built steps and a landing stage near the tail of Sandford Lock. Like the two projects mentioned above these have been designed to benefit both paddlers and motor boat owners

The Trust has also made a major contribution towards a landing stage at Stonehams Lock.

**Other projects:** Elsewhere, the Trust have been holding working parties to remove pennywort and other obstructive material from the waterway at Beeleigh, Sandford and Springfield Basin, as well as erecting further interpretative boards at key places. In addition a picnic table has been installed at Hoe Mill for public use.

**John Marriage**

## Canoeing and the environment

In late August Purley Canoe Club took part in the annual Carshalton Environmental Fair in Surrey. Over 8,000 members of the public got to see the Club's display and talk to club members. Club Secretary Mark Steward, commented, "At first people were a bit surprised to see a canoe club at such an event, but people were very keen to talk to us and we've already gained some new members". The club has recently been promoting itself as generalist recreational canoe club and this is attracting families to it. [www.purleycanoeclub.co.uk](http://www.purleycanoeclub.co.uk)

## Extreme Film Fest

Extreme is once again offering its viewers another veritable feast of celluloid entertainment with The Extreme Film Fest. Screening some of the greatest extreme movies ever made every day from 19:00 to 20:00 and repeats at 00:00 to 01:00, seven days a week.

This month's classic kayak movie action highlight include:

**Valhalla**, 2nd Dec@7pm  
**ID**, 16th Dec@7pm

**ID2** 16th Dec@7.30pm  
Extreme Sports Channel is currently available in the UK to all digital satellite TV and NTL Home subscribers on channel 422 and Telewest Broadband subscribers on channel 527.

**For further information on all of the above check out**

[www.extreme.com](http://www.extreme.com)



## Great winter upgrade offer - exciting new range to choose from

**GUARANTEED MINIMUM £150 trade-in for any plastic Canadian canoe that floats (possibly more) against any new Canadian canoe ordered for delivery before 31 March 2004 with payment on delivery**



The 15'6" Colorado is now available in 3 different finishes:

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Bayou Hunter Friendly - £729

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or phone 07092-091575

for colour brochure and further details of great canoes at great prices including pedal boats from £549



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## Llangollen

Event dates  
2003/4

18-19 Oct, Slalom  
25-26 Oct, Slalom  
1-2 Nov, Wild Water Race  
22-23 Nov, Wild Water Race  
6-7 Dec, Wild Water Race  
13-14 Dec, Training  
20-21 Dec, Training  
27-28 Dec, Training  
10-11 Jan, Wild Water Race

## Kayak Canoe Marathon – Slovenian Coast

December 13th

**Organiser:** Kajak Kanu Klub  
Ljubljana

**Date:** December 13th

**Course:** Adriatic sea/ Koper  
–Portoroz

**Length:** 18 km

**Categories:** K-1m, K-1w, C-1, C-2, seniors, juniors

**Program:** Bibs distribution  
9.00

**Start:** 13.00

**Prize giving:** 15.30

**Start fee:** 1000.00 SIT

**Prizes:** Medals, cups

Information and entries:

Dusan Tuma

( + 386 / 41 335 104)

## Schroders London International Boat Show – Canoe Village

9th – 18th January 2004



**The Canoe Village will be the focus for you to see and buy all the latest paddle sports equipment. In a unique new format you can talk to the designers and manufacturers of the best canoe and kayak sports gear. Support from some of the UK's major paddle sports dealers means you can also buy there and then.**

With Europe's largest temporary indoor pool in the hall there is a great opportunity to both watch and get involved, with demos of new products by the pros or bring along your swimming costume and have a go yourself.

Why not make a day of it? Watch the ever exciting sport of canoe polo and the UK's first indoor windsurfing championships. Then cruise around the rest of the show where you will see displays of windsurfing, kiteboarding, sailing, water ski and wake boarding equipment plus a few other larger toys.

The 50th running of this event is bigger, better and more breathtaking than ever, with more to see and do in the comfort of Europe's state of the art exhibition centre at ExCel.

**Tickets are available now online at**

[www.schroderslondonboatshow.com](http://www.schroderslondonboatshow.com), by phone on 0115 9129111 or on the door.

## Telegraph Adventure Travel and Sports Show

London Olympia, 16-18 January, 2004

**Whether you are a first-time globetrotter or a seasoned adventurer seeking new experiences, The Daily Telegraph Adventure Travel and Sports Show brings the world to you under one roof.**

Over 250 exhibitors will be offering, quite literally, the world in a one-stop-shop – from specialist holiday packages and undiscovered destinations to extreme sports, the latest in adventure travel equipment and clothing and brand new travel guides, books and magazines.

Speakers will include: Martin Pailthorpe, producer and director of "Ray Mears Extreme Survival"; Benedict Allen, who trekked a thousand miles by reluctant camel in Namibia; and Nick Middleton, intrepid Oxford geography don and presenter of Channel 4's "Surviving Extremes".

For practical advice on a wide range of travel topics, the Wanderlust Travel Advice Theatre will be bringing together veteran adventurers and travel professionals to share their experience and expertise during hour-long sessions on topics from travel writing and photography to health and safety and planning a big trip. In addition, the show's drop-in Travel Health and Safety Forum will provide demonstrations and advice on personal health, safety matters, and insurance.

Advance tickets for The Daily Telegraph Adventure Travel and Sports Show at Olympia cost £8.00 and are available by telephone on 0870 060 0199 or online at [www.adventureshow.co.uk](http://www.adventureshow.co.uk). Tickets on the door cost £10.00

## Open Canoe-fest

13th, 14th & 15th February 2004

**The inaugural Bear Creek Adventure Open Canoe-fest will be held in the picturesque area of Glasbury on Wye. The event, which is sponsored by Bear Creek Adventure and supported by Mad River Canoes, We-no-nah, Mobile Adventure, Boulder Dry Suits and Woodlands OEC, will bring open canoeists from all over the country together to paddle some of South Wales' finest touring and white water rivers. The rivers that are on offer range from grade 2 to grade 4 on the River Wye and Usk and their tributaries.**

The emphasis of the weekend is to provide a river guiding service which will allow canoeists to paddle rivers with experienced, qualified and knowledgeable guides, who believe that getting out and paddling is better than talking about it. Evening entertainment will be provided in the form of slideshows from trips around Canada, live music and socialising.

There will be the opportunity to purchase high quality clothing and equipment at great prices from Bear Creek Adventure's shop and the opportunity to try demo boats from We-No-Nah, Mobile Adventure, Mad River and also the chance to try a dry suit from Boulder.

Full board accommodation will be provided at Woodlands OEC, which will be our base for the weekend. The centre boasts excellent quality accommodation with drying rooms and lounges. There will even be a full roast dinner on the Saturday evening to refuel canoeists before Sunday's adventures.

The cost for the whole weekend is £95, which includes full board accommodation, river guides and guarantees a great weekend. **For further information please call Bear Creek Adventure on 01527 869073 or email us – [canoefest@BearCreekAdventure.co.uk](mailto:canoefest@BearCreekAdventure.co.uk).**

## The Hurley Classic

19th-21st March 2004

**What was the Hurley Rodeo is to become the Hurley Classic, as the event organisation passes over from Shaun Baker to a new team made up from Thames stalwarts Kayako Jacko and Thamesweirproject.**

"It's the same time of year and the same venue, we just want to turn the normal format on its head", so says Jacko the primary organiser. "As a group we've been to events all over the world and its with ideas from these that we are approaching the classic". Our aim is to get a lot of people along to enjoy all aspects of paddling, be it from the boat or the bank".

So what's new? A ramp – for huge airs! A big trick contest with cash purse, a new judging format, the event being part of the Euro cup, and that's just on the weir. "One thing that British events lack is a complete vibe," adds Paul 'Cheesy' Robertson, "They can have good paddling but be boring to be at. We want to get a lot happening away from the water as well as on it, and we want to have something at night – that always gets the paddlers hyped".

With access to the weir structure being limited plans are afoot to build a grandstand and feed live footage from the water to a tented village where there will be trade stands, food and a BCU inspired master mind challenge. "I've been sizing up the party possibilities" explains James Farquarson editor of thamesweirproject, "did you know you can hire out motorised beer kegs for racing!"

Sounds like its going to be classic then. Get on line and check out the goings on at [www.hurleyclassic.com](http://www.hurleyclassic.com) and make some marks in your calendar for March.

# Action on access

The British Canoe Union (Canoe England Division) is well aware of the current concern and anger amongst canoeists over the withdrawal of permission for this years' Dee tours. This has generated a call for more action on access. The BCU shares the frustration of all canoeists.

The BCU has made sure that those in the corridors of power are fully informed of both the current problems and the feeling amongst canoeists.

The BCU is planning for action to start in the new year to make the public and MPs aware of the current unacceptable situation. Some of you will be asked to help with this at a local level.

We are waiting for the report of the Government funded 'access demonstration project' before either the BCU or its many supporting organisations or government ministers can take any further action. This report is due to go to the Minister in February 2004. Further details concerning this work are available on the BCU web site ([bcu.org.uk](http://bcu.org.uk)).

We all wish to 'do something now' but action must be at the right time to help our case, indeed we are concerned that premature action could prejudice our ability to take effective action in the future.

If the report proves to be unhelpful in increasing access then we are ready to launch a major campaign for new legislation. This will need the support of every canoeist. We hope that on this occasion you will all get behind the English Access Committee. If you are prepared to assist or have any ideas to help promote the case then please write to the Chairman of the English Access Committee c/o the BCU Office.

David Gent, the Chair of the BCU English Council said "That the BCU is committed fully to supporting this most important "Action on Access" campaign at this critical time and will be ensuring it does all it can to make it a success."

**For further information please contact: Colin Kempson – Chair BCU English Access Committee 01234 711833. Or Chris Hawkesworth, Planning and Facilities Manager 01423-711563 or Mobile 07802 352815 or [chris.Hawkesworth@bcu.org.uk](mailto:chris.Hawkesworth@bcu.org.uk)**

## River Tees agreements

1st Nov 2003 - 30th Mar 2004

**The BCU N.E. Region has renewed its access agreements with the landowners on the River Tees between Barnard Castle and Winston Bridge for the winter months. All users are asked to observe the BCU Code of conduct and the access/egress sites listed below:**

- **At Barnard Castle** – on the right (S.) bank, via the stone steps off the B6277 about 100m. below the stone bridge below the castle.
- **At Egglestone Abbey** – on the right bank, via the rough steps above the rapids and also below the rapids by the Abbey Bridge.
- **At Whorlton** – below the bridge at the Lido on the right bank, a small charge is made for parking.
- **At Winston** – on the right bank where the bridle path approaches the river about 100m. above Winston Bridge. Parking space is rather limited at Egglestone Bridge and Winston Bridge, please avoid causing congestion.

**For further details 'phone: 01287 650668 or 01388 662266. Don Raspin, RAO**



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[www.perception.co.uk](http://www.perception.co.uk)



Feature  
RUSSIA

# The Peop



Map of the journey

**Monday the 4th of August 2003, 4.30am and the start of what will be my sixth trip to Russia white water rafting (catamarans) and the first for Mark who will accompany me and my friends from St Petersburg and Yaroslavl, a city situated 250 miles north of Moscow. We are to accompany Russian students from the youth club Oddssey in Yaroslavl.**

The flight will take most of the day due to the fact that we will go from Manchester to Frankfurt then on to St Petersburg arriving at 17.30 hours Russian time (three hours in front of B.S.T.).

There we meet Evgeny, Sergey and Marina who again will translate for us, all of whom are long standing friends. The trip around St Petersburg in the car is brought to an abrupt end because of torrential rain that will not allow us to see out of the car windows.

Breakfast is at 08.30, the gear is sorted and then off to the railway station to catch the 13.40 to Mumansk, we are to exit the train at Loukhi (louki) in the district of Keralena a journey that will take 22 hours. Then we must travel by bus for 145km to our final destination, which is situated just 10 kms from the Finish border and the start of our river journey of 60km down the river Pisto (Pista).

On Wednesday we arrive at the site, which will be our camp and the start of our journey. The main thing besides food and a good place for the tent is the selection of the right saplings to cut down for the construction of the



catamaran, which will be our transport for the rest of the trip. this was also Marks first introduction to mosquito's and white nights.

Completion of the catamarans takes most of Thursday, but by 4pm we are on our way and into the first of many grade two rapids.

Next day brings sunshine and the anticipation of the first grade 4 rapid that we will encounter. Being that there are 36 of us in total in 10 catamarans, getting away early is a problem. Our catamaran being a two person craft allows us to be away early with a small group.

Most of the day is spent paddling long lakes and fast sections of river, with the time to fish on sections (any fish that are caught will supplement our food supply)

We stop at the start of the grade 4 and wait for the rest of the group to catch up. The rapid is not too difficult, but the graveyard section afterwards brings problems. One catamaran (a four person) broachers on a large bolder and starts to break up, but safety are there and nothing is lost. We must stop to repair and arrive at our campsite at 11.30pm.

The next few days were long, with beautiful scenery large Lakes, long rapids and never ending forest.

Tuesday the 12th is a day of rest and we build a Russian sauna in the

# e's Russia



The transport



The crew



Building the raft.



forests. The students go and collect mushrooms and blue berries, which carpet the forest and then relax, knowing the next day will be long. We must catch up for time lost.

We rise 7.30 and finally away by 10.40 and there will be no stops for dinner, we must keep paddling. It takes us four hours to cross a large lake (11km) long and 6km wide passing the village of Tuxmoepo. We are to encounter four sets of rapids one is called the seven bends rapid, aptly named. We shoot these blind. The first three bends are small sections without difficult, however, rounding the fourth bend brings a sudden realisation of what this river can produce. The river narrows forcing the water through a 1km section, producing standing waves of three feet, deep holes and large boulders standing six feet with water going over the top. A good prelude to the last grade 4 rapid that we are to encounter. It's 9pm and we still cannot find a unoccupied campsite so we must go on, forcing us to reach our final destination (kopnuo3epo) at 11.30pm, a day early.

Next day gives us time to go and shoot a grade 4 rapid, this turned out to be a bit of a disappointment, for there is not sufficient water to produce a good grade 4. This is not a problem for the Russian students who found a

great sense of achievement in shooting the rapid by themselves.

By 10am on Saturday and we are on a long trip by bus to the city of Kem (Kemb) and then by train back to St Petersburg.

This is not a trip for the person who likes their comforts who is squeamish or cannot cope with thousands of Mosquitos. It is a trip for people who wish to see Russia, not the tourist Russia but the people's Russia. ■

**George Clayton**

# Raise funds, have fun

**The Solicitors Benevolent Association is not an easy charity to raise money for. It is the legal profession's "widows and orphans" fund, and one can hardly expect donations from people outside the profession. Worse still, solicitors are such a combative collection of individuals that it never seems to occur to some of them, especially the younger ones, that disasters can happen.**

In order to raise money for the SBA, and to raise the profession's awareness of its own charity, Hampshire solicitors have in recent years indulged in fund-raising projects to coincide with the Law Society's Annual Conference. The President of Hampshire Law Society travels to the Conference the 'hard' way and the profession is urged to sponsor him/her.

The hard way has involved walking to Eastbourne along the South Downs Way, cycling to Brussels on a triplet (bicycle made for three) and riding from London to Paris in a 'black cab' with a big prize for the best guess at the amount showing on the meter on arrival (£683.40 in fact).

The first man to paddle a canoe to the Law Society's Conference was Matthew Robbins, a Southampton solicitor with Devizes - Westminster experience. In 2001 Matthew paddled a K-boat from London to Birmingham, up the Grand Union Canal in just four days, a considerable athletic achievement.

In 2003, President of Hampshire Law Society was Anthony Harris and the conference took place at Westminster. Canoeing was his choice, but Anthony had no intention of emulating Matthew's arduous journey, or of learning to paddle a K-boat. No, said Anthony, I fancy a leisurely cruise in an open canoe, in which everyone can participate.

And so the Hampshire to Westminster Canoe Cruise was conceived.

Anthony's appeal for volunteers produced seven Hampshire solicitors of varying ages and experience. They ranged from Matthew Robbins and Michael Dew (a hard-bitten sea kayaker) to Sue Carter who is game for anything but had never wielded a paddle. The group rounded out at nine when Matthew brought along his wife Lynne and his brother-in-law Philip Seaman - a BCU coach. Phil agreed to take charge of training and to take part in the cruise itself.

The route chosen runs from the Hampshire - Surrey border at Ash via the Basingstoke Canal to Woodham Junction where the Wey Navigation is joined, then onto the River Thames at Weybridge, reaching the Tideway at Teddington for the final stage to Westminster - a total of about 50 miles, which Anthony planned to complete in three days.

The first day was likely to be the most strenuous with 28 locks to be portaged on the canal. The last day was the most problematic: we wanted to ride the ebb-tide to the finish D-W style, but the Tideway, on a fast ebb and a strong wind can be challenging in an open canoe. We decided that we would need an escort boat on the last day.

The first task was to lay hands on four double canoes (Phil already had his own single). Hiring proved impossible and in the end a fleet of four second-hand boats - two Grummans, one Coleman and an Old Town -



Day one: tranquility on the Basingstoke Canal



Above Day one: getting afloat at the start - Ash Lock on the Hampshire - Surrey border



Above Day three: the Tideway at last. Escort boat negotiating the boat rollers at Teddington Lock

were acquired, mainly through ads in *Canoe Focus*.

Training could now begin, and Philip had us hard at work on Tuesday evenings in Southampton, learning our J - strokes and working towards our 2-star qualification. As the evenings lengthened so did the radius of our training trips, taking in Christchurch Harbour, the River Hamble and Fareham Creek, usually with a rewarding pint at a waterside hostelry. We also made weekend forays to the upper Thames ranging from Lechlade down to Wallingford, a source of delight to all of us. Thanks to an unprecedented summer, we were never once rained upon.

The logistics of the cruise were complex. A 'recce' by Matthew produced offers of overnight accommodation at Addlestone Canoe Club on the River Wey and at Royal Canoe Club at Teddington. Landing facilities were secured at Festival Pier on the South Bank downstream of the London Eye.

Hiring a minibus and trailer proved surprisingly difficult, and we wound up with a DIY transport plan involving a variety of cars, and three stalwart supporters who acted as vehicle drivers and escort boat crew.

My 19-foot Drascombe, with 10HP outboard motor, was escort boat, and Chevrolet Suburban (8 seats, 6.5 litre diesel engine) hauled the Drascombe with three canoes secured on board, while two more canoes were placed on the roof-rack. (The perceptive reader will have realised that while the Chevy could carry all five canoes while towing the boat, without the boat and trailer it could only carry two canoes. This complication was to cause grief later.

The big puzzle was how to recover the Drascombe after the finish. Disregarding the splendid slipway alongside the M15 building - and therefore strictly out of bounds - the nearest recovery point was five miles back upstream at St. Mary's Church, Battersea. The Battersea slipway extends only a few yards below the high tide mark and in order to recover



the Drascombe at low tide, we would have to haul it on its trailer across about 75 yards of mud and shingle. We would also need parking space for the trailer and towing vehicle for a couple of hours beforehand. The Vicar of St. Marys was kind enough to allow us to park in the churchyard.

After launching at Ash Lock we relished gliding along the canal, crossing a small aqueduct and several surprisingly large lakes, before we hit the dreaded locks and had to deploy our home-made canoe trolleys. The locks, unhappily, are neither close enough together to portage all in one hit, nor far enough apart to make it worth launching and paddling between them. Indeed, paddling between some of the locks was impractical as the canal was virtually dry in places. The longest portage was two miles, a strain on tempers and trolleys alike. However the day was redeemed by glorious weather and a fabulous picnic lunch, served by Charles Gordon, a solicitor who practices in Farnborough. Portaging was made easier by the willing hands of those who had come to escort us on foot and by bicycle. (The entire route is followed by the canal towpath or the Thames Path)

After a night at Addlestone, the second day on the Wey and the Thames was a doddle, involving only five locks, three of which were operated for us. We arrived at Teddington by mid afternoon. At Royal Canoe Club we devoured a massive Chinese take-away meal, entertained by a colony of brightly coloured parakeets who have apparently escaped and 'gone native' in the tops of riverside trees.

On the third day, the Drascombe was launched, and trundled down the rollers at Teddington Lock. To ride the tide at its best, and to reach the finish on the last of the ebb, we should have left Teddington at about 11am. However, we had a date at Westminster at 3.30pm. Nobody keeps

Westminster at last: riding the ebb tide DW style

Bridge. We snatched an abbreviated lunch (weather deteriorating, can't keep the President waiting and sped on. I have never ridden a tide so fast in a small boat. From Hammersmith to Festival Pier took less than an hour - a real ride of the Valkyries! There was a standing wave under Westminster Bridge and Big Ben boomed out the chimes of three o'clock as we surged over it. Suddenly we could beach (clean sand, astonishingly) under Festival Pier to the scattered applause of a small band of supporters. President Peter Williamson arrived breathless a few minutes later, and champagne corks popped. Phil and I shook hands: we had come a Long way since we had first assembled our motley crowd on the slipway at Southampton.

As the empty glasses were packed away, the weakness in my transport plan became apparent. The two Grummans were loaded onto the roof of the Chevy and seven canoeists climbed in. Off they went to Battersea. leaving two canoeists and two boat's crew to drive the Drascombe back to Battersea towing three canoes.

A simple task, but now the elements conspired against us. The ebb still had two hours to run, the wind was in our teeth at Force 4, gusting 5. As we set off we were deluged by a downpour of monsoon proportions. With the outboard running flat out, we moved up-river at a snail's pace. Before Long one of the canoes became swamped, the others nearly so, partly from the sheer volume of rain. Quickly we made fast to a steel pontoon, to empty out. Then the outboard died, and defied every effort to re-start it. What next? There was no question of continuing under oars (or paddles!). Without the motor we would find ourselves heading for Greenwich as soon as we let go of the pontoon.

Miracles, however, do happen. The pontoon turned out to belong to the Westminster Boating Base, an independent training centre for young people, and Kevin Burke, their mechanic, was on hand. Kevin whipped out the spark plugs and found the trouble: one of the coils was mis-firing. No worry: Kevin donned waterproofs and life Jacket and boarded one of the base's ex-army assault boats. Two canoes were pulled on board and the third was placed across the gunwales of the Drascombe, which in turn was attached to the stern of the assault boat. Kevin rewired the 50 HP motor and soon we were roaring towards Battersea, the Drascombe throwing up a mighty bow wave. The plan was back on track!

At Battersea we waded ashore and after winching the Drascombe onto its waiting trailer, we hauled it across mud and shingle using a Long line to the vehicle tow-hitch.

From the muddy foreshore at Battersea cut to the glittering splendour of the ballroom of the Dorchester Hotel in Park Lane. The red-coated toast - master calls for silence and President Peter Williamson, resplendent in dinner jacket and chain of office, rises to address the Conference gala dinner. Describing the arrival of the canoeists in heroic terms, he calls upon the diners to dig deep into their pockets to sponsor Anthony and his

friends. They do so: £3,407 is collected in a matter of minutes. The Cruise was not only a success in terms of fund-raising (with postal donations the SBA is likely to be better off by at least £7,000 but also in terms of friendships made and skills acquired. The

BCU gained a clutch of new members and Phil awarded 2-star certificates to all of us. And what a good time we all had... ●

**John Griffin**



Spinnakers up!

the President of the Law Society of England and Wales waiting, so we hit the Tideway at about 9.30am. A strong westerly wind sprang up, and soon golf umbrellas appeared as spinnakers. On the longer more exposed stretches we were able to relax in the canoes, racing along with a paddle as rudder.

As the morning progressed, the ebb began in earnest and the wind got stronger. Half a dozen umbrellas had been blown inside out by the time we reached our lunch stop at the Blue Anchor at Hammersmith



Success! Paddlers meet National President Peter Williams (third from right)



# Didn't we have a lovely time

I would like to thank all the helpers and judges, Nookie, Whitewater and Playboating for prizes. The Environment Agency for being so progressive in our development and all the people for coming along. See you next year. Jacko

**Three years ago when I wrote my first article about the Boulder's Rodeo. It was tales of a hard-core hole dishing out more than just the odd pasting. How things change.**

Earlier this year in a unique project we managed to get permission from the Environment Agency to make a modification to the Boulder's flume. To get there, a list of requirements such as method statements, health and safety plans and insurance had been met and our designer was sure he had tapped into the necessary resources, to give us the perfect hole. The plan was to suspend a ramp from the weir sill and to lower the distance the water fell whilst accelerating it down a ramp. At the bottom were two 200-litre buoyancy barrels that would take the weight of our three cumecs of water. The ramp was built of Uni Strut (an engineering grade Mecano).

After a day of fixing we were ready and the new ramp was lifted into place. With bated breath we waited for the radial gates holding back the water to be opened. As one opened the barrels seemed to be holding the weight and the angle predicted looked like it would produce an optimal hole. To make it retentive though you need three gates, so the second and third gates were opened. Disaster loomed as our ramp sank as 400 litres of buoyancy does not equal three cumecs of water.

Luckily there is always plan two, which was to put support legs back into the weir face. This worked a treat and the ramp started to produce a fine feature. Almost on cue, local paddlers started to arrive. Elation followed in the valleys as our new summer playspot was born.

Well the hype from this hit many websites and emails flew around the country. It all added to the promotion of this year's Kayakojacko Boulder's Rodeo. Kayakojacko billed this event as the friendliest rodeo in the world and with the beautiful Ray Mill island setting it is no wonder everyone was so happy.

In the usual relaxed Boulders Rodeo manner things kicked off around 10.30 with the open event. This is the one where everybody gets to compete against each other. The C1 paddlers love this as they usually show their stuff and match the biggest score of the day beating down some of the double bladers on the way. The format here was three rides with the best two counting. Through the heats and a clear 30-point lead was established by local Alan Ward. The cut into the sudden death final was six, so competition was tight. Chris Chapman, Carl Leahy, John Best, Mark Birkbeck and in a C1 Olli Castle took the places. Half of the top ten were junior and two were C1.

The Afternoon kicked off with the novice final. Some good scores and demonstrations of cartwheel technique pushed Tom Wolstenholme right to the top of the pile. Sam Connibear went into second and Adam Blaiklock claimed third. Tom Had also made it through to the men's final.

In the junior ladies, we had a hard competition with each competitor hitting good rides. Coming out on top for her first win (I suspect of many), was Jak Alder, followed by Jenny Chrimes and Felicity Meares who pulled out after a few seconds having pulled a muscle.



Junior mens is always one of the bigger classes. I didn't know who to cheer for as all the finalists were Kayakojacko coached, so I cheered for everyone. Coming out for his first win was John Best followed by Alan Ward, Piers Bucknall and the rapidly improving Darren Kirk.

The one blades were up next and Lee Pyke continued his great run of form to take the top spot with a 60-point lead. Running into second and third were fellow GB team members Stu Morris and Olli Castle.

The ladie's field was bigger this year and a fine competition ensued. The three person final was tight but world ranked number four Flee Jarvie, showed her usual cool and took top place. Local Emma Musgroove (who paddles every morning at Boulders) came in second and Laura Cross made a great showing hitting third.

The local stars were in the men's final but Leahy, Birkbeck, Chapman and Farquarson could do nothing to stop Tom Wolstenholme take his second top spot of the day in his very first rodeo. If you didn't realise that's a world champion, a British champion and as you'll soon find out the Open winner at Boulders rodeo 2003. Second Carl Leahy and third Chris Chapman.

The last event of the day is the open and this one is sudden death so each competitor has one go and the lowest score goes out. This is when you see how good your scoring system really is. First out was the C1 paddler Olli Castle, following him John Best and Alan ward. Mark Birkbeck took third with Carl Leahy second. First place went to Chris Chapman who showed how to use the super clean cartwheels to score not only that move but also clean cartwheel and clean spin. ●

# the day we went to Boulders!



*I wish someone would design a boat that...*

Was forgiving to learn in but gives the beginner and intermediate the opportunity to learn how to flat spin and surf in holes. – Tony Michy: Four Corners, Durango CO

Has a performance hull but not designed for the rodeo star. I want a boat that's comfortable and gives me confidence. – Bob Taylor: Appomattox River Company, Farmville, VA

Doesn't sacrifice speed for play. A boat that can run bigger rapids but still plays well. – Dale Adams: Beauty Mountain, Fayetteville, WV

That I can surf with and still run class V. – Jock Bradley: Rippin Productions, Seattle, WA

I just want one boat that I can take anywhere. – John Hart: Kayak Shed, Hood River, OR



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# Living the Olympic dream

**Heather Corrie is Great Britain's leading female canoe slalomist. Talented, determined and with toned model like features, this extremely ambitious young woman, finished 5th in this year's world championships in Augsburg, and was the only British female competitor to qualify a boat for next year's Olympics in Athens. She now finds herself as a serious contender to win a medal at the games.**

As Heather and her coaching team prepare for Athens, we managed to briefly catch up with the aspiring and focused young woman, to gain an insight into the world of canoe slalom racing and her life as a professional athlete.

## Why Canoe Slalom?

I was involved in many sports both in school and outside. Away from school I was mainly involved in adventure sports, including skiing, snowboarding, surfing, climbing, and mountaineering. As a youngster I was a member of Ambleside Area Adventure Association.

I chose to pursue canoe slalom because of the competitive success I had achieved in the event; I also found the training to be very exciting and varied. At 14, I began participating in international competitions; this involved travelling across Europe and the United States of America. These competitions provided me with opportunities to paddle on many rivers, varying from the Alps to the Rockies to artificial slalom courses in cities like Prague and Bratislava. Such experiences were very inspiring.

## Best thing about the sport?

I would describe canoe slalom as a unique blend of competition, whitewater, skills and fitness. I enjoy all three aspects, but I really love challenging whitewater.

The gravity associated with water falling creates the whitewater on rivers where there is a steep gradient. To be the quickest in the field it helps to use the energy of the water to help drive the canoe. This challenge and the challenge of controlling the direction of the canoe when it picks up speed from the water is superb.

At present I have not maximised my body's physical potential. I realise that I have scope for improving my fitness and that means that my potential to improve on my performance is high. This makes training and racing particularly exciting.

Canoe slalom is such a physical sport as well as one in which interaction with the river requires real skill. This makes training both fun and varied. There is something refreshing about water

and a sport in which you use your skills to interact with the force of nature.

## Your career highlights

- 2003 World Championships 5th - current world ranking 8th
- Five world championship team medals
- 2001 Pre World Championships 1st
- 14 top ten positions in the World Cup, including eight top five positions
- European Championships two top ten finishes and one team medal

## Describe your fitness regime

As a full time athlete I follow a complete daily training schedule. My coach is Geoff Parsons, the former Olympic high jumper. I also have a technical coach, former world canoe slalom champion Lisa Michela-Jones. On a typical day, I'll be up and ready for training by 6am, usually this is a two hour training session and might be white water training, interval or resistance work against the current on the river. I'll get back and have a rest and recovery break. Afternoon training usually consists of general athletics training such as weights, circuits and stretching. I continue to work-out until early evening and then like to unwind with a yoga session or by having a massage, I find these to be excellent rest and recovery tools. As I have a full day of training and fitness I am usually too tired for night outs, I am at home by 9.30-10pm.

## Is diet important to you?

A balanced diet is key for an athlete like myself. I feel my energy intake should be equal to energy expenditure. My diet includes plenty of fresh fruit and vegetables and, as I am a vegetarian, I tend to eat meat substitute products to ensure I include protein in my diet.

I eat mainly organically grown foods, and try to buy groceries where the manufacturing and retail process is socially responsible.

I drink tea and coffee but prefer hot water, fruit juices and smoothies. I don't really deprive myself of treats such as chocolate but they form part of the overall diet. My motto is "eat anything, but not everything."

## The Road to Athens

My focus is now on Athens. I am back into full time training, having had a short break in the summer. I have to take part in some key competitions early next year to ensure that I am selected on the team so this is very much part of a focused training and competition strategy. My success to date does not guarantee me a place. My funding also does not pay for my coach to travel with me so I have to subsidise my lottery funding with work where possible. Though my training schedule is hectic, I supplement my income working with Sport by Design, a Midlands based company who specialise in delivering sports based educational and corporate programmes. We have also just introduced a canoeing programme for schools which is very exciting as many schoolchildren do not have the opportunity to try the sport. Some of my time is also devoted to seeking additional sponsorship which is vital to enable me to prepare in a professional manner.

It will be a tough year ahead for Heather but we wish her well as she prepares to live the Olympic Dream. ●

## For further information contact:

**Heather Corrie or Geoff Parsons**

**Sport by Design. Tel: 01827 316 297 Fax: 01827 723 889**

**E-Mail: [Info@sportbydesign.co.uk](mailto:Info@sportbydesign.co.uk) [www.sportbydesign.co.uk](http://www.sportbydesign.co.uk)**

Heather with her team bronze medal which she won at the last year's World Championships at Bourg St Maurice in France



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# The strange process of bec

Darren Bason



Before I went to Ireland for the 2003 Surf Kayak World Championships I had no real expectation of coming home as the world champion. Sure my Dad had joked with me that he didn't expect anything less but I honestly didn't picture myself winning. I knew that I ought to do OK but to expect any more than that was frightening. When I did think about the coming championships I'd spend most of the time trying to avoid negative thoughts and prepared myself for the 99% certainty of being beaten, possibly by someone living just down the road.

Peter Blenkinsop



Within the current UK surfing series Darren Bason, from Newquay, is the 'man'. We've known each other for several years and both of us got involved in competitive surf kayaking at about the same time. I've beaten Darren a couple of times in the last couple of years but more often than not Darren has come out on top. I expect in most peoples eyes Darren was the most likely British paddler to do well. But if you're entering an event with the hope of doing well yourself you can't think about how well someone else might do, I'd tried to ignore thoughts of others, after all I'd got some positive memories of my own to dwell on.

John Grossman

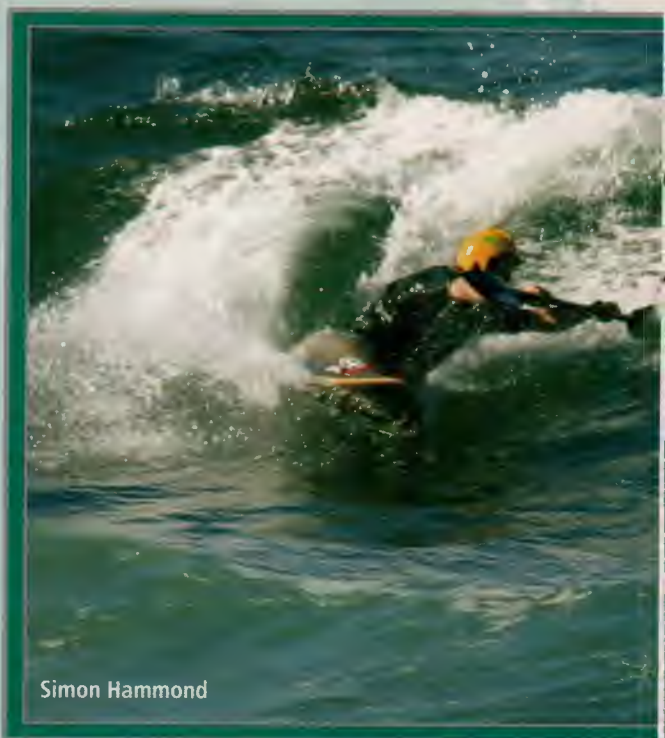


Eggy



In 2002 teams from around the British Isles travelled to the Northern Shores of Scotland for the Home Internationals. A team based surfing competition where each nation (England, Ireland, Scotland, Wales, Northern Ireland, Channel Islands) is represented by its best paddlers in a range of categories (Mens High Performance, Mens International Class, Masters, Juniors and Ladies). The trip was a great success, our team manager

Paul Hurrell



Simon Hammond

Andrew Hawker had gathered us together in Thurso well before the contest started and in that run-up period we enjoyed some world class surfing both at Thurso East and Brims Nest.

The conditions for the contest itself were not so good but that's not the point. This contest represented the last chance for each and every paddler to impress the rest. Setting a good impression at Thurso, with the pressure of it being a Home International was bound to have two very useful effects. Firstly any paddler who could shine would themselves gain in confidence but additionally, and possibly more importantly, fellow competitors would start to see that paddler as the one to beat, the Michael Schumacher effect, a huge psychological advantage to anyone in competitive sport.

I remember getting totally focused for the single heat that I surfed during this event. I'd been the only paddler out in the water whilst the rest of the competitors watched from the beach trying to decide if the conditions would allow a competition to be run. Even when the start time was altered I stuck with my plan. This plan proved invaluable and as my heat began I was ready, I knew what I had to do and actively paid no notice at all to how my fellow competitors were surfing. I came out of the water happy but it wasn't until John Mould, the event organiser, slapped me on the back and told me that that was the best surfing he'd seen so far that I knew I'd set myself up for a shot at the Worlds.

I'd only had to surf one heat in Scotland and I'd found the mental effort in maintaining a totally focused approach exhausting. I tried to maintain this level of focus throughout our domestic events but with no success at all. The contests were too busy especially if you chose to surf in a couple of different classes during the day. I'd have to wait until I got to Ireland before I could test this plan again.

And that was it. All the pre-event preparation was in place, I'd had an average season on the domestic circuit, I'd been beaten not just by Darren, but by Gary Adcock, James Hawker, Peter Blenkinsop and Simon Cass to name just a few. In April I'd torn my hamstring whilst skateboarding. In July I'd acquired housemaids knee from strapping myself too tightly into my kayak and for the last six weeks before the competition itself

# Coming a world champion



we'd had absolutely no surf on which to practice! Never mind, I was brave enough to occasionally picture myself winning the Worlds and wondering how it might feel but best of all I had a plan of how I might just to do it.

There's always an element of luck in sport and besides the obvious luck required in a surf event my luck turned out to be the people who went with me to Ireland. Paul Hurrell, from Weymouth, had not long started competitive surfing and was going across for the experience and to get in some quality surfing; Bryce Barr, a legend in Bude, veteran surfer, health food expert and a man who at the age of 59 still looks good in a blue vest and a pair of purple underpants and then Eggy, a young paddler from Bude, a member of the English team and a good friend.

Easkey was fantastic and the sessions we surfed before the competition started made the trip immediately worthwhile. When you surf a classic break like Easkey Left or the Harbour at Enniscrone you appreciate what surfing is all about. As beach break surfers its the ease of it that stands out a mile. No battle to get out through the waves, no uncertainty as to where the waves will break, and on a given day the regular breaking pattern of every ride, the memory of it still makes me want to shout Wow!

Professional judges and the team event gave everyone a chance to get in tune. In truth, we (the English team) were disappointed in coming second, a result that in part reflected a bad patch from the senior English paddlers on the final day of the team competition. However these days of competition had confirmed what the judges were looking for. It was reassuring to me that the judges seemed to be particularly impressed with good honest committed surfing, where as tricks, spins, cartwheels and the like were not being scored so highly. Great, I knew I could surf and I also knew that I was no good at tricks!

I spent an hour preparing for each heat, in which time I'd run over to Easkey Right by myself and go through a warm up routine, but most importantly start to switch off from all possible distractions. Into my kit and then 15 minutes to watch the surf. Check my kayak in, get my bib on and then onto the water and then focus. I got into the habit of singing to

myself whilst waiting for my heat to start, it helped to keep me in my own world and if I'd got the right song it would give me a buzz and stirred some aggression that I'd need during the heat. With one minute to go I was off, planning to be the first to the peak and catch the first wave I could, not that that's always a good thing but I figured it might just put pressure on the other competitors forcing them to play catch up during our 20 minutes at the break.

Paul reckoned that you could tell who was going to win a heat just by their body language and degree of commitment as the heat began. If a paddler could create the impression that they were the one to beat then they were half way to winning. In California, two years ago, Kenny King developed this impression so well that when he was on the water people just wondered about who might come in second! I'd created my impression at Thurso a year before, now all I had to do was to maintain it through five rounds of competition.

I won my first heat and then had nothing to do until the next day when by the luck of the draw I was drawn against Darren. Another paddler sidled up to me that evening and asked if I'd seen the draw for tomorrow "No" I lied, "You've got a tough heat" he was keen to tell me, adding smugly "Mine's easy". What do you say to that? I guess it depends on how confident you're feeling and oddly enough I felt confident.

I stayed confident and relaxed for my heat the next day, focused in and won and then had to wait another day for the quarters, semis and finals. Whether you call it 'focused' or 'in-the-zone' it doesn't matter, the fact is you can't stay like that for a whole week, you'd go crazy or burn-out or crack-up or your nerves would go out of control and this is where living with Bryce, Paul and Eggy was so brilliant. No talk of competition, instead tales of their own days surfing adventures, roast chicken for dinner (if we were lucky!) and further explanations from Bryce on such subjects as Green and Blacks Organic Dark Chocolate, the harmful effects of sugar and why probiotic yogurt is so good for you! The actual truth was that by the end of the trip Bryce hadn't so much converted us as we'd corrupted him!

The final day was bound to be the most intense and some adaptations to my plans had to be made. Preparation time was cut and during my semi-final heat drawn against Pete Blenkinsop and John Grossman I had a terrible start without catching a single wave for the first seven minutes, still I won that heat as well and that really set me up for the final. Me, Darren and Pete from Cornwall together with ex-world champion Dick Wold from California. With Dick just pleased to have made the final I told myself that all I needed to do was go out there and do my normal thing one more time.

The surf was dropping in size, so no point waiting for the big one! Remember, I told myself, if you think you're surfing badly the chances are that everyone else in the heat is thinking the same and don't bother looking or even thinking about how anyone else is doing. With hindsight this last bit of self advice saved me as with five minutes to go I was in third position with my very last wave giving me the points I needed to win.

But back at the beach the results weren't yet out, faces remained blank as we paddled back to shore. A crowd around the judges stand waited for the results to be posted, no one knew or dared to guess and then the results were up and Eggy was racing back to me with his finger in the air "you've won it" he was shouting. The next few minutes were crazy, hugging people, whooping with joy, a telephone call home, an interview and the start of life with the biggest smile you'll ever see. Dave Johnson, another ex-world champion simply said to me that evening "It feels good doesn't it", "you bet it does" is my reply. ●

Article by Simon Hammond - Mens High Performance World Champion. Supported by Mega Kayaks, Lendal Paddles, Gul Wetsuits and Gecko Headgear

# Ratcliffe wins national championships in Llangollen



Paul at the Bratislava Slovakia World Cup where he picked up a Bronze Medal in July 2003

**Manchester canoeist Paul Ratcliffe has completed an amazing hat-trick by winning the national championships three times in a row.**

Ratcliffe, the UK number one, secured his latest title at the Llangollen National Premier slalom event over the weekend.

The two-day annual event, which is hosted by the town in North Wales, is an important part of the season for the canoeing fraternity as the competition determines who wins the national championship.

Olympic silver medallist Paul, who comes from Tyldesley in Manchester, came second in his race, ahead of 40 other competitors in the event.

Wins in his previous four events added to this latest triumph means he now claims the title of national champion.

Despite tough conditions Paul, who is currently ranked third in the world, overcame the obstacles to pick up his win and secure his title for the third time in a row, though he has won it four times in total.

He said: "The atmosphere was great though-lots of people turned out to watch and the bridge was packed. I am really pleased!"

The town, which has been described by the British National Performance Manager for the sport, John MacLeod as "the central focus for canoe slalom in the UK in October" lived up to its reputation as a great setting for the event.

The next round of events will take place in Llangollen next weekend (25 and 26 October) but Paul will now spend the winter months training hard in preparation for the Olympics in Athens next year, where he'll be going for gold.

## The pain goes away - but the glory will last forever

The World Dragon Boat Racing Championships took place from 28-31 August in Poznan, Poland.

The GB Women have a web site for further details, which can be found at

[www.gbdragonboating.sp](http://www.gbdragonboating.sp)  
[ortcentric.com](http://ortcentric.com)

**And what glory it is for the victorious Great Britain Premier Women's team, returning from the World Dragon Boat Racing Championships with gold, silver and bronze medals, plus a new world record time of 4.07.98 minutes in the 1,000m event.**

The team entered the Championships with high hopes of success and the incredible results achieved are testimony to the dedication and skill of all those involved. The World Championships are the highest level of competition in Dragon Boat Racing and this is the first time a British Women's team have won gold on the world stage.

John Griffiths, Women's Team Coach told us "These results are the best achievement of any British Women's team to date. We were optimistic of a good result, but to medal in every event and take gold in the 1,000m with

a record time really is a dream come true.

So few people ever get the chance to represent their country, let alone compete and win medals at this level of competition. But this team has taken it all the way and proven that they really are the best in the world. As their coach, I am proud and delighted to have been part of it, especially as we can now relax and enjoy sharing the glory of being world champions."

The Women's team will now be taking a well earned rest to revel in their success, although most will be racing with club crews at the British Championship at the end of September.

The whole British squad returned to the UK on 1 September after 4 days of competition in Poznan, Poland.





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F O C U S



Feature  
**NORWAY**

# The 'whole p

**Fourth form sea kayaking expedition in Norway**

**At St David's College in Llandudno North Wales, outdoor pursuits has always played an important part of the 'whole person' approach we have to education. Every fourth form pupil takes part in an expedition during the summer term with five or six expeditions taking place each year; the following is an account of this year's fourth form sea kayaking expedition...**



Group photo Stavanger.

Having had such an amazing experience on last year's sea kayaking expedition we only had one plan in mind for this year's fourth form expedition, we just had to head back to the Lysefjord in Norway!

With its precipitous cliffs and fathomless depths, the Lysefjord is a dramatic and exhilarating place for anyone travelling by sea kayak. Over the winter months we had planned and talked about walking up Pulpit Rock, fishing for wild brown trout en route in the mountain lake of Refsvatn and kayaking the whole length of the Lysefjord.

It is always good to have a plan but sea-kayaking plans can be upset massively by the weather and the forecast for our arrival in Stavanger was not good to say the least – near gale force winds! Looking on the bright side, the forecast for the remainder of the week looked much better with light winds predicted. Our ferry crossing from Newcastle to Stavanger proved to be incredibly smooth for such a forecast and by the time we reached the shelter of Stavanger the forecasters had changed their minds a little. A moderate WNW wind was blowing straight down the Hogsfjorden; this perfect wind direction helped the group make easy and rapid work of the first 20km to Aspoyna Island, surfing a following sea all the way!

After two short crossings we started our week long fishing contest with Jez being the first to catch followed by Tom's monster Saithe that proved to be the largest fish of the week at over six pounds (it would have been slightly heavier

had a seal not taken a nibble as he reeled in!). We camped on Aspoyna Island and had a warm welcome from the family who farmed the Island who remembered us from last year. The gifts of firewood and free range eggs were greatly appreciated and testament to Norwegian hospitality.

We woke up to find light winds and sunshine and we were soon on the water for some early morning fishing before making the crossing to the northern side of the Fjord. As we kayaked along the rocky shore we



Stowaway idea for next year's trip!



**Left:** Pulpit Rock  
**Inset:** Group on the edge looking down Pulpit Rock and the Lysefjord.

spotted a tiny seal pup only a few days old sleeping on a ledge. We eventually arrived at the small harbour of Forsand where we stopped off for lunch and took advantage of the local shop to buy ice cream and to stock up on fishing tackle!

After lunch we started our journey along the Lysefjord, a 42km long threshold fjord. After a spot of fishing under the bridge we made progress into the impressive fjord enjoying spectacular views of the granite cliffs. A headwind made the journey tiring so we stuck close into the cliffs to maximise the shelter eventually arriving at Refsa.

During one of our planning sessions we had spotted a footpath on the map leading from the fjord at Refsa up to Pulpit Rock, we had hoped that we could land and camp at the start of the path. The plan was good, however the reality wasn't great; we were faced with a tricky landing with loaded kayaks including the fully loaded double. The limited area of flat ground below these huge cliffs also proved to be a problem and it seemed very unlikely that we would find enough space for all the kayaks and tents. We all knew that without landing there would be no possibility of walking up to Pulpit Rock! So with this in mind the group decision was made... With some excellent team work the determined group worked well and we crammed 7 sea kayaks, the double and 4 tents onto a campsite the size of a handkerchief!

Heading down the Lysefjord

Once again we woke up to good weather and the group were eager to swap their kayaks for walking boots and rucksacks and head up the trail to Pulpit Rock. The trail was way marked but as it was rarely used, so care was needed not to wander off route. By taking a cunning short cut up a riverbed we saved ourselves a few kilometres and were soon on the well-trodden route up to Pulpit Rock. The pronounced rock formation of pulpit rock hangs 604 metres above the Lysefjord, it is a stirring experience to stand on its flat top and peer over its sheer sides, which drop precipitously down to the fjord below. The views up the Lysefjord were incredible and the group were more determined than ever to complete the journey to the end of the fjord. On the walk back to Revsana we stopped off to fish for wild brown trout. We caught a few but the large ones all got away! A few of the group had a swim and David entertained us all with his Ray Mears impressions and a spear! Chris was so determined to catch something for



his tea he stayed behind, after jumping (falling) in and swimming after them, he finally gave up and returned to the camp!

The group were in fine spirits after a day in the mountains and were very determined to reach Lysebotn - the end of the fjord. The early morning wind was blowing lightly but more importantly towards the end of the fjord, our next campsite was 28km away, so we were relieved that Tuesday's strong headwind had eased and changed direction.

We made good progress with the group kayaking well; it just seemed to be a matter of time before we reached the campsite with the group enjoying the fine views with blue skies and sunshine. We were woken from our meditative state of paddle stroke / view / paddle stroke / view by a huge hole of thunder from behind; we woke up and looked over our shoulders to see a large thunderstorm cloud consuming the fjord! The squally winds produced a confused sea and with less than ideal landing places we decided to head towards nearby Kallali for a timely lunch break. The squalls eased after lunch though the rain remained all the way to the campsite. Around the corner from Kallali we paddled past Florli power station and its 4,444 wooden steps leading up into the mountains. From here we could see the campsite at the base of Kjerag. At 1,084 metres the majestic Kejarag towers above the Lysefjord and it is obvious why it is such a magnet for base-jumpers.

The Lysefjord is home to over 500 seals (a perfect excuse for not catching any fish!) so we gathered mussels for our evening meal. The campsite (the base jumpers landing site!) was a spectacular place to camp but more importantly for nine drenched sea kayaker's; two large boulders created a natural shelter allowing us to stay warm and dry and enjoy our feast of mussels. Entertainment at camp was provided by George our juggler and a seal, which made a good impression of a drowning base jumper!



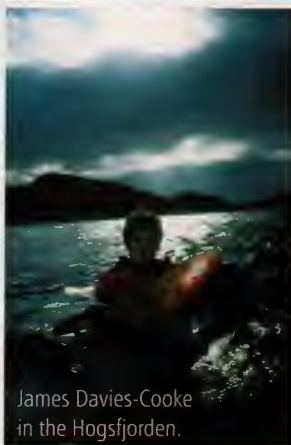
Tom Kenyon kayaking below Pulpit Rock.

After a leisurely morning enjoying the spectacular views with blue skies and sunshine we packed our boats ready for a short (4km) journey to Lysebotn where we hoped to catch the 3:00pm ferry back to Stavanger. Ben was paddling strong at the front when we once again looked over our shoulders; no thunderstorm this time but the ferry! The ferry appeared to be gaining on us but it was an hour early surely? We raced towards Lysebotn and arrived just as the ferry docked ready for their hour-long lunch break! If that wasn't worrying enough when one of the crew told us that we were not guaranteed a place and that tomorrow's ferry was full I resorted to begging!



Seal pup.

Tom Kenyon with Saithe



James Davies-Cooke in the Hogsfjorden.

We enjoyed the four hour ferry journey back to Stavanger in the company of some friendly Norwegians who had just walked up Kejarag and climbed onto the Kjeragbolten chock stone – a huge jammed boulder we had seen from our Kayaks and the aim of next year's expedition.

We re-launched our kayaks from a harbour wall in Stavanger and headed for the tranquillity of Store Marøy to camp for the night. The entertainment on Marøy was provided by James, Jonathan and myself who bravely snorkelled in search of edible crabs for tea!

We woke up to good weather but also to that sad feeling you get on the last day of an expedition. The expedition had been great fun with its own unique humour and our last day was to be no exception! We started by stranding Jonathan on a bouyage light in the middle of the fjord and towing his kayak away! I caught four large fish before he was reunited with his kayak! James caught a good-sized cod, which made him very happy. We continued on to Hellesøy where we gathered oysters, which provided great entertainment when George and Ben nearly choked trying to eat them raw! We continued island hopping all the way back to Stavanger entering back into the harbour via the impressive marina. We parked our kayaks on a pontoon in the middle of town and enjoyed being tourists for a few hours. James carried on fishing determined to win the contest, which he did, a good-sized edible crab was also caught and cooked for tea.

Unfortunately there was nothing we could do to prevent the ferry from picking us up and returning us to reality but given half a chance we would all have enjoyed another week of sea kayaking! ●

**Article and photos by Ian Lloyd-Jones**

**info**

**The group**

- George Cogger
- James Davies-Cooke
- Jonathan Gray
- David Heimerdinger
- Tom Kenyon
- Ben Whitehead

**The staff**

- Jez Hayes
- Chris Jowett
- Ian Lloyd-Jones



Chris and Jez in the double leaving the Kejarag campsite.



The Lysebotn ferry back to Stavanger.

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Feature  
**CANADA**

# Operation

## DUCC go boating in B

**It all started in a pub on a Saturday night ... Chris suggested we go paddling in Canada over the summer. Things started to fall into place throughout the spring, numbers were confirmed, flights booked, the nice lady at Canyon Gear made us boatbags, 27m of bubble wrap was brought and some of us even went on a 'warm up trip' to the Alps for three weeks! Eventually the departure day arrived, and at 8am the nine of us met at Gatwick for the flight for Vancouver, 'Operation Moose' had begun.**

We arrived in Vancouver after a long flight, having been delayed for six hours in Gatwick and having had a stop in Toronto for crew change. Once at the airport we were told it would be cheaper to hire two limos to take us to our youth hostel than three cars, needless to say we didn't complain!

Two days later we were ready to go. We'd hired two people carriers from 'rent-a-wreck' car hire. We had images of black Chrysler Voyagers with tinted windows, but in the end we got a turquoise and a white car, both with roof racks that buckled when you put any weight on them at all – we eventually managed to fit five boats on them!

The paddling began in earnest the next day, we started off with the Green river. We were told it was 'grade 2+' by the lady in the Kayak shop in Squamish. It was certainly the best 'grade 2+' river I've ever paddled, and it certainly made us wonder what Canadian grade 4 would be like!

We ticked off the rivers one after another, it was 'minimum faff' paddling trip, just two cars and nine people. The amazing thing about the Canadian rivers was they were so much more continuous than those in Britain (or even the Alpine rivers I've paddled before). We spent a month out in BC, paddling most days, doing 14 different sections of rivers in total. We even managed to find time to do some tourist stuff such as driving up the Icefield Parkway, spending a day in Banf and Jasper, a day in Victoria and a couple of days in Vancouver.

If you ever get a chance to get out to BC make sure you jump at it! The paddling is brilliant and there's stuff for everyone out there, from gentle floats to gnarly grade 5. I would recommend you check out the following rivers if you go out to BC. We did a few other runs



too (the upper Thompson, the upper Adams and the Shauswap but they were not as good as the ones mentioned here)

● **The Green River, grade III –**

This was an excellent warm up, starts off in a lovely warm lake where we saw seaplanes taking off. It steepens up considerably in the middle and becomes a bit harder.

● **Cheakamus River below Daisy lake, grade**

**III (IV) –** A great III run with one grade IV drop that backlooped everyone who ran it! Don't miss the takeout,

# n Moose'

## BC (British Columbia)



there's a nasty unrunnable Canyon section below.

- **Upper Cheakamus, grade IV** – Very 'full on', possibly the toughest run we did out there. We did it in low water, when it was less pushy but the holes were still big, I managed to get ends in my H3 in one of them! Mark soloed it earlier on in the trip when it was a couple of feet higher – it changes a lot with water levels. He inspired us all with confidence as he lead the rest of us down it later on in the holiday by saying "this is a completely different river and I don't remember it at all"!
- **The Elhao and The Squamisch, grade III** – The Elhao runs into the Squamisch its a high volume run that starts off harder and gradually eases up. We had a swimmer on it and had an 'interesting' time reuniting boat and person involving some rock climbing! The Squamish

is like the flat bits of the Durance in places and the big and bouncy bits of the Imst Gorge in other places – an odd river!

- **The upper Nahatlach, grade III (IV)** – Another brilliant grade III river with two easy grade IVs on it. Hazel got her boat pinned in the middle of rocky rapid in the middle of the river. It gave us the chance to behave like 'boys with toys' and get out our rescue kits! A textbook z-drag rescue which Franco Ferrero would have been proud of saved the day and Hazel's Inazone.
- **The Nahatlach canyon, grade IV** – My third best river, not quite as hard as the or as contnious upper Chekamus but still a serious undertaking. You can't walk out of it since it's a canyon. Comment of the day was Mark saying "We'll inspect all the major rapids from now on" just before leading us blind down the hardest rapid of the run, he



gave some lame excuse about their being no eddys above it!

- **The Thompson Canyon, grade IV** – Big water! Makes the big water runs of the Alps look small, rapids aren't too hard in themselves but the boils, whirlpools and eddylines below them aren't very nice. We did it in low water.
- **Kicking Horse from Beaverfoot bridge to Glenogle, grade III (IV)** – Another brilliant grade III run with a grade IV drop on it. Everyone who ran the drop managed to cock it up to some degree,

Mark's smear move on the wall whilst being pulled back towards the hole was very impressive!

- **Kicking Horse from below Yoho bridge to Golden (canyon section), grade IV** – My best run of the trip, big water in a canyon. Nothing too difficult in there (at the level's we did it at) but we didn't know it at the time! An amazing adrenalin buzz not knowing what was around the next corner but knowing you wouldn't be able to portage!

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- **Clearwater, grade III (IV)** – We did it in low water levels and portaged around the nasty grade V bit called 'The Kettle'. The upper section was easier than the lower. We met the nicest fishermen ever just after The Kettle, chatty and helpful they even took in their lines and stopped fishing when we wanted to go past.
- **The Soo grade (IV)** – I didn't do this run but those that did said it was their best one, technical and continuous they came off the river with big grins.
- **Skookumchuck (tidal rapids)** – although not a river, no trip to BC would be complete without a trip to Skook. Some claim its the best playspot in the world. Easy to surf and stay on it, but if you flush off the boils and whirlpools down below it are not very nice. If you like surfing/playboating then you will be in heaven. I don't, so I sat on the bank moaning all day that we could have been paddling a real river! 🍷



**info**

Katie Fisher, Miriam Grimes, Peter Harker, Chris Lomas, Mike Pigott, Matt Reynolds, Emma Runciman, Mark Williams, Hazel Yeadon all took part in Operation Moose. Thanks to Chris Lomas for organising it all. If you want more info about paddling in Canada contact [canoe.club@durham.ac.uk](mailto:canoe.club@durham.ac.uk)

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# Canoe 2004 – Celebrate with us!

For the second year the International Canoe Exhibition is running alongside The Ordnance Survey Outdoors Show at the NEC in Birmingham. One week before Easter, the NEC will be packed with canoe enthusiasts from near and far to take part in this huge celebration of the sport. The coming event has more features, competitions and speakers than ever before, and your ticket gets you into the largest outdoors show in the UK as well!

All the latest canoes and accessories, from leading manufacturers are here with top retailers such as Brookbank, Nucleus, and Endless River showing off the latest product lines. This is a great chance for you to investigate and buy new kit, because of all the experts on hand to advise you.

The centre of attention at the last show was the



pool with wave machine, and it's back in 2004 with some of the world's top paddlers showing off skills and techniques. Also a part of 'The Merrell Kayak Experience' is the Peak UK Indoor Freestyle Competition, and product trials in the canoe pool - come and try the boats for yourself! Merrell are also offering their latest footwear range for testing in the pool. The Paddlesport Workshop features a fantastic line-up of skill sessions, themed talks and celebrity speakers. See the website at

[www.theoutdoorsshow.co.uk](http://www.theoutdoorsshow.co.uk) for timetable information.

ICE goes Outdoors! Not content with taking up four halls at the NEC, The Outdoors Show incorporates the Outdoors Pavilion which leads to a new canoe polo competition on the lake at the NEC. A grandstand with tiered seating is being constructed for all to watch the competition.

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Or you can book online (use BCU code when prompted) at [www.theoutdoorsshow.co.uk](http://www.theoutdoorsshow.co.uk) Door prices are £12 Adult, £6 concession. Special offer closes 1st April 2004. Calls are charged at the national calling rate. NEC car-parking charges apply.



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F O C U S

Feature  
**LUNDY**

## The Gre



**Exposed to the full brunt of the Bristol Channel tides. Lundy lies about 35km off the North Devon coast, depending on where you depart from.**

Having already paddled to Ireland and The Isle of Man from Anglesey, this appeared to be an easier option. I was training for a solo trip to Cape Horn and needed to spend time alone in my sea kayak, to get in to the physical and mental state needed for solo crossings and coastlines.

Woolacombe beach was the start point, in the middle of the summer tourist season. I parked up and asked the attendant if I could leave the car overnight, no problems, I would be charged for two days.

I have always paddled to get away from crowds, yet here I was wheeling my boat through a sea of humanity covering the beach. I could not wait to get in the boat and paddle away. The weather was great. No wind and flat calm. The boat cut through the water like a knife, away from the noise and bustle.

However, no wind meant fog! Two kilometres out from Woolacombe and that was it, surrounded by mist. It is amazing how quickly you get disorientated on the sea. I had experienced this before, but it still saps your confidence.

I was in a rush before I left and was unable to get a chart, so I was stuck with a road atlas map of which I had quickly drawn on the rough lines of longitude and latitude.

I paddled for a couple of hours in the mist and then started to feel the old doubts about the navigation. I felt completely disorientated with nothing to make a reference on. Lundy is a small target to hit, being only five kilometres long and one and a half kilometres wide. That, combining with strong tides and currents that run round the Island, was making me a little nervous.

Whilst getting a grip of myself and doing lots of positive thinking, I get this 'presence' to my starboard side and looking up I see the ferry to Lundy appearing out of the mist. Somewhat relieved, I get into my paddling rhythm, checking my fix every hour.

Coming up to the seventh hour I still have seen no sign of life,

according to the Latitude and Longitude I should be near the northern end of the Island. I therefore adjusted my bearings slightly a few times. It is always hard to keep on the exact bearing when the sea is a bit choppy.

A few seconds pass and then this eerie noise rose above the mist. Is it a foghorn? It doesn't sound quite right, yet still I start to head towards it. Suddenly, out of the mist appears the Island some three hundred metres away. It does not seem to fit the picture on the map. I then realise I am at the south end. I must take more time drawing those pencil lines on the road map and use a thinner pencil next time. Maybe even use a ruler instead of the side of my driving licence!

The strange eerie noise began to make sense, it was a chorus of seals moaning in sync with the foghorn. Not really caring where I land, I empty my pee bottle and race into shore to stretch my legs.

Another sting in the tail, an awkward clamber up a steep hill to the camping area with all the gear. On the way up I meet two lads who had heard me on the VHF to Swansea Coast Guard. They direct me to the mist filled campsite, which I stagger into; at least I've stretched my legs!

I quickly set the tent up, throw a bit of food down my throat, and then head off for a beer. The Marisco Tavern brews its own beer. I bump into some old climbing friends in the bar, (it's a small world) who tell me the fog has been in for a couple of days.

The Island is owned and managed by a trust, and has a fascinating historical exhibition of the islands history. They also rent out properties to climbers and walkers who visit the Island.

The fog was still around in the morning and my tent and clothes were

# at White



still wet. I decided to paddle around the Island and return via the North end. The dramatic scenery unfolded. Huge cliffs and rock arches appeared out of the mist. I felt the current picking up as I approached the northern end. I paddled past the Devil's Slide, one of Lundy's famous climbs, into the overfalls called the Hens and Chickens.

The plan was to head off the North end straight back to Woolacombe. Once again the mist came in. Swansea gave a good forecast on VHF, so it was back into my paddling rhythm.

I felt tired after the previous day, but more in tune with the conditions. Four hours later a boat loomed out of the mist, a small tanker! The cook was having a fag along the port side, which dropped out of his mouth when he saw me. It's always a worry these boats often have nobody on the bridge and are navigated by computers. You certainly wouldn't have been picked up by radar being such a small craft. So I always assume I will never be seen and try to stay away!

I remembered the car park shut at 7.30pm, so upped the pace, and arrived back at Woolacombe at 7.00pm. I loaded the boat on its wheels and legged it up the beach. The car park staff were great, they helped me load the boat on to the van. They said that they were beginning to get worried about me.

I jumped in to the van and drove up to the barrier with my money at the ready. With a wink from the gatekeeper the barrier opened. No charge he said, then added "Have you heard about the Great White Shark that was spotted off Woolacombe yesterday"! ●

**Olly Sanders**





**Rob Beadnell – P&H Capella**  
**David Gibson – Fisherman's Friend**  
**Simon Lewis – Ace Sea Kayak**  
**Mick Cooke – P&H Icefloe**

**Apart from eating kebabs and making love to beautiful women (In my dreams), my two main passions in life are rock climbing and sea kayaking. Ever since my first climbing trip to Lundy Island, I have always wanted to paddle there in my sea kayak and take in the magnificent scenery, rugged coastline and gaze up at the awesome granite cliffs from sea level.**

We decided that a maximum of six people would be an ideal number to carry out the crossing, with anymore it would have been difficult to stay together in a group during the open water crossing (especially if the visibility was bad or the sea rough). We had also been given permission to stow our kayaks in a small cave on the landing beach at Lundy and there was only limited space available in it. Although originally we had six keen, fit and able volunteers to make the trip, however, for various reasons during the weeks leading up to the journey our numbers had dwindled to four. Three southern shandy drinking softies and a "Fisherman's Friend" sucking northern bloke. (Never trust a man who sucks a Fisherman's Friend!)

Although the nearest point of land to Lundy Island is Hartland Point (approximately 11 miles), we decided that because this direct route would have taken us across the strong tidal flow in the Bristol Channel at right angles, it would be more desirable to set out from the North Devon coast near to Ilfracombe and allow the tide to help us on our way. After a look at the map, we elected to launch from Lee Bay which is just to the west of Ilfracombe and that would give us an open water crossing distance of 20 miles to Lundy Island. With a following tide we estimated that our trip would take about four hours. Marvellous!

After informing Swansea coastguard of our intentions, we launched at high tide at 10.00 and paddled through the six-foot swell on a north-westerly bearing until we were clear of the land. From the very start we all thought to ourselves that if the swell didn't ease off, we would probably have to abandon the trip. Fortunately, once we were a mile clear of the coastline and in deeper water, the swell did drop off and the sea became relatively calm in the light breeze. As the weather was overcast we couldn't actually see Lundy Island and our navigational skills were really

going to be put to the test. We were very conscious that if we missed Lundy Island the next landfall to the west could possibly be the east coast of America!

It was a strange feeling paddling out into the Bristol Channel with no land on the horizon, knowing that the bearing you were travelling on wasn't actually the direction of your final destination, especially as that destination couldn't even be seen. It was with great relief that after the two hours paddling, Lundy Island was just visible on the horizon over to the west on our port sides. We all stopped for a breather, rafted up and while Dave was offering around his Fisherman's Friends (Lemon flavour don't you know!), Simon checked the GPS to see which direction the tide was pushing us. Fantastic, the GPS confirmed that we were now drifting to the west and actually heading directly for Lundy Island.

Occasionally we would paddle past what seemed like hundreds of small weird looking sea creatures floating on the sea's surface and drifting in the wind, in our ignorance to correctly identify them, we christened them "Dreadful Killer Spindly Fish"; until we knew otherwise. (See note 2). With just a few miles to go, we were joined by an inquisitive Grey Seal that kept diving down in front of our group and reappearing close by when we least expected it. Truly amazing and what a brilliant welcome to the island!

Very soon afterwards we had beached our kayaks on the landing beach, stretched our legs, taken the compulsory team photograph and unpacked our equipment from the kayak's hopefully watertight compartments. It's always a relief when you open your boat's hatch to discover that it is still bone dry inside. Unfortunately, Dave's kayak did have a slight leak and so some of his belongings were a little moist. Having stowed our kayaks in the cave, we made our way up the winding path to the small settlement on the top of the island and the campsite. It wasn't long before we had sorted out all our domestics and were renewing old acquaintances, sampling the beer and eating the brilliant tucker in the island's only pub, "The Marisco Tavern".

The next morning Rob and myself (both Lundy veterans) took Simon and Dave for the grand walking tour of the Island, following the coastline and scrambling down to sea level where we could whet the appetite for the afternoon's kayaking. We set out that afternoon from the landing beach and paddled all around the island in a clockwise direction. Setting out when we did meant that the island's three tidal races would be manageable and not running too strong. By going in a clockwise direction, we would hit the most problematic tidal race; "Shutter Rock" early in the



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trip and could turn back to the landing beach without too much effort if it was too rough to paddle through. If we were to paddle around the island in an anti-clockwise direction, we would have almost completed our journey before encountering "Shutter Rock" and so a return trip would be much more of a problem.

The clockwise circumnavigation of the island took just over two hours and although the sea was "exciting" as we paddled through the tidal races we all survived without any drama.

For the return trip back to Lee Bay the next day, we needed to depart at low water in order to catch the tidal flow. Low water was at 05.30 and although the wind was currently blowing from the north-east, the forecast was for the wind to veer to force three south-westerly overnight. Couldn't be better, both wind and tide going in our direction, tomorrow should be a doddle.

All seemed very calm and mysterious as we paddled out to sea in the half-light of the dawn. Still in the lee of the coast, the sea was quite calm and there was no wind. Unfortunately, as we rounded the headland of landing bay and made for the open water, the sea became quite rough and we noted that the wind was still blowing from the north east from the previous day. Paddling our kayaks in this wind over tide condition became quite a slog and it was very disconcerting to look



over your shoulder after two hours paddling and still see Lundy Island larger than life behind you! A quick check of the GPS confirmed our fears, we were only making one knot in our desired direction. With approximately 18 miles still to paddle to Lee Bay and only four hours of tide left in our favour before it turned against us, this was not good. After a quick team

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**notes**

**1.** Situated in the Bristol Channel 11 miles north of Hartland Point, Lundy Island is three miles long, a mile wide and stands 400 feet above the sea. The island is like a plateau with a flattish top, high sea cliffs on the west coast and more vegetated steep sloping sidelands on the east coast.

**2.** The "Dreadful Killer Spindly Fish" were later identified as "Velella" or "By-the-wind-sailor" which normally live on the surface in the subtropical and tropical belts of the ocean. It has a transparent, gas filled float bearing a single, digestive member surrounded by small tentacles underneath. Velella are sometimes washed ashore in more temperate latitudes.



talk we decided that either we had to turn back to Lundy or revise our plans and paddle towards Hartland Point and finally land at Clovelly. We decided on the latter option because Hartland Point was the nearest point to us on the mainland and although the wind over tide condition was making the sea quite lumpy and confused, at least the effect of the tidal flow was almost being cancelled out by the wind.

After notifying Swansea coastguard of our revised intentions and following four hours of hard paddling, we finally made the North Devon coastline just to the east of Hartland Point. With great relief we landed on a small deserted beach, stretched our legs and drank a quick brew from our flasks. We then launched again for the paddle along the coastline to Clovelly and the final leg of our adventure.

On the beach at Clovelly we phoned Swansea coastguard and our families to let them know of our safe arrival. While Simon and Dave

chilled out on the beach and looked after the kayaks, Rob and myself managed to get a lift with some extremely generous New Zealanders who went out of their way on their journey to London to take us back to Lee Bay and our vehicles. Now where's that nearest kebab shop? ●

**Mick Cooke**



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# Ton up on the Nene

## Perception Wavehopper Challenge 2003 Series Results

### Under 16 Boys

- 1 Kyle Bowles, Solihull 99
- 2 Theo Gove-Humphries, Solihull 99
- 3 Damon Davies, Shropshire 98

### Under 16 Girls

- 1 Jennifer Hyslop, Hexham 99
- 2 Kate Monaghan, Salford 98
- 3 Laura Seager, Shropshire 72

### Under 14 Boys

- 1 Peter Hollis, Salford 99
- 2 John Hiam, Shropshire 98
- 3 Iain Baker, Bath 98

### Under 14 Girls

- 1 Olivia Churchill, Addlestone 100
- 2 Katie Brown, Bath 99
- 3 Sandra Hyslop, Hexham 98

### Under 12 Boys

- 1 Jack Harrison, Shropshire 100
- 2 Adam Cooper, Salford 98
- 3 Sebastian Allinson, HHP 93

### Under 12 Girls

- 1 Jordon Davies, Shropshire 100
- 2 Louise Monaghan, Salford 97
- 3 Alice Russell, Shropshire 90

### Club

- 1 Shropshire 1125
- 2 Salford 929
- 3 Leighton Buzzard 537

## Perception Wavehopper Challenge Nene 12 Oct Results

### Under 12 Boys

- 1 Jack Harrison, Shropshire
- 2 Sebastian Accinson, Nottingham
- 3 Adam Cooper, Salford

### U14 Boys

- 1 Jonathan Hiam, Shropshire
- 2 Peter Hollis, Salford
- 3 Iain Baker, Bath

### U16 Boys

- 1 Kyle Bowles, Solihull
- 2 Theo Gove Humphries, Solihull
- 3 Daman Davies, Shropshire

### U12 Girls

- 1 Jordain Davies, Shropshire
- 2 Tessa Carter, Wilts YC
- 3 Ruth Fenn, Salford

### U14 Girls

- 1 Olivia Churchill, Addlestone
- 2 Kat Brown, Bath
- 3 Sandra Hyslop, Hexham

### U16 Girls

- 1 Jennifer Hyslop, Hexham
- 2 Zoe Jones, Shropshire
- 3 Katy Monaghan, Salford

### Club

- 1 Shropshire Paddle 625
- 2 Leighton Buzzard 537
- 3 Salford WWW 469



Above: Jennifer Hyslop

Right: Sandra Hyslop



## Perception Wavehopper Challenge Finals 2003

The finals of the Series took place at the Nene White Water Centre, Northampton. Entries were extremely high with over 100 young people from all parts of England taking part. The number of entries took everyone by surprise - but what a pleasant surprise!

The course started in the pump pool and after 15 seconds of chop, the drop into a pool looms large, shot on the left with the bow pointing right was the chosen route for many. Then the course becomes more technical with a series of tight 'S' bends, leading to the final long bend into the finish. A total distance of 200m of challenging, wet, fun. The racers set off at one minute intervals with two runs allowed and the best run counting. The crowds of parents, coaches and fellow racers encouraged and applauded all the racers down the course, and occasionally acted as safety support.

Shropshire Paddlesport an emerging force on the youth

scene won the team series prize. Salford Watersports who had a battle all season long with Shropshire were also awarded a prize for their excellent efforts. Both the clubs were presented with a Wavehopper provided by Perception.

Many thanks to Perception for continuing to support the development of wild water racing. Thanks also to Gary Denton and his team from the Nene WWC, Soar Valley Canoe Club and of course all the competitors and their supporters.

Together with some beautiful weather, it was a great day for the sport. Next season the series takes a big step forward and will be fully incorporated into the wild water racing calendar, keep up to date with developments visit [www.wildwater.org.uk](http://www.wildwater.org.uk) or [www.bcu.org.uk/youth/index.html](http://www.bcu.org.uk/youth/index.html)

**Howard Blackman**  
East Midlands Paddlesport Development Officer

## Freestyle road show

For those that prefer the adrenalin of white water coupled with some posing and wicked moves - the BCU Young People's Programme introduced a series of freestyle clinic days across the country. The coaching was provided by Kayakojacko - well known for their expertise in this field and organised by the Young People's Programme. The aim in 2005 is to build on this concept to take quality coaching to young paddlers keen on freestyle, playboating and surfing. More details will be posted on our web site early next year - or contact your local PDO for details. Many thanks to Jacko, his team and coaches supporting the days.

In the meantime - a report from our PDO Paul Newman on the session run at Chertsey Weir on the Thames.

Although the weather felt cold after the long hot summer, the paddlers all enjoyed developing their expertise. The dry spell meant there was sufficient water coming through the sluices - but only the sluices - and the younger paddlers

probably were not intimidated. Ages ranged from 9 to 18, with a good spread of ability, boding well for the future of the sport. The lock keeper kindly allowed photographers, coaches, and parents (wearing buoyancy aids) out on to the catwalk to get closer to the action, and watch and encourage the paddlers.



Photo: Paul Smith

## Lightning struck

Hasler Finals – Reading

It was a case of being struck by Lightnings – the sight of 50 young paddlers lined up right across the Thames at Reading - in control and ready to do battle! The young racers were sent off in two groups – Under 12 first followed by the Under 10's – in a course that took them round a buoy turn, back round the Caversham Bridge and back to the finish at Reading CC. In the Under 12's boys, Ian Green from Barking and Dagenham was a clear winner, with Steph Holmes from Worcester overtaking Rosie Farrington in the last leg. In the Under 10's Clive Mark from Gailey was able to add another medal to his collection and Betsy May Clark took 1st place in the girls from Emma Hawthorne of Worcester. The overall club prize was won by Royal Canoe Club for the second year running.

There were some excellent performances by all the young paddlers and good support from parents and coaches – well done! This event also kicked off the 2003/4 Pyranha Marathon Cup Series – for more details check our website on [www.bcu.org.uk/youth/youthindex.html](http://www.bcu.org.uk/youth/youthindex.html)



Betsy May Clark



U10 start

## PaddlePower Day

Sunday 12th October

Twenty young people from across West Yorkshire took to the water on the River Calder at Halifax Canoe Club for our first Paddlepower Day – a joint event organised by Halifax and Bradford & Bingley Canoe Clubs.

The basic aim – to put on an event specially designed for under 16's and to really kick-start the BCU's PaddlePower programme at both of the clubs.

On the water, Canadian Canoes were transformed into Dragon Boats for teams to race against each other – with one group even invented 'extreme dragon boating' when they headed down the white water course!

Above County Bridge, groups were put through their paces at slalom; learning or brushing up on their strokes before having a crack at the Diamond Slalom Awards. All those that tried got an award – with several reaching bronze and silver standards – and eager to improve to come back for a try for the gold award in the future.

On the rapids of the white water course, youngsters had a go at white water racing. Firstly, trying out the Wavehopper's

## Chiswick Pier Canoe Club make a splash at London's first Mela

Run at Gunnersbury Park in August the club ran taster sessions for beginners for seven hours and introduced over 400 people to the sport on the park's boating lake.

Active Ealing, the sport and physical activity department of Ealing Council also organised a junior canoe polo competition on the site. Four London teams took part to introduce this fast growing sport to a new audience. The new local team "Westside" who train at Acton Baths and the Canalside Canoeing Centre in Kensington took part and came third.

Chiswick Pier Canoe Club chairman Paul Hyman said : "The Mela was a great opportunity for us to bring canoeing to many people who may not have thought of doing it before. We were really pleased to be involved in the first London Mela. Our team of over 20 volunteers worked really hard alongside Active Ealing staff throughout the day to make it a great success".

Westside was formed earlier this year by Active Ealing and the British Canoe Union and draws the best junior players from five local canoe clubs, currently Chiswick Pier, Canalside, Perivale, Hillingdon and Ealing teams at the Mela included Meridian from Erith - one of the UK's strongest polo clubs which produces many international players.

Chiswick Pier CC can be contacted through the club's website on [www.chiswickcanoeclub.co.uk](http://www.chiswickcanoeclub.co.uk) or by calling 07973 414 537



on the flat water – most finding them very long, tippy unwieldy compared to their usual boats. Those that were brave used a Wavehopper for a timed down river run, while others returned to their normal boat for their race run.

At the opposite extreme, youngsters also had the opportunity to try out a play boat, starting on the flat to get the hang of dipping nose and tail, then moving on to the rapids to surf some waves.

And the fun didn't stop off the water, where young people (and their Mums and Dads) took part in 100m sprints against the clock on a canoe-ergo machine (thanks to Len Hartley BCU PDO) with some forward paddling coaching tips thrown in to help get up to a good speed.

The day finished off with presentations of medals for the winners of the various competitive events, Diamond Slalom Awards and certificates for all those who took part.

All in all, a great day of paddling for all the youngsters that came along and a shining example of how two clubs working together can do far more than either could manage to do alone. Look out for the details of this event next year when we hope to make it even bigger and better.

Finally, a big thank you is due to John Stopford for organising the event, all the coaches and helpers from both Halifax and Bradford & Bingley Canoe Clubs who made the day a success and Len Hartley BCU Paddlesport Development Officer for his help and support.

Les Ford  
Halifax Canoe Club  
Photo by  
Vic Buckley



## And finally...

We have to say thanks to our PDO's that have recently left the BCU – for their support and help in developing more and better opportunities for young people in Paddlesport – Gordon Walling (London), Craig Hill (Southern). Also thanks to Kevin Bowerbank who has recently finished his one year contract in Wessex.

# LETTERS

Your chance to put forward your point of view

Please send letters either by email to [peter@canoefocus.co.uk](mailto:peter@canoefocus.co.uk) or post to: Canoe Focus, 49 Greenfields, St Ives, Cambs PE27 5HB

## Kayak Focus

**I have re-joined the BCU having let my membership lapse several years ago owing to pressures of work etc making it difficult to find time to go canoeing.**

I see from your magazine that attitudes have changed little in that time. I am not a kayaker, but a canoeist, but I see nothing in your October magazine on canoeing. Is it not time that you changed the name of the magazine to 'Kayak Focus', because that's where the priorities of the BCU lie!

**Richard Knisely-Marpole**  
**Yes, the last issue was light on canoeing features. I must point out though that throughout the last year we have featured many stories on canoeing. However, it is a fact of life, that we always receive far more articles, features and stories to do with kayaking. The magazine only reflects what is sent by contributors.**

**Ed**

## Access - what's happening?

**Some time ago the BCU announced that they were recruiting a full time Access Officer for England (as advertised in the June issue of the Canoe Focus). What has happened to this position?**

As a keen canoeist I always look with interest at what is happening on the access situations around the country. The chance of paddling a new river is always a welcome opportunity. As a paying BCU member, I would personally like to see what the outcome of this position is, who has been selected to fill the position and what the plans for the future are. With the current access situation on the Dee in doubt for this years' Dee Tours I would really like to know what is being done to further the sport of canoeing in the UK with regards to access. I know there is a large team of dedicated local access officers working hard to secure and maintain local access agreements but what about the wider picture. What is being done on a national scale?

Without access to rivers the development of paddling, both as a recreational activity and at competitive levels, is going to be restricted severely and the effects can only be detrimental to the future of the sport. I would ask that the BCU be more open with their activities and keep their valued members informed of the campaigns and developments they are currently engaged in.

**Paul Bull**

*Dear Paul,*

*Can I thank you for your excellent letter and may I welcome your interest. The short answer to your question is "A lot" and "More than ever before". But, that is not to say we are at all satisfied or complacent, to put it mildly we are not. The truth is that Canoe Access is a complex area, never more complex than now, AND the law in England and Wales favours the riparian owner and his tenants.*

*Yes, we did advertise for an Access Officer and we did interview a short list. However, it was felt that none of the applicants had the necessary skills needed, no one was appointed and the officers and volunteers involved are now considering their next move. All is not gloom since one of the applicants, Molly McKenzie had a degree in civil engineering and she starts full time employment with the Access and Facilities team in January. This much needed extra resource will help access in as much that I can swap some of my facilities work for access.*

*You obviously are aware that it is the Welsh Dee where the current problems are and it is the Welsh Canoe Association that is leading on this issue. Their chief executive, Richard Lee and deputy Richard Harvey are in touch with the riparian owners and are negotiating with them for next year and for the future. It is vital that their efforts be allowed to proceed to maturity.*

*The current access team consists of myself, Kevin East, three days per week, Colin Kempson the volunteer chair of the English Access Committee and part of the time of our chief executive Paul Owen, plus colleagues in Wales and Scotland. Kevin is based in Hounslow, West London and he is handy to attend meetings is central London. Today for example, Kevin, Colin and Paul are meeting DEFRA Minister Alun Michael, and tomorrow all of us plus our Scottish, Welsh and Irish colleagues are getting together in Manchester to compare notes. We are campaigning to change the law and people in high places are taking note. The minister and DEFRA with partners have, in the wake of the recent Access to Land Bill, (entitled "The Countryside and Rights of Way Bill 2000"), have commissioned Brighton University to study all aspects of Access to Water. The Brighton team is due to report back to the minister in the spring.*

*To sum up, I too like to paddle new rivers and I too am a BCU member, a life member in fact and yes, I agree with your comments, all of them. Access is like my school report ,10/10 for effort 0/10 for results, could do better! I hope this helps and we will try and publish more articles on what the Access team is doing and what it gets up to.*

**Chris Hawksworth**

## The birthplace of polo?

**Reading the October issue of Canoe Focus and the item about the "Great TV coverage for canoe polo" brought back many memories.**

During the winter of 1968-69 I was running a number of pool sessions. In those days I was an energetic Senior Instructor and all I seemed to do was rinse chlorine out of my gear and repair BATs (The Bath Advanced Trainer designed by Alan Hyde, which was just a tiny, round ended canoe for use in a swimming pool.) Apart from teaching the boys from my own school in Gateshead how to handle kayaks, I was also doing pool courses for the school teachers in South Shields Education Authority, the town's Volunteer Life Guard club, Bede College at Durham University and paying members of the general public of South Shields.

Naturally, I knew paddlers had been throwing and passing balls to each other on the water since the Celts did it in coracles but I wanted to see if there was any future using BATs in a swimming pool to create an organised game of polo. There were no rules for our game and everything had to be made up as each game progressed. Decisions had to be agreed on and each point or transgression had to be ruled upon it as it happened. I think the first rule I made was that that they were not allowed to jab one another with their paddles. The second rule, which followed pretty quickly on the first, was that everyone had to wear a crash helmet!

The little game turned out to be a success and the first public knock-out competition between my various coaching groups, was held at Derby Street Baths in South Shields, as part of the town's swimming gala.

My wife H el ene even wrote an article about the new game in "Canoeing in Britain" - (for those of you who are young, this was the ancient forerunner of Canoe Focus and was about the size of a Christmas card) and I raved about my new way of gaining facial injuries to anyone who would listen including the then Director of Coaching. (It was he who I hoped, would pass me for my Coach Award (Coach 5) at sometime in the near future - who says crawling doesn't help!) The downside was that nobody wanted to practice strokes or rolling any more as all they wanted to do was thrash about playing polo.

I got the BBC TV "Look North" programme interested. They came and filmed it in the swimming pool and item went out on the evening of the 10th March 1969. In the light of all this, what I want to know is, can I give my home town of South Shields the honour of being the birth place of an international sport?

**Derek Hutchinson, Level 5 Coach**

## Wells incident correction

**Following a news item broadcasted on BBC TV and also appearing in the Sunday Observer, regarding 16 Kayakers in difficulties off Wells next to the Sea, I need to inform you that it was factually incorrect.**

As the Water Leader for the eight members of Sudbury Canoe Club, I can you assure you that at no time were we, our group, in difficulty.

Our group was paddling 'playboats' out in the surf when we came across eight sea kayakers in difficulty in the surf. They had five members taking swims, some more than and had got very chilled. Also they had a boat holed. We arrived on the scene and lent assistance whilst waiting for the RNLI inshore rescue boat to arrive. This included getting people back into their boats, staying with those no longer able to get into their boats and escorting some of them to the shore along with towing empty boats ashore.

If this incident gets reported in Canoe Focus, we would appreciate the correct information given.

**Mike Dodd, Sudbury Canoe Club**  
**Glad to relay the truth of the matter. Ed**



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Download an application form at [www.llain.co.uk](http://www.llain.co.uk), e-mail [llain@btopenworld.com](mailto:llain@btopenworld.com) or write to  
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## LONGRIDGE S.B.C.

We are a multi-activity boating centre situated on the River Thames near Marlow and Hurley weirs. We are seeking staff for the 2004 season from April to September.



### ACTIVITY INSTRUCTORS

£11,440 per annum plus food & accommodation

Applicants must be over 18 and be qualified to BCU Level Two Kayak Coach (other NGB qualifications an advantage)

For further information including application form contact Martin Plain at:

**Longridge SBC, Quarry Wood Road, Marlow, Bucks SL7 1RE**  
**Tel: 01628 483252 E mail: [Jobs@longridge.org.uk](mailto:Jobs@longridge.org.uk)**  
**[www.longridge.org.uk](http://www.longridge.org.uk)**

## HORSTEAD CENTRE


### ACTIVITY INSTRUCTOR from Feb.

Christian residential/activity Centre situated on the edge of the Norfolk Broads.

Ideal candidate should be over 21 and have L2T Open Canoe (min), Dinghy or Keelboat Instructor, and a clean driving licence.

GNAS, minibus licence an advantage.

The Horstead Centre, Rectory Road, Horstead, Norwich, Norfolk. NR12 7EP  
 Tel: (01603) 737215  
 E-mail: [mail@horsteadcentre.org.uk](mailto:mail@horsteadcentre.org.uk)  
[www.horsteadcentre.org.uk](http://www.horsteadcentre.org.uk)  
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**Full Training NGB Course Opportunities** **Paid Holidays**  
**Unrivalled Accommodation** **Competitive Wages** **Return Travel to the UK**

NST Adventure has opportunities for you, whatever your coaching status, at our Multi Activity Centre in the South of France.

If you expect all of the above and more and would like the opportunity to work for Europe's Leading Educational Travel Company contact Lorna Stewart on Tel: **01253 503011** or visit our website for more information on the jobs available at our French and UK centres.

[www.nstjobs.co.uk](http://www.nstjobs.co.uk)



## LANCASHIRE OUTDOOR ACTIVITIES INITIATIVE (LOAI)

### Senior Instructor ( RYA senior instructor or BCU level 3 minimum)

LOAI currently manage the Anderton Outdoor Education & Activity Centre on Lower Rivington Reservoir. This expanding centre situated in Lancashire now requires a Senior Instructor who must have experience of working in outdoor education and preferable residential centre work.

**Salary Range**  
 £16,000 - £21,000

For further details and an application form please contact:- Lancashire Outdoor Activities Initiative, Winckley House, PO Box 9, Cross Street, Preston, PR1 8RD.

Email: [loai@env.lancscc.gov.uk](mailto:loai@env.lancscc.gov.uk)  
 Telephone: 01772 534167

**Closing Date 12th January 2004**



Instructors required for dynamic outdoor centre on lake Windermere.

We want experienced and enthusiastic staff to work with school and youth groups on our outdoor education and personal development programmes.

**Must have a minimum one NGB assessment, and one NGB training from the following Summer ML, SPA, BCU L2 Canoe/Kayak Coach or RYA Dinghy Instructor plus one season's prior experience of working in the outdoors.**

Outstanding training package offered.

For further details and application form contact :  
 Seasonal Staff Coordinator,  
 Lakeside YMCA National Centre  
 Newby Bridge, Cumbria LA12 8BD  
 Tel 08707 273927 ext 115



A Registered Charity No. 212810



is a Christian Charitable Trust with the vision for a fully inclusive society. Established in 1992 the Project opened its fully

accessible outdoor activity centre in 1998 - open all year round for disabled and non-disabled people.

**We wish to appoint:**

#### A Deputy Senior Instructor - Ref ASD 2

At least two years experience of outdoor activities is essential, a range of NGB awards is expected and Level 2/3 canoe and SPA qualifications are required. The ability to motivate and inspire, working within a team is expected and some experience of leadership is desirable.

A commitment to the Christian faith and a desire to work alongside people is important and some experience of working with people with disabilities is desirable.

#### Instructors - Ref ASI 3

We wish to appoint a number of activity instructors to work for the summer season 2004. Experience of outdoor activities preferably with a range of NGB awards and a qualification in at least open canoeing or climbing/abseiling is expected. A desire to work alongside people of all abilities is important. Accommodation is available if required (charge deductible from salary).

For more information on the Project please look at our web site [www.keppleway.org.uk](http://www.keppleway.org.uk)

**Salary:** Deputy Senior Instructor £14,500 - £16,000 per annum  
 Instructor £9,000 - £12,000 per annum (pro rata for the season)

**Closing Date:** 05 January 2004  
**Start Date:** negotiable from January

For further information and an application pack quoting the appropriate reference please contact:

Denise Elvy, The Keppleway Centre,  
 Broughton-in-Furness, Cumbria, LA 20 6HE

**Tel: 01229 716936**

**Email: [denise@keppleway.org.uk](mailto:denise@keppleway.org.uk)**



## STUBBERS ADVENTURE CENTRE

Upminster, Essex

### Vacancies for 2004 season Instructing staff

required for a busy multi activity centre that provides for a wide range of clients. All activities are within 130 acre site with 3 lakes. Close to London  
 More details on website: [www.stubbers.co.uk](http://www.stubbers.co.uk)

Applications with CV to Bob Edwards (Centre Director) at:  
**Stubbers Adventure Centre, Ockendon Road, Upminster, Essex RM14 2TY**  
**Or email: [stubbersac@aol.com](mailto:stubbersac@aol.com)**  
 Charity No. 1080941

## Activity Instructors

We are looking for motivated, energetic instructors to deliver our 2004 Activity Programme at centres across the UK.

You should hold at least one of the following:

BCU Level 2 Training, SPA Training, Girlguiding UK's climbing/abseiling scheme Level 1 assessment, GNAS.

We provide training opportunities, flexible contracts, work placements and the opportunity to participate in an exciting, challenging and highly rewarding environment.

To apply online please visit [www.girlguiding.org.uk](http://www.girlguiding.org.uk)

Alternatively email: [hr@girlguiding.org.uk](mailto:hr@girlguiding.org.uk)  
 or call 020 7592 1892

Charity no. 306016



Girlguiding UK



INVESTOR IN PEOPLE

## THE IONA COMMUNITY

An inclusive ecumenical Christian Community has the following resident staff vacancies at

### CAMAS CENTRE

Situated in an isolated bay on the isle of Mull, Camas offers an adventure-style experience and a simple lifestyle of work, recreation and reflection to groups of mostly young people.

#### ACTIVITY INSTRUCTOR

*Seasonal post, March 2004 until end October*

Experience of working with young people essential, as is ability to plan and run a variety of programme activities. BCU level 2 instructor qualification or equivalent and SPA or equivalent experience essential.

Applicants for both posts will be in sympathy with the aims and purposes of the Iona Community and the Camas Centre, and able to reflect these in their work. resident staff receive full board and lodgings and a monthly allowance. For full details and an application form, please contact The Iona Community, The Abbey, Iona, Argyll PA76 6SN  
 Tel: 01681 700404, fax: 01681 700460, e-mail [ionacomm@iona.org.uk](mailto:ionacomm@iona.org.uk) or visit our website at [www.iona.org.uk](http://www.iona.org.uk)

**Closing date: Saturday 13 December 2003**

## Watersports Instructors

Due to an expanding watersports program in 2004, Trafford watersports centre now has seasonal posts for instructors holding one or more NGB awards in the following disciplines: Dinghy sailing, Windsurfing, Kayaking & Open Canoeing  
 Duties will include - The running of certificated/non-certificated sessions and courses, hire operation, building and site maintenance.  
 For an application form ring: 0161 962 0118  
 NB 2 Start dates are available.



## ICC Activity Centre

The ICC is based on a ship, permanently moored in the stunning Salcombe Estuary. Our floating base provides the perfect setting for our sailing school and activity centre.

#### Multi-activity Co-ordinator

We are seeking an experienced and enthusiastic Senior Instructor to organise, develop and lead multi-activity and RYA courses for youth groups and adults. Applicants must be over 21 and qualified to RYA Senior Instructor level. Qualifications or experience in Open Canoe, Windsurf, Climb/abseil and Walking an advantage.

This is a permanent live-in position including training.

#### Instructors

We are currently recruiting for all departments and are looking for Open Canoe Coaches with qualifications or experience in Dinghy Sailing.

For more details contact: Recruitment, ICC, 28 Island Street, Salcombe, Devon TQ8 8DP Tel:01548 531176  
 e-mail: [info@icc-salcombe.co.uk](mailto:info@icc-salcombe.co.uk)  
 website: [icc-salcombe.co.uk](http://icc-salcombe.co.uk)

## SCOTLAND Instructors required

From early January to end of October 2004. Possible full time posts also available. Residential schools to non residential adults. Activities include white water rafting grades 2 to 5, high ropes course, climbing and abseiling, gorge ascents/canyoning, archery, mountain biking, hillwalking, environmental work, orienteering and duckying. Full training, assessments and NGB qualifications are offered to the right people. Food and accommodation included. Any candidate with SPA, GNAS, CYCLE LEADER OR KAYAKING/RAFTING QUALIFICATIONS will be considered first.

We also have two positions available for trainee staff. These persons should also have reasonable river skills.

**GOOD RIVER SKILLS WILL BE VERY ADVANTAGEOUS.**  
**Call 01887 820298** for application forms and details.

Dunolly Adventure Outdoors,  
 Taybridge Drive, Aberfeldy, Perthshire  
 PH15 2BP.

Telephone: 01887 820298  
 E-mail: [info@dunollyadventures.co.uk](mailto:info@dunollyadventures.co.uk)  
[www.dunollyadventures.co.uk](http://www.dunollyadventures.co.uk)



[www.hertsdirect.org/jobs](http://www.hertsdirect.org/jobs)

"An Excellent Council and Council of the Year 2003"

Herts Young Mariners Base, Cheshunt  
**Seasonal Outdoor Education Youth Worker**

**£14,333 - £16,052 pa pro rata incl. depending on experience • Pay review pending.**

The Youth Service requires Outdoor Activity Instructors to support the wide programme of Outdoor Education on offer to young people. We require seasonal full time instructors for varying periods between March and October and also part time and sessional workers for evenings and weekends.

Although located at Herts Young Mariners Base in the first instance, the opportunity may arise to work at other locations in the county and on visits to Derbyshire and Snowdonia etc. Minimum requirement is one national governing body qualification.

For further information please contact the Head of Centre on 01992 628403.

Apply now online at: [www.hertsdirect.org/jobs](http://www.hertsdirect.org/jobs) or telephone for an application pack on 0845 6014834 at anytime quoting Ref: US4379.

Closing date: 09.01.04.  
 Interview dates: 23 & 24.01.04.

We are an equal opportunities employer



## Hesley Wood Scout Activity Centre

### SEASONAL EMPLOYMENT OPPORTUNITY

Hesley Wood Scout Activity Centre, near Sheffield, is looking for Instructors for the summer season 2003.

Applications are invited from people who hold NGB qualifications in one or more of the following areas; Canoeing/Kayaking, Climbing, Archery or a pool qualification would be an advantage. Closing date: 30th March 2004

CV, with a covering letter, to:  
**The Site Manager**  
**Hesley Wood Scout Activity Centre**  
**White Lane, Chapeltown**  
**Sheffield, S35 2YH**



## Opportunities in Ireland

Instructors and Senior instructors required for Ireland's leading adventure organisation.

- Kayaking, Sailing, Surfing, Rockclimbing & Multi-Activity
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- Centre is set amidst the spectacular scenery of Connemara
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- Season runs from Feb - Dec

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Please Tel/fax/email/or write to us at:

Personnel Tel: 00 353 95 42336/42208  
 Delphi Adventure Holidays Fax: 00353 95 42303  
 Leenane Email: hr@delphiescape.com  
 Co. Galway, Ireland

### Hillingdon Outdoor Activities Centre Seasonal Instructors for 2004 season

Kayak, Sailing or Windsurfing Instructors required for a rural non-residential centre to the west of London  
 Bosun position also available

Variable duration contracts available. Pay £165-£265pw  
 Onsite accommodation available

Please forward a CV to Neil Maddock  
 neil@hoac.fsnet.co.uk or HOAC, Dews Lane,  
 Harvil Road, Harefield, Middx UB9 6JN

Visit our website at [www.hoac.net](http://www.hoac.net) Charity No. 1012242

### Mendip Outdoor Pursuits

We have vacancies for short and long term staff for 2004.

Applicants must have at least one National Governing  
 Body Award from S.P.A., L.C.L.A., B.C.U.  
 Pay from £200 per week.

Phone Jim Hayward on 01934 820518, 01934 823666

### 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](mailto:heatree@aol.com)



## Snowdonia North Wales

Vacancies for **2 Trainee Instructors** (residential)

from April to September 2004, and **1 or 2**

**short term Instructors** May to September.

Minimum qualifications required for instructors are: Summer ML, L2 Kayak Coach, SPA, and licensed to drive minibuses with trailers.

Details of both posts are available on our website:

[www.cwmpennant.com](http://www.cwmpennant.com)

or telephone 01766 530682.

Closing date for applications

22nd January 2004



### INSTRUCTOR/CAREWORKER

£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. Sessional work available possibly leading to full time positions.

- Considerable opportunities for training, including NVQ & outdoor education disciplines with a career path in an expanding organisation • Annual bonus
- Corvedale Care is an equal opportunities employer

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](http://www.corvedalecare.net)

CHALLENGING POSITIONS IN ONE OF IRELAND'S  
 MOST POPULAR ADVENTURE CENTRES

### Senior Instructor/ Outdoor Pursuits Instructors

Opportunities for energetic, enthusiastic and qualified Instructors to join our professional team.

Prerequisites: Level 2 Coach in kayak/ canoe, sailing instructor and rock-climbing instructor.  
 Level 3 Coach in three activities with a number of year's instructional experience together with a broader qualification base.

Salary: Commensurate with experience and qualifications.

Positions to commence early 2003.

Please send CV with details of experience and qualifications to:

Tom McArdle, Carlingford Adventure Centre, Tholsel Street,  
 Carlingford, Co.Louth

Tel:00353 42 9373100 Fax: 00353 42 9373651

Email: [info@carlingfordadventure.com](mailto:info@carlingfordadventure.com)

Web: [www.carlingfordadventure.com](http://www.carlingfordadventure.com)

Are you looking for a new Challenge?

Do you want to share your **Christian Faith** with others?  
 Do you **love the outdoors** and have Level 2 Kayak/Canoe, SPA, GNAS & BELA?

Then we have just what you are looking for! Barnabas Adventure is looking for a chief instructor to train and oversee 16+ instructional staff in a wide range of land and water based activities.

What are you waiting for?

Send you CV to Rachel Allen, Barnabas Adventure, Carroty Wood, Higham Lane, Tonbridge, Kent, TN11 9QX  
 or E-mail [Rachel@Barnabas.org.uk](mailto:Rachel@Barnabas.org.uk)



Chief Instructor

**Canoeing and Kayaking Instructors, BCU level 2 required for 2004.**

Year long contracts available, 40 hours per week on NJC Scales 4 – 7, working out at between £4.94 and £5.29 per hour. Subsidised accommodation is also available.

Avon Tyrrell is a busy outdoor activity centre in the heart of the New Forest offering a diverse range of activities including kayaking, canoeing, raft building, ropes course, climbing and abseiling, archery and many others to a wide client group including people of all ages and abilities. The successful candidates will receive training in all of the led activities on site and will deliver and run activity sessions and courses throughout the year.

**For an application pack please contact Joyce Wilford  
Avon Tyrrell Activity Centre,  
Bransgore,  
Hants,  
BH23 8EE**

Tel: 01425 672347 Fax: 01425 673883

E-mail: [info@avontyrrell.org.uk](mailto:info@avontyrrell.org.uk) Visit: [www.avontyrrell.org.uk](http://www.avontyrrell.org.uk)



**British Canoe Union – Appointments**

**COACHING DEVELOPMENT OFFICER (Technical)**

The British Canoe Union is seeking to recruit a full time Coaching Development Officer (Technical) to work from the BCU Offices at Holme Pierrepont, Nottingham. We are seeking applicants with the following attributes.

- A solid coaching background – ideally level 3 coach or above.
- Experience and a positive attitude to both competitive and recreational aspects of Paddlesport.
- An understanding or experience of sport development
- Good administration and IT skills being able to set up and keep organised information retrieval systems.
- The ability to work on your own initiative and under pressure.

**Your role would be to ensure:**

- That all incoming enquiries (telephone, e mail and postal) are dealt with promptly and efficiently.
- Create and monitor additional systems as necessary to ensure swift and efficient retrieval of information relating to technical enquiries, which occur from time to time.
- Provide support to the Coaching Administrative staff to ensure that they are kept appraised of changes to procedure.
- Ensure that all relevant leaflets and literature is amended as necessary whenever changes to the syllabi/systems occur.

Remuneration from £12,000 - £14,000 (Subject to funding agreements)

For a full job description and application form contact:-

**Maria Winfield at the BCU –  
Tel 01159 824203  
E mail : [maria@bcu.org.uk](mailto:maria@bcu.org.uk)**

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

**BCU – “helping and inspiring people to go canoeing”**



**CO. WICKLOW VOCATIONAL EDUCATION COMMITTEE**  
Require Instructors for the 2004 season at our Outdoor Education Centre in Baltinglass, Co. Wicklow.

**Vacancies from March-October**

Applicants should ideally be twenty one years old and hold the following N.G.B. qualifications: B.C.U. L2/L3 coach (Kayak), S.P.A. award, MLTB, BOF instructor and GNAS leader. Applicants with the above and a Degree/background in Ecology/Botany or Environmental Science highly desirable.

Competitive salary plus accommodation provided. (No deductions)

Please send C.V. with photo to:

**Centre Manager, Outdoor Education Centre, Baltinglass, Co. Wicklow.**  
Tel. 00 353 59 6481002/6481747 Fax. 00 353 59 6482128.  
Email [info@baltinglassoec.com](mailto:info@baltinglassoec.com) web [www.baltinglassoec.com](http://www.baltinglassoec.com)

**Bradwell Outdoors**

Qualified multi-activity instructors required for March to October 2004 season at this residential centre situated overlooking the tidal Blackwater estuary in Essex. RYA or BCU instructor award essential, plus at least one other skill/NGB qualification to include sailing, canoeing, high ropes, climbing, archery, ATBs. Additional training provided for appropriate candidates.

Accommodation available on site.  
Salary from £10,284 to £12,285 per annum based on 37-hour week (pay award pending), plus holiday entitlement.

**For details and application forms for above posts apply by telephone, email or letter.**  
Bradwell Waterside,  
Southminster,  
Essex CM0 7QY  
01621 776256  
[adventure@bradwelloec.freeserve.co.uk](mailto:adventure@bradwelloec.freeserve.co.uk)  
[www.bradwelloec.org.uk](http://www.bradwelloec.org.uk)



Essex County Council Learning Services

**Arnfield Care Ltd**

**Instructors/Care Workers Wanted**



arnfield care

Arnfield Care requires Instructors and Care Workers for dynamic outdoors based child care teams. We are based in the Peak District, but work UK Wide with young people who present challenging behaviour. Outdoor, craft or art qualified or experienced staff are preferred, but not essential.

What we do require from you is enthusiasm, high degree of personal motivation and an interest in young people's well-being.

**Please contact Paul Booker 01457 860200**

**ADVENTURE INTERNATIONAL**



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Tel No: 01604 499699

a.pope@actioncentres.co.uk

www.actioncentres.co.uk

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## VACANCIES FOR 2004

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Fourth Dimension Ltd (staffing), 13 Eskbank Avenue,  
Brighton, BN1 8SL [www.4thdimension.co.uk](http://www.4thdimension.co.uk)

Email [info@4thdimension.co.uk](mailto:info@4thdimension.co.uk)



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## Shielbaggan Outdoor Education Centre

### Instructors required for 2004 season

Situated on the Hook Peninsula on the south coast of  
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wide range of outdoor pursuits.

Instructors required in: Kayaking, sailing, rock-climbing,  
orienteering, archery and surfing.

Competitive rates of pay with time off to do your thing in the rest of  
Ireland.



Please forward a C.V. either by mail or e-mail to Colin  
Gibbon, Manager, Shielbaggan Outdoor Education  
Centre, Ramsgrange, New Ross, Co. Wexford.  
e-mail address: [shielbaggan@eircom.net](mailto:shielbaggan@eircom.net)



## Shielbaggan Outdoor Education Centre

### Senior Instructor Required

Ideally with good sailing and kayaking qualifications  
and holding a current D1 driving licence. You will be  
responsible for running activity programmes including sailing and  
kayaking proficiency courses. Managing and motivating staff and  
helping organise programmes.

Competitive salary and 12 month contract.



Please forward a C.V. either by mail or e-mail to Colin  
Gibbon, Manager, Shielbaggan Outdoor Education  
Centre, Ramsgrange, New Ross, Co. Wexford.  
e-mail address: [shielbaggan@eircom.net](mailto:shielbaggan@eircom.net)

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Essex, CO155SP

### West Sussex

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Fax: 0117 9235961  
Email: [performance@kayaks.co.uk](mailto:performance@kayaks.co.uk)  
Website: [www.kayaks.co.uk](http://www.kayaks.co.uk)

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TEL: 028 4377 0715 Email:  
[info@mountainandwater.com](mailto:info@mountainandwater.com)

# A second skin

There I was, slobbering out on the sofa watching Parky and Peter Kay when I got carried away with the laughter and over-filled my beer glass with a nice cold one out of the fridge. I braced myself as the beer soaked its way through my shirt, but the cold shock never came. Why? because I had my Hellys on!

I'm not a beer monster all of the time and in my various outdoor pursuits Helly Hansen's Lifa base layer shirts have been superb. I'm lucky enough to have half a dozen of these and they really have become my second skin now the sun's taken a liking for early nights. I'm never out of them, forget thermal underwear, get yourself some of these.

They keep you dry, let the body breathe, never need ironing, don't shrink - so what more do you need! I'm also going to wear them in the summer as a t-shirt, though they do look a little 'inside out' and I may have to lose a little weight as they are very 'body hugging' and show all the imperfections. Anyway, once the chest expanders and weights have been rescued from the loft and do my thirty jerks whilst watching Parky, that won't be a problem any longer.

Seriously these are excellent garments and just so comfortable. They are manufactured using polypropylene, meaning the garments transfer the moisture away from the body keeping the dryer warm and comfortable.

#### Fabrication:

- 100% polypropylene

#### Key features:

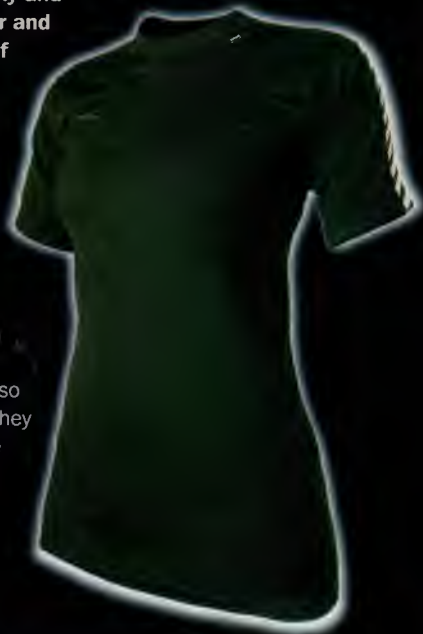
- Eyelet construction
- Longer back
- Close to the body fit
- Flatlock seams

#### Key benefits:

- Excellent moisture transportation
- Lightweight
- High-elasticity fabric allows unrestricted freedom of movement
- Good shape retention
- Non-pilling
- Odour resistant
- Rapid drying time

To see the full Lifa range and all other Helly Hansen clothing visit their website at [www.hellyhansen.com](http://www.hellyhansen.com)

Andy Pearson



## The Ainsworth Professional range of paddles

*Professional*

The Professional Range of paddles are a new innovation from Ainsworth. This utilises a unique new manufacturing method, producing high quality, lightweight, stiff paddles. Computer generated diagram showing evolution of blade from date to finished product. These paddles are made from High Molecular Polymers which are 215% stronger than Nylon 12. The blade material is 60% denser than Nylon, and so has a very stiff modulus to it.

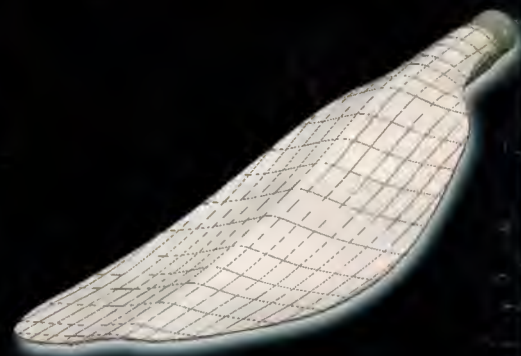
We have designed a hollow section into the back of the blade, that reaches almost to the tip of the paddle, and so the overall weight of the blade is lighter than water - and so it floats!

Blades are also available in an even lighter build, incorporating a greater carbon content. (Super Light Construction). The exceptionally fine edges reduce resistance on entry to a minimum, and the lightweight blades are complemented by composite shafts of either Glass/Epoxy or super light, Glass / Carbon Epoxy, construction.

Tel: 0208 898 4839

E mail: [ainsworth.uk@virgin.net](mailto:ainsworth.uk@virgin.net)

[www.ainsworthpaddles.net](http://www.ainsworthpaddles.net)



## Christmas present ideas from Endless River

The sawvivor is a 38cm collapsible saw weighing just 270 grams. The blade is stored in the frame and uses an adjustable tension system allowing easy removal and attaching the blade. Foam cushion handle adds extra grip for comfort and safety. £39

The sawpreme saw features a nylon handle ergonomically shaped for comfort and control, with a stainless steel locking button. The 15cm stainless steel blade is taper ground giving excellent stiffness and offset teeth for fast cutting. £25

#### Kelly Kettle

The ultimate outdoor enthusiast kettle. Boils water in the windiest and wettest of weather. Comes with storage bag. Large 2.5 pint £40 and one pint £35.

Tel/fax: 01905 640003 email: [dave@endlessriver.co.uk](mailto:dave@endlessriver.co.uk)

[www.endlessriver.co.uk](http://www.endlessriver.co.uk)







## A light breather

Give the jacket a hard time we were by the people at Lowe Alpine. So off it went to Cornwall for surf kayaking, the Peak District for some mountain biking, Scotland for a touch of WW kayaking and Norfolk for three days of golfing in October. Four different but very impressed people.

First the science: eVENT Fabric is a Direct Venting™ waterproof barrier using a proprietary and patented Dry System™ technology, eVENT Fabric sets a an excellent standard for comfort by allowing perspiration to dissipate and vent without saturating the inside of the fabric.

At the core of eVENT Fabric is an ePTFE (expanded Polytetrafluoroethylene) film that has been rendered oil-repellent, and thereby free from body-oil contamination, via a method that retains both the inherent open-pore structure of the membrane as well as its hydrophobic properties.

Tony after surfing said "eVENT breathes excellent and can be used even in the most demanding of occasions. We had some fluctuating temperatures in Cornwall but the jacket acclimatised amazingly well"

After golfing in three days of weather that ranged from pouring buckets to long periods of bright sunshine, Sam commented "I was very impressed. Underneath the jacket I wore a t-shirt as it was never really cold but mostly damp. However, after four hours running around the course the jacket kept me dry without making me clammy".

Ian took the top for three days of mountain biking in the Peak district and added "Amazing breathability. It was warm and sunny but the jacket never got wet on the inside. I could feel my body sweating, but it didn't accumulate or make me uncomfortable"

Rarely did a new contender perform so well. The bright colour schemes should make it stand out anywhere and has obvious uses in dark weather, though you have to be able to take the usual gibes of 'where's my sunglasses, blah, blah' from the odd comedian. I found the breathability to be exceptional compared to other technical garments I've worn. I was very impressed with how well this garment has performed for me and the others. One of the best products on the market at the moment! Very impressed.

Tony Cornwall



# Something to read at Christmas

## L'Eau Vive book by Deb Pinniger

World-class kayaker and photographer Deb Pinniger's new pictorial journal hits the stores.

L'Eau Vive is a photographic journal of waters around the world; it will take you on a pictorial journey through Africa, Europe, Asia and the Americas. The photography and words will resonate deeply within the souls of paddlers and all those who appreciate the grace of the river.

The book contains 53 exquisite full-colour plates interspersed with humorous accounts and poetic writing contributed by friends and fellow kayakers. Deb successfully displays on paper the clear vitality of the world and the uniquely diverse life of a traveller. She presents the kayaking world as both complex and simple; at times it is an epic challenge, at others a sublime jaunt, and always a great adventure. Join Deb as she travels around the globe with kayak on shoulder and camera in hand. This book is a visual diary of her adventures - of the places she travels to, the people she meets and the friends she makes along the way. L'Eau Vive will be available at all good outdoor stores and dealers serviced by the following distributors. Copies will also be available to buy online at [www.looner.co.uk](http://www.looner.co.uk). Price: UK £19.95

## A guide on how to ride

Palm equipment will be exclusively distributing Olli Grau's latest instructional book in the UK.

The book is a 'modern guide to technical white water paddling' presented to you by one of the worlds foremost white water hero's. Olli's last book *Rodeo moves* showed how he can explain both basic and advanced concepts in an easy to follow and attractive manner, and this latest book again raises the standard of presentation with simple and clear graphic layout accompanied by some superb images shot mostly on location on rivers and creeks around Europe.

Not only does it cover the techniques you need to paddle, Olli uses his experience as an R&D pilot to explain how your craft should fit, and how to prepare for the river with the gear you wear.

A great guide and a great look, let Olli show you how it's done. Price: UK £19.95

## White Water Lake District

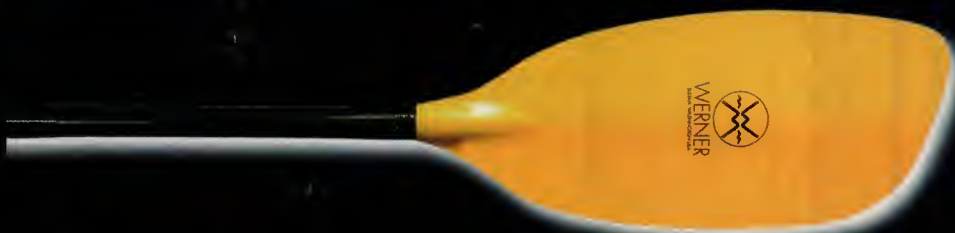
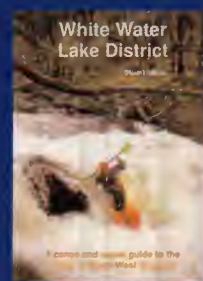
By Stuart Miller and published by Rivers Publishing UK. This easy to read comprehensive guide to paddling in the North West of England is a must for residents and visitors of the lakes.

Having personally lead two novice kayakers over the 'large, unrunnable fall' at the top of the Mint, simply because I put on at the wrong end of the field, this guide with all its detail is welcomed.

Incredibly, the author seems to have kayaked some of the least paddled creeks in the country and all the details are here. Many of these runs are less than 3km, but with a friendly driver, several sections could be paddled in a day and this book takes the Chinese whisper element out of exactly where to put on and take off. All the classic rivers in the North West are well documented and the clear maps and straight forward icons found on the page margins mean there can be little doubt about the hazards you will encounter on each and every run.

With this book in hand, all you need is rain!

Review by Guy Baker



## Werner - Rec WW

Inspired by the popularity of our premium Quest, the Rec WW is an exceptional choice. The Rec WW blades are designed with more surface area near the tip for good initial power, while their mid-size delivers the high stroke rated needed during whitewater paddling. The Rec WW offers the budget conscious paddler exceptional performance at a mid-range price.

Stock Paddle Lengths 191-194-197cm RH45'

RRP: £139.95

From all good Dealers. Distributed by System X [info@systemxkayak.co.uk](mailto:info@systemxkayak.co.uk)  
[www.systemxkayak.co.uk](http://www.systemxkayak.co.uk)

## Kingpin Icon 6.1/6.2/6.3

How do you evolve the Kingpin? A boat that's won two golds, three silvers, and a bronze at the 2003 world championships. How about keeping it one of the best hole boats ever, but tweaking it slightly so it becomes the one of the best wave boats too? Start with Removable pod technology that allows you to adjust the boat's volume to suit different features, and get more pop when trying loops. Add removable fins optimally placed to offer uncompromised carving and speed on fast green waves.

Inside the D Bone™ subframe makes the hull stiffer and more responsive and also include one of the the neatest outfitting system seen - the Performance Fit System™ with Precision adjustable thigh braces, a Flipswitch@ backband and our six-way adjustable AirCore™ seat and hip pads. Palm present the evolution of the most successful freestyle kayak in history - the Kingpin:Icon. Better clear some space on the trophy shelf.



## Nomad 8.1 / 8.5

Dagger has more creek boats under its belt than any other manufacturer. If you were as close as we are to some of the best steep creeking in the world, you'd understand why we make such amazing creek boats. And you'd probably have one or two of your own.

Freefall, Freefall LT, Gradient, CFS. The Nomad continues this tradition with the unmatched safety features and rock-solid design that has made all of them winners. Except this time we've busted out two different sizes so anyone, big or small, can get a piece of the action.

We've added some length so the Nomad will better handle big water and downriver bombing, but it's still short and quick enough to bounce down the hairball runs you don't tell your mum about.

A flip switch backband gives you no compromises on fit and support, and makes getting in and out a simple affair. There are a full six rescue attachment points, two of which are mounted at an angle just behind the cockpit for easy reach while seated, and so your buddy has a great place to hang on when you're delivering him from an out-of-boat experience.

For more details of both boats go to [www.dagger.com](http://www.dagger.com)



## The new Glo-Toob FX



Developed in South Africa by a small team of electronic and mechanical specialists, Glo-Toob was invented to replace chemical lights sticks used in night and cave scuba diving. It is a handy little device for the long nights and it is light and very bright plus can be attached anywhere on your clothing. It is available in five colours - red, amber, blue, green and white.

By following a few simple steps you can select one of seven different operational modes - from permanently on to flashing and strobing effects! In addition to this, you can select a locked or

preferred mode - this is the mode the unit will activate when it is switched on.

Each unit is powered by an inexpensive 12V (23A) alkaline battery which is readily available at a nominal cost. This battery will power the unit for approximately 30 - 80 hours (depending upon mode) after which the battery is replaced.

The Glo-Toob is waterproof to any depth, but please ensure that the cap is tightly screwed on before submersing the Glo-Toob in water. One unique feature is that you can switch the unit on and off underwater - just don't confuse the switch for the cap! It is also advisable to give the Glo-Toob a gentle wash after exposure to saltwater. The Glo-Toob is also virtually indestructible - it can be dropped, thrown, or even driven over without affecting the operation of the unit.

The shape is cylindrical, measuring 70mm x 19mm (2.75" x 0.75") and weighing a mere 34g (0.075lb) - small and light enough to carry in your pocket or as a keyring. Personally I like this little item and have it handy in the car and I can see the many uses for it in the canoeing world.

For more information please visit

[www.glo-toob.com](http://www.glo-toob.com)

Peter Tranter

# The Super Scrappy helmet and H.O.G

In the beginning there was only the Scooby, then his pal Shaggy came along. Next the Scrappy was born.

What do you call a supped up Scrappy? Super Scrappy. They also added the H.O.G. Lock retention system and removable ear flaps.

Colours - Solids and Carbons, various.

Sizes - Universal HOG (Hand of God) fitting system. RRP: £69.95

[www.shredready.com](http://www.shredready.com)

[www.systemkayak.co.uk/dealers.php](http://www.systemkayak.co.uk/dealers.php)



## Shred Ready Hand-Of-God

After reviewing the Sweet Strutter and the Lidds occipital locks, I finally got to take a look and try out the Hand-of-God system by ShredReady. My first impressions are that this is the best occipital lock to come out yet. Not only does this system allow you to wear your helmet forward or backward, it is also the most comfortable and best fitting of all the systems. I have a Super Scrappy review sample and will have a full review coming out soon.



location | Perth River  
photograph | Clive, the Poly

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# The **Monolith**™ Dry Jacket

featuring **InterLoc**™

**Integral Impact Resistance** PowerTex™ neoprene panels at the shoulders and ArmorTex™ neoprene panels at the forearm provide impact resistance. Protection can be increased by inserting impact-absorbing foam elbow pads.

**Anatomical Cut** Cut to conform to your body with articulated shoulder and elbow sections. Seamless underarm panels increase mobility and movement in this high-flex area.

**Intelligent Storage** Discreet cargo pockets secured with low profile zippers help to keep on-the-river necessities stored for instant retrieval. The zipper openings are positioned to be easily accessible when wearing a PFD.

**DualTex™ Fabric** Constructed from 100% waterproof, breathable coated nylon treated with Ultra DWR (durable water repellent).

## **InterLoc**

InterLoc™ Technology utilizes areas of Velcro® loop laminate neoprene on key pieces of apparel. By inserting InterLoc™ Discs (die-cut hook Velcro® discs) between compatible products, you can prevent unwanted movement and totally eliminate PFD ride-up.

### **InterLoc Skirt**

InterLocs to interior of Monolith outer waist tunnel to prevent water flushing and garment bunching.



### **Citizen**

Park & Play Flotation Vest - InterLocs to exterior of Monolith outer waist tunnel to eliminate ride-up.

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