

Canoe

FOCUS

Features...

Sea kayaking Alaska

Irish Sea crossing

Swedish Lake District

Marathon World
Champs preview
Himalayan
Challenge

10 pages of
jobs in this
issue

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Canoe Focus
The official magazine
of the British Canoe Union
John Dudderidge House, Adbolton
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Tel: (0115) 9821100
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E-mail: info@bcu.org.uk

www.bcu.org.uk
ISBN 0953-010X

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Annual Subscription Rates

UK inland: £19.00

Overseas: £24.50

Supplied free to BCU members

Annual Membership Rates

Life: £520.00

Adults: £29.00 basic

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Publishing Contractors

2b Graphic Design

49 Greenfields, St. Ives,

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Printed by

Warners, Bourne, Lincs

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.

Paddle now, join us now, together
we can all achieve more.

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THANKS

We would like to thank the following for their articles and photographs:
Tamsin Phipps, James Farquarson, Andy Jackson, Phil Eccles, Alan Judge, David
Bradley, Peter Astles, Dave Leathborough, James Smythe, David Enoch,
Jonathan Martin, Jeremy Webb, Dave Moore, Dave Halsall, Howard Blackman,
Sue Hornby, Steve Martindale, and Mike Devlin.

Front cover: Peter Astles in action at the PeakUK/Nara Himalayan Challenge

Photo: Dave Leathborough

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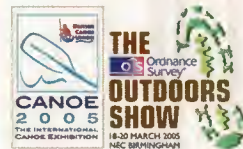
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YOUR CONTRIBUTIONS MAKE CANOE FOCUS HAPPEN.

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 preferably as a Microsoft Word file, which can be emailed to peter@canoefocus.co.uk, or mailed to 2b Graphic Design, 49 Greenfields, St Ives, Cambs PE27 5HB. All material is accepted on the understanding that the BCU and it's agents cannot be held liable or responsible for loss or damage, although every care and effort is taken to safeguard material.

Next Copy date is the 1st MARCH 2005. Material arriving after this date cannot be included in the APRIL 2005 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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Comment

by Paul Owen, Chief Executive

From a BCU perspective I believe that we can look forward to 2005 with great enthusiasm and I thought that it would be timely to bring members up to date with some of the things that are planned.

Staff changes

During the summer, Robert Deacon joined us as our new Membership Services and Operations Director. The significance of Robert's appointment cannot be overstated as he is leading a complete overhaul of our membership services to ensure that we are focused on the requirements of members, and that we provide high quality and relevant services. Some very positive changes have already been implemented and more are to follow.

We have also appointed Andy Goodsell as Project Officer for the Sports Management Committee. A further staff change is that we will be saying goodbye to Vera Whalley in February. Vera has been with us for five years and we wish her and her husband well, as they embark on a new life in Crete. Mandy Delaney will be taking over from Vera, in a new role as PA to the Directorate, working with both Robert and myself.

In April we will also say goodbye to our Office Manager, Lorna Orton. Lorna will be retiring from the BCU after 16 years service and has certainly earned her break, having been largely responsible for the development of membership services through a massive period of growth for the organisation. Thank you Lorna and good luck!

New database and website

One of the changes mentioned above is the introduction of both a new membership database and a new website. This will integrate fully the work of the BCU, and will replace the existing websites. (BCU and World Class) This is very important to our future growth, bringing an extensive range of benefits and improving our marketability.

Press and PR

'Perfect Motion Sports Management' have been appointed by the BCU to increase our media profile and put in place a robust communications strategy which will include increased support to the Rivers Access Campaign. This appointment will be backed up by a new member of staff who will be recruited shortly.

Investors in People

We have just received the initial report from Investors in People which shows that we are on target to achieve the award during 2005, but perhaps more significantly, underlines our commitment to all members of staff as we take the organisation forward.

London 2012

July 6th will be the day that the venue for 2012 Olympic Games will be decided by the IOC. From a Canoeing perspective, the bid includes an exciting new White Water Course at Broxbourne and a successful outcome on July 6th would provide an excellent platform for our sport to complement our National Canoeing Development Plan, and raise our profile over the next seven years.

Shows of public support for the bid are increasingly important and we urge members to register their support on the bid website - www.london2012.org

ICF Congress

The ICF Congress was held towards the close of 2004 with ICF membership reaching a record level of 136 countries. Germany's Ulrich Feldhoff was re-elected as President, and previous Secretary General Jose Perurena Lopez was elected as First Vice President, paving the way for the ICF to lift its office resources with the appointment

of its first paid Secretary General. In addition, the ICF will also be appointing a full time communications officer.

National Canoeing Development Plan

It is anticipated that Sports Councils response to the BCU's National Canoeing Development Plan will be revealed during the early part of this month. Early indications are that it has been well received and that our sport will remain key, both at a UK and at a National Association level.

London Boat Show

The Canoe Village at the London Boat Show was again a major success with leading members of the canoe trade able to demonstrate the opportunities and products available at our end of the boating industry. Thanks should go to the Association of Canoe Trades who provided the opportunity for the BCU to be present. Olympic Bronze medalists Helen Reeves and Ian Wynne took part in the press and preview day's promotion of the London Olympic bid.

Sports Coach of the Year Awards

Congratulations, to Juerg Goetz and Eric Farrell, coaches to Olympic Medalists Campbell Walsh and Ian Wynne respectively, for their richly deserved Mussabini medals. Juerg and Eric were inducted into UK Sports Coaches Coaching Hall of Fame by HRH The Princess Royal at the UK 2004 Coaching Awards ceremony, at the Café Royal in London.

The Mussabini medal is awarded to the country's leading coaches, and celebrates the contribution of coaches to UK performers who have achieved outstanding success on the world stage (see page 6).

Canoe Exhibition

Plans for this year's International Canoe Exhibition (see page 29) which is again being held in conjunction with the Outdoor Show from March 18 to 20 at the National Exhibition Centre are well advanced, with stand space sold out and new features which include:

BCU Members' Lounge

BCU Members preferential seating in the watersports theatre

The Peak UK Freestyle Open Class Event – open to all with boats provided - all you need is some paddling kit.

The Peak UK Freestyle Invitation Event

The Merrell Beach Bar.

Access

Special thanks to the canoeists, both BCU members and non members, who helped bring about the BBC TV 'Countryfile' programme. The programme, which we have reported on in the Access section of this **Canoe Focus** (page 12), highlighted the plight of canoeists using the River Mole as a typical example. Thanks also to Local River's Advisor Noel Humphreys, who helped make the programme.

A further meeting with the Minister for Rural Affairs, Alun Michael, together with Minister of Sport, Richard Caborn, and BCU officials took place just before the Christmas break. The meeting was very positive and highlighted the contribution that canoeing can make to the government's Health Agenda. Further details will be published on the website and in **Canoe Focus** as soon as they are available.

AGM

This year the BCU AGM will continue its rotation around the National Associations, moving to Sport Scotland's Headquarters in Edinburgh – please see enclosed details.

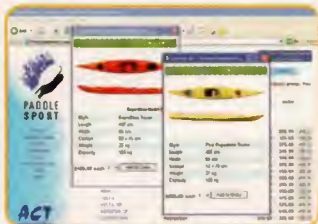
New web address

Thank you for putting in the Nelo have changed their web address to: www.mar-kayaks.pt

New online catalogue

Paddle Sport have launched their new online catalogue at www.paddlesport.co.uk

The catalogue has been custom written for Paddle Sport rather than trying an 'out of the box' eCommerce package. Our unique concept avoids excessive screen scrolling allowing you to browse the catalogue easily. Products open in their own windows so you can keep them open as long as you wish, minimise them or move them around on screen and make direct comparisons so you can easily narrow your choice and finally press the order button when you are sure you are ordering the right products. The usual shopping basket choices will be there with full credit card payment facilities when you decide to go ahead with an order.



Sea kayaking website launched

A new website has been launched which acts as a practical guide to planning sea kayaking trips covering all of the coastline from Amble to Pease Bay, in Northumberland in the north east of England and in south east Scotland.

The guide contains a variety of trips for all abilities, including the Farne Islands, Holy Island, St Abbs Head and Coquet Island, and covers such aspects as a description of the trip, tidal details, access, dangers and natural history.

If you have any comments about the site please send them to john_rae@dsl.pipex.com www.seakayakingnorthumberland.co.uk

John Rae
BCU Northern Region Sea Rep

GB canoeing coaches honoured

The coaches of Great Britain's Olympic medal winning athletes were honoured on 2nd December at the sports coach UK annual national awards.

Swiss born Juerg Goetz, coach to slalom silver medal winner Campbell Walsh and Eric Farrell, coach to Dr Tim Brabants and Ian Wynne who won bronze medals at the Sydney and Athens Games were awarded the Mussabini Medal, which celebrates the contribution of coaches to UK performers who have achieved outstanding success on the world stage.

The presentations were made by HRH Princess Anne at the Café Royal in London.

Goetz, who started coaching at the Nottingham's white water centre in 2001 said "I think recognition for what you do is a very powerful tool used in sports as well as in life in general! I feel very honoured to get this award - and to get it outside my home country makes it something even more special to me. But then it's a privilege for me to work in a job I love. I feel very humbled".

Farrell, who is regularly spotted at the national regattas held at Holme Pierrepont said, "It is an honour and a surprise to receive this coveted award and I accept it on behalf of British canoeing. It's been a magnificent team effort from talented and dedicated athletes, coaches, management, support staff, relatives and friends, all made possible with valued support from UK lottery funding. Apart from the freezing cold wet winter mornings on the river, we are looking forward to the challenge of developing our next generation of champions hopefully on home soil in 2012."

Eric started working with Tim Brabants in 1993 coaching him to a junior world championship gold medal in 1995. Tim went on to win bronze in 2000 at the Sydney Olympics. Tim set a best ever world time at the Athens Olympics this summer and another of Eric's athletes, Ian Wynne, secured a dramatic bronze medal.



Tobias Bersch in the Jackson All Star



We're really pleased to announce that current European Champion Tobias Bersch has joined the Square Rock team ready for the World Championships in Australia. Tobias will be paddling the JK All Star and using Mountain Surf software.

EJ sums him up, "As an athlete, Tobi is a formidable competitor winning the European and German Championships numerous times. I had some of my best training last autumn when Tobi came to Rock Island and trained with me. He is quick, explosive, yet a technician. I am very proud that to have him paddling in a Jackson Kayak. I hope the All-Star will be just what he needs to take his skills to the next level for medals in the 2005 Freestyle World Championships."

For further information check out www.squarerock.co.uk

Adventure paddlers weekend in the Lakes

After successes at the Dart on Dartmoor, Gene17kayaking joins up with leading UK retailers Brookbank Canoes and UK Canoes of the North West, to bring a kayak event for river runners and adventure paddlers.

G17 mission director Simon Westgarth told us that; "We hope to bring this great event formula to the Lake District in co-operation with one of the most dynamic kayak stores in the UK. At this event we'll have all the usual presentations including a movie premiere, a slide show and the very popular manufacturers lecture. There will be a whole range of new trip ideas from some of the UK's leading paddlers. And of course we'll leave the day time for paddling or testing demo boats". www.gene17kayaking.com for details. Booking hotline on 0161 474 1499 with Brookbank Canoes or on 01524 388850 with UK Canoes.

PADDLE THIS

Need a holiday?

Well look no further as Kayakojacko, the leading kayak coaching and holiday provision specialist, have announced a full calendar of holidays for the new year. With over 30 weeks of professional but personal coaching on offer, there has to be something for everyone. As well as the established trips all over the world there are lots of new trips for freestyle, whitewater and surf (Scotland, North Wales, Colorado, France, Slovenia, Spain, Portugal, Austria, Norway, Sweden, Africa and much more). There's also the new beginners and family trips which for the first time offer quick routes into our sport on both intense and family orientated holidays. Added to this is the new clubs and groups scheme where if you book places for more than four people Kayakojacko will offer a group discount. And to make it even easier, Kayakojacko coaches can come to your club night to present the trips and tease you with awesome pictures and experiences, so that getting your friends interested will never be easier. To find out more: Phone - 01628 824484 or 07775 762552. Email - holidays@kayakojacko.com. More on - www.kayakojacko.com

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- **Concept 2** - manufacturers of the world's leading rowing machine
- **Cyclex Fitness** - suppliers of high quality home fitness equipment
- **CV Fitness** - one of the UK's leading commercial fitness companies

To take advantage of the discounts, all you need to do is visit their websites with your BCU number close at hand and log in to the Member Benefits section.

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Cyclex Fitness	0845 600 3406	www.cyclex-fitness.com
CV Fitness	0115 981 6500	www.cvfitness.com

Scottish White Water Guide

Great to see the wee article on the new Scottish White Water Guide.

However, the guide is published by the Scottish Canoe Association. If paddlers buy direct from us we make considerably extra and it all goes to the Andy Jackson Access Fund. Plus postage is free so paddlers get a better deal. So the recommend must be to buy direct from:

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John Picken
SCA Access Co ordinator

Jackson Kayak Competition

Many thanks to everyone who entered the Jackson Kayak Fun competition and congratulations to Jennifer Prescott on being the lucky winner of a Fun!

PADDLE THIS

Water by nature

"Experience The World of White Water Kayaking"

Water By Nature has expanded recently and is now offering a comprehensive range of guided whitewater kayaking trips to compliment its already extensive variety of whitewater rafting trips in the world. World class instructors such as Mike Abbott, Debs Pinniger and Mark Eames will guide you down rivers in Morocco, Turkey, Chile, The Zambezi, Nepal, New Zealand and coming soon, The White Nile in Uganda. All trips are fully gear raft supported, playtime... a priority. For those yet to discover the wonderful world of kayaking, we offer kayak schools in Morocco and Chile. All equipment is provided, but if you feel more comfortable with your own, then feel free to bring it with you. For more information visit their website www.waterbynature.com or contact Clive at kayak@waterbynature.com

New image for Canoesplus

Canoesplus are pleased to announce the opening of their new showroom at Marsh Farm Hilberton, Trowbridge.

Based on the Kennet and Avon Canal it is a great setting for the canoe showroom and adjacent warehouse where large stocks are now carried. Customers can also have a trial paddle before committing to a purchase.

The new website is also up and running under the new name Family Adventure Store, complete with a forum, where paddlers can post and read equipment reviews, post events, and favourite launch spots in their local area.

The decision to incorporate canoesplus into the wider brand of the Family Adventure Store was taken to reflect the broader range of products on offer.



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Charity slalom event

Canoe Slalom has gone through a few changes recently. The grand prix format of qualification, followed by semi's and final meant that the recent HPP international was all finished by lunchtime on the Sunday. But probably the biggest change which has occurred since reverse gates were taken out is the new short boat rule. Slalom boats can now be as short as 3.5 metres long.

Three of the main slalom boat retailers, Double Dutch UK, Nomad Composite Designs and Hydra Sports decided to give paddlers the opportunity to try the new short boat designs on the course and compare their times against the top competitors.

Everyone who took this opportunity paid £1 which went to charity. Double Dutch UK, Desperate Measures, Peak UK and Quikflow donated prizes which were raffled off at the

end of the day. A total of £81.00 was raised and divided between the BCU Foundation Trust and Peggy and Friends, a charity chosen by GB junior internationalist Julie Bright.

In Julie's own words; "Peggy and Friends is a UK registered charity that provides advice and support to limbless and limb deficient children, young people and their families. It was set up after a terrorist attack in South Africa. A young girl from the New Forest called Laura Giddings had to have her lower leg amputated. The replacement limb that was offered by the NHS was very basic and made it obvious that it was not real. This was very hard for a child who liked to play and wear skirts and shorts. Limbs cost £2,500 pounds each, children obviously go through a lot of these whilst they are growing hence the reason there is only basic limbs provided".

Joe Walmsley

Poland marathon

Poland would like to welcome you to the heart of lakeland and forest region canoe marathon, Augustow-Biebrza, June 10-12th 2005. (2005 has been designated by the national park authorities as the year of the red marshes)

This event is to promote the waterways of north east Poland and highlight the suitability for kayaking and canoeing activities. This is not a race but a touring event, to allow people to see the waterways that exist in this area, the event will start in Augustow and finish within the Biebrza national park. There will also be an organised hike to see the red marshes and its resident population of Elk (The highest population in Poland). The route will be approximately 26 miles, hence the reason it is called a marathon. There will be no portages, but you will have to go through three locks. In due course there will be more details on our webpage www.solarsky.com.pl or you may contact me on this number if you require any further details 00 48 501 274 244.

Andrew Holak

PICTURE THIS

Olympic celebrations

Ian Wynne, member of Royal Canoe Club and bronze medal winner in Athens, attended the cadet and junior presentation evening and presented the annual trophies to this year's winners.

Antonia Burbidge and Jonathan Boyton were the junior racers of the year whilst Rosie Farrington and Oliver Gibson were the cadet racers of the year. The Lightning Cups went to Matthew Clark and Sukie Rees. Cadet of the Year Shield was awarded to Jack Staddon.

On Sunday 28th November Royal Canoe Club held their club celebration of Ian Wynne's Bronze Medal at the 2004 Olympics. Both Ian and his coach, Eric Farrell, were made Honourary Members of the club. Present at the celebrations were a number of guests who had either competed at the Olympics or attended as a coach or team manager.



BT Award makes a splash

The BT Community Champions scheme has awarded Graeme Redrup, a BT Global Services site manager based in Guildford, £500 to purchase equipment for the Godalming District Scout Canoe Club in Surrey. The scheme, run by BT's charity programme, awards cash grants to BT employees to use within community and voluntary organisations they are involved with.

Graeme said: "The Godalming District Scout Canoe Club is very grateful to have received BT Community Champions funding. The money will go towards the purchase of a new canoe, paddle and buoyancy aid, helping us to keep the canoe fleet up to date."

Chris Barber 1972 - 2004



When Chris started at Loughborough University in 1993 he was already an accomplished canoeist. During his four year course he was an enthusiastic member of the University Canoe Club, participating in numerous Alps trips, dinner meets and social occasions. He also played canoe polo, representing the university in National Division 4. Whilst at University, Chris developed a habit of keeping his boat on his roof rack at all times. Although often quite quiet in large groups, bubbling under the surface was an extrovert waiting his chance to sneak out.

For the next few years he dabbled in polo in the East Midlands before joining Matlock in 2001. Initially he got off to a nervous start and displayed a stubborn streak, refusing helpful advice from other players, preferring to do things 'his way'. After a year or so he became more confident and relaxed into it, proving himself to be an excellent keeper by saving the blushes of slack defenders several times. They however, were sometimes left cursing under their breath on receipt of one of Chris' hospital passes!

Chris was an integral part of the Matlock A team which won Division 4 North in the 2003-4 season. He was looking forward to starting playing in Division 3 in 2004-5. Chris had a heart of gold and often carted people around in his various vehicles, this September driving the lads all the way to Dublin for the Irish Open. Although the team's performance on the pitch was below par, apparently that in the bar wasn't.

Now Chris is no longer with us it has really bought home how easy it is to take for granted that people will just turn up for training, how no extra effort is required to maintain friendships. I think now Chris has gone it has made us realise how lucky Canoeists are to have this mutual interest which brings us together.

Rest in Peace Chris

Nicola Williams on behalf of Matlock Canoe Polo Club

Eric Totty

Most of you will have heard the sad news that Eric passed away in September. He died in hospital after being unwell for some time.

Eric first started paddling open canoes in 1937. His first kayak was a Granta but he soon moved on to a Klepper folding kayak, which he went to Germany to buy. He brought it back by paddling down the Rhine, ferry across the channel and then train home which must have caused great curiosity, canoeing being a sport in its infancy!

In 1952 he represented Great Britain at the Lippstadt International Slalom. In the same year his love for the sport spurred him to help start the Lakeland Canoe Club. The club's first trip was on the River Lune; from its confluence of the Rawthey to Devils Bridge in Kirkby Lonsdale. There were three paddlers!

Eric has paddled endless rivers in Europe, Canada, the Grand Canyon of the Colorado, sea kayaked in Norway, Greenland, France, crossed the Baltic Sea from Sweden to Finland, as well as much paddling in and around England and Scotland, and was the first canoeist to navigate the River Nith in 1969. Never one to boast about his exploits, Eric will be long remembered by the club as an active paddler right up to his late eighties. His good sense of humour and diplomatic leadership skills also made him a natural in the administrative side of canoeing. Working for the BCU and many other organisations, Eric was keen to push canoeing at all levels forward both for enjoyment and competition.

He started the Leven Wild Water Test in 1954, the first race of its kind, which continued until 1987 when the race evolved into a recreational event rather than competitive, creating the Leven Open Days. Canoeing and the outdoors was his passion and would wish nothing more than the club and its members to get as much out of the sport as he did.



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Dear Yorkshire paddlers

At the recent ACM of the Yorkshire region of the BCU I am pleased to advise that for the first time for several years the region now has a full committee.

I take over as Chair, (contact details below) and I am delighted to say that we have a secretary Jonathan Dakeyne Jdakeyne@aol.com (Jon is no stranger to the region, having had a break but previously served as the Treasurer).

We are hoping to get in touch with all clubs and all disciplines shortly. However please take this as an invite to ensure we have up to date contacts by registering your details with Jonathan now.

Communication of all that's happening within our clubs and region can be advertised by sending your news to our web site manager Kate Wright at kate.wright29@ntlworld.com. Please tell Kate exactly what you want her to put up. And please don't send us everything, just the stuff you want actioning. The web site is yorkshire.bcu.org.uk

The region is fortunate to retain the services of David Longley as Treasurer, David Gent as Vice Chair and Ken Reece as an independent member. We are joined by Keith Saunders (also Vice Chair) and Chris Hawkesworth (independent). Thank you.

A big vote of thanks must go to Mike Twiggs who has worn multiple caps for ages, but who we are retaining as Disabilities. (Any clubs who cater for our less able paddlers are encouraged to contact Mike so a full list of Inclusion Clubs within our region can be established). Mike is on twiggs_canoe@msm.com

Dick Constable
dickconstable@canoists.co.uk (make sure you put the S on canoeistS) 01132 668787 (at reasonable times please). If you ring and get Vicky, please tell her what you would have told me, she is very clued up.

WEBSITE INFO

For more information on the BCU visit the BCU website at www.bcu.org.uk/aboutus/aboutusindex.html

The 'white' stuff

Sea Cadets from Wessex District journeyed to Dartmoor to undertake their British Canoe Unit (BCU) 4 Star Kayak awards last weekend. This is the top skill award available to Sea Cadets, and this was a particularly successful year for our young paddlers.

As part of the BCU 4 star assessment cadets are tested on their white water reading skills, surfing waves, eddy hopping, entry and exit to river hydraulics and river rescue skills. This is only achieved with a large amount of dedication and time. Most young people find it difficult to access the right sort of river to gain experience, especially if you don't have transport and are based in the South! This is where the Sea Cadets can help by providing the equipment and dedicated support necessary to run courses without the need to involve parents.

After many weekends travelling to train and practice on various white water venues around the country including Cardington Whitewater course in Bedford, the River Wye in the Forest of Dean and the Nene artificial whitewater course in Northampton. A group of young people from Southampton, Romsey and Christchurch were ready to undertake the assessment, and met up at 6am to travel to Devon to run the wildwater Rivers of the Exe and Dart.

The weekend was finished off on the famous 'loop' section of the River Dart. As well as confidently demonstrating their paddling skills on the most challenging river paddled to date, the cadets negotiate rapids with forbidding names like 'the washing machine', 'lovers leap', 'the spin dryer' and the daunting 'triple falls'. Luckily, John Miles from Dart Photos was on hand to catch a shot or two as our group ran the 'washing machine'. (check out his website at www.dartphotos.com)

Overall it was a very successful weekend. As well as thoroughly enjoying a beautiful sunny autumn day on the river, all six cadets going for assessment met the grade required and passed their BCU 4 star inland kayak award.

For more information about paddling in the Sea Cadets, visit: www.hants.org.uk/paddlesc
Monty Smedley, L3 Coach



Halifax CC lottery success

As the National Lottery celebrates its 10th Birthday, members of Halifax Canoe Club are celebrating the taste of Lottery success! The club has been successful in securing £4,805 from Awards For All, which distributes lottery grants to local groups.

The award will help the club continue to develop the range of canoeing activities available to young members of the Club and help to increase the number of young people that the club can introduce to this exciting adventurous sport.

This grant will pay for new kayaks so youngsters will be able to try out freestyle kayaking and a new canoe trailer for taking equipment to events and on trips that young people are taking part in. It will also support training so that the Club can increase the number of qualified coaches available and enable more young people to take part in its varied programme of activities.

The Club runs courses for beginners and provides coaching to more experienced paddlers throughout the year, either on the River Calder in Sowerby Bridge or in the pool at Elland. Other activities include trips for all levels of abilities including paddling white water rivers, kayak surfing, and to compete in various events. The Club runs national ranking slalom competitions and other events at its base throughout the year. In spring 2004 the Club achieved the Sport England Club Mark and the British Canoe Union Top Community Club Awards in recognition of their efforts to provide a safe, quality programme of canoeing activities and commitment to introducing and developing young people in the sport.

Anyone interested in joining the Club, whether a complete beginner wanting to try the sport or an experienced

canoeist, can contact either John Stopford on 01422 367337 or Les and Sarah Ford on 01484 854099.

Dragon achievements

Dragon Paddlers Canoe Club are proud to announce the following achievements of some of its younger members on attaining the BCU 2 Star Award and Paddle Power 1 Award.

The picture shows (left to right) Leuan Rees, Euros Jones and John Mortimer all having gained the 2 Star Award and Tom Wheadon for the PaddlePower award. Well-done all. As chairman I would like to thank all who assist with the junior section each week, especially Les Jones and Grant Cotterill. Dragon Paddlers Canoe Club operates at Fitzsallan High School between 10.30 am and 12:00 pm each Saturday during term time. For more information, please contact Andy Rees on 01443 239349 or visit www.dragonpaddlers.org.uk for more info.

Andy Rees
Chairman Dragon Paddlers CC



PADDLE THIS

Local solicitors sponsor world championship challenge



Jamie Burbeck, one of Britain's top open canoe (OC1) and decked canoe (C1) freestyle paddlers has been sponsored by local solicitors J. Garrard and Allen of Olney, Buckinghamshire, for the forthcoming Freestyle World Championships in Australia. Jamie was placed first overall in the OC1 category at the recent selection events by putting in some very strong performances including a personal best. The selection events were held at the Tryweryn and Holme Pierrepont white water courses. Garrard and Allen stepped in to help cover Jamie's costs to attend the Freestyle World Championships event. There is little funding available for the British freestyle team and as a result without sponsorship, team members are expected to pay for the trip themselves.

Jamie has been a member of the British team for five years now and has competed in a wide variety of international events. For more on Jamie and what he does check out his website at: www.openplayboater.co.uk

New for 2005

Adventure Whitewater has some amazing rafting and kayaking trips to offer in India including the Zanskar, Brahmaputra, Lohit, and Subansari. India has one of the world's largest untapped whitewater potentials and the jewel in that crown must surely go to Arunachal Pradesh which boasts some of the country's most challenging river runs, set in remote, tribal belts ranging from tropical rainforest to alpine regions. This is an area far from the tourist trail where you will meet people who rarely, if ever see westerners.

For further information on any of the above trips, check their website: www.adventure-whitewater.com or contact them by e-mail: info@adventure-whitewater.com or telephone 0870 443 0240.

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Country File

PICTURE THIS



What did we achieve in 2004?

After the launch of the Rivers Access Campaign in January last year we have had a busy year. We are really grateful for all the support we have had from members and non-members alike as the letter writing and visiting local MPs etc has certainly helped push the access issue further and firmly up the political agenda. BCU Chief Executive Paul Owen in December's Focus comment summarised what had been achieved and stated that it is not always possible to comment publicly on all the lobbying being undertaken but suffice to say lobbying takes place at every opportunity.

So what are some of the things that have been done...

- Developed a robust access policy and plan for the future.
- Maintained the political lobby, through meetings with the minister and interested MP's.
- Moved access up the political agenda.
- Supported the government initiatives designed to explore the possibilities of access by agreement.
- Created the Access Policy Group and made sure that it feeds directly into both the English Council and BCU board.
- Recruited a Chair for the Access Forum and Policy Group.
- Provided publicity material.
- Attended major exhibitions, events and conferences, including the government's own conference: the Labour Party conference.
- Widened communication about the access issue.

The BBC filmed a short piece concerning access to rivers as part of BBC1's Country File series of programmes. It was shown on Sunday 16th January 2005.

On Monday 10th January a party of canoeists and a film crew took to the river Mole. Although the day was extremely wet and chilly it was very successful as far as the filming went. Noel Humphries took Miriam O'Reilly a Country File presenter out and about on the river and showed her the access problem at first hand.

Noel Humphrey, the Local River Adviser, has spent 12 years negotiating access and has managed to get some 16 miles of agreement; however, this has been an uphill struggle. The filming took place on a section of the river in Cobham where the access agreement comes to an end and paddling is no longer permitted, despite, there being a beautiful open stretch of river to paddle on!

The BBC tried to produce a balanced piece but the local fishing group leader was very vocal and stated that fishing and canoeing are two incompatible sports and that canoeing damages the spawning beds and disturbs fish. He stated that he could see no way of them ever working together (Fishing and canoeing goes side by side in Scotland so why not in England and Wales and there is research work stating that canoeing does NO harm to fishing etc)! The Country Land Owners also stated that canoeing does not put much in to the economy but as we all know (and highlighted by the Dee protests) that canoeing does put a lot of money in to the local and national economy so we need to raise awareness of this.

Miriam O'Reilly certainly knew her facts and the programme makers let it slip that whilst researching the background to the issue they had uncovered a complete minefield! The BBC tried to interview the nearby landowner who declined to be filmed. The Minister for Rural Affairs the Rt Hon Alun Michael MP, was also interviewed. He did state that he had met the BCU and other agencies to try and find a way forward.

A really big thank you to everyone who took time out of busy schedules (including Helen Reeves and Tim Joiner), to help support the Rivers Access Campaign, your help and support is really appreciated. Thanks also goes to those canoeists who took time to e-mail the programme which acted as a catalyst for this happening.

Access – a new structure

The BCU has set up a National Access Forum and Policy Group as part of the new access strategy.

The National Access Forum is to fully engage with Local River Advisers and inform canoeists of the work being undertaken, providing opportunities for paddlers views to be heard and seeking the active involvement of paddlers in taking the access issue forward.

The Access Policy Group has been established to ensure that actions from the National Access Forum are considered and that the BCU's access policy is continuously developed to reflect changes in circumstances, also to steer the work of the BCU's access and facilities team.

The Chair of the Access Policy Group will sit on the English Council and become one of the English Council's five representatives on the BCU board.

Meetings

One of the actions to come out of the meeting with the Rt Hon Alun Michael MP, in October, was to have further meetings with the Environment Agency (EA) to look at Brighton 2 ('Improving Access for Canoeing on Inland Waterways – A Study of the Feasibility of Access Agreements') findings and see if there was the possibility of a way forward. The meeting took place in Bristol in mid-December and was attended by four BCU and WCA representatives.

The EA explained that their statutory duty included making improvements for all recreational river users (Their website highlights all this more fully) as well as a policy on "sustainable access".

DEFRA explained that access and the countryside was firmly on their agenda along with sustainable development. They were working on the implementation of the CrOW Act including the regulation of common land and the policy on National Parks. Access to water is an integral part of their work.

The meeting decided that a further meeting in early 2005 to set out a plan of action would be needed. It has been pointed out that although the Environment Agency is responsible for some of the waterways that canoeists need access to many others fall outside of the EA's remit. In the meantime the EA said that they were going to go ahead with the implementation of the Brighton 2 findings. The BCU/WCA representatives stressed that before any work is undertaken on any of the four sites greater consultation must be had with the BCU and the canoeists within the local areas. It was felt that if this work was to take place with out in-depth consultation we could actually end up with less access particularly on the River Waveney where local access agreements are in place and that canoeing facilities were highlighted in a leaflet 'Canoeing on the Upper Waveney' published in 2001 (by the EA, Mid Suffolk District Council, Suffolk County Council, Waveney District Council, Upper Waveney Valley Countryside Project and local canoeing and horse riding groups). Perhaps of greater value to canoeists is the strategic plan and review of access that has been proposed. For more information please see future editions of **Canoe Focus** and visit the websites www.bcu.org.uk and www.riversaccess.org.

Immediately before Christmas Paul Owen, Chief Executive of the BCU and Tim Joiner, Chair of the Access Policy Group met with Rt Hon Alun Michael (Minister for Rural Affairs) and Rt Hon Richard Cahborn (Minister for Sport), DEFRA, DCMS and the Countryside Agency, Environment Agency and Sport England. The meeting was arranged to discuss the wider issues of access to the countryside for sport in particular the sport of canoeing, and, its needs, including access to rivers. Canoeing as a sport appears to be one of the few viewed as being able to meet the Government's agenda on increased participation and obesity. At the end of the meeting there was a real feeling of optimism and that there is a genuine desire to promote greater access to rivers for canoeing and a way to facilitate this is being considered, particularly taking in to account regionalisation and the local agenda.

Paul Owen as Vice Chair of the Central Council For Physical Recreation (CCPR) Water Recreation Division has been asked to sit as one of two CCPR representatives on the National Countryside Access Forum (NCAF).

Dee Day's report

The Dee Days protest took place on Sunday 21st November in Llangollen as part of the Dee days weekend organised by Jim Jayes of JJ Canoeing & Rafting LTD (Mile End Mill, Berwyn Road, Llangollen, Denbighshire LL20 8AD). On the Saturday there was a free fun rodeo event, plus a cardboard boat stopper ride at Mile End Mill.

The Sunday protest was not just about the local situation on the Dee in Wales but the fact that the legal system prevents us from gaining access to over 98% or 66000 km of waterways in England and Wales, as they have no public right of navigation or other sustainable / perpetual / secure access arrangements

It was a chance to show that the Dee is just the tip of the iceberg and that access to and along water is a problem that is unique to England and Wales, and is a problem that faces all those seeking to participate in watersport (not just canoeing).

The protest gathered in the Eisteddfod car park and listened to two speeches one by Mark Rainsley, who set the reason for the protest and the other by Tim Joiner, Chair of the Access Forum, who talked of the cause of the access problem which is a combination of antiquated legislation and antiquated thinking and that there is a need for change, and that this change must be championed by the Government. He pointed out what the BCU and WCA are doing and of the fact that raising public awareness and gaining wider public support are vital in order to change the access situation.

The protesters were marshalled by the police and lead across Llangollen Bridge and around the town's one way system to finish at the town's Bandstand.

As the group, many carrying banners and paddles, marched through the town a large number of local folk, including shop keepers came out to support the protest. It must be remembered that canoeists provide a

considerable sum of money for the local community and some shop keepers certainly supported this by saying it was really noticeable how the lack of canoeing had affected the local economy.

Support for greater access came from a wide variety of local people including a land owner. The local policeman thought that the canoeists were a very colourful part of the town's life and should have access to the river. They were, in fact, a large part of what Llangollen is all about.

The protesters had come from far a field, Devon, Reading, Bedford, and Nottingham to name but a few. There was a wide range of ages and this highlighted the fact that access to rivers is needed for all generations as canoeing is a

Access to rivers needs to be secured for us and the generations to come

sport or recreational activity enjoyed by millions of people of all ages and ability.

Access to rivers needs to be secured for us and the generations to come.

We are seeking a suitable access agreement on the Dee - One that is actually workable on the ground and serves both the interests of the paddling and angling clubs - the natural spin off to this is a better deal for the local area.

Thank you to Jim Jayes who organised the event and to those who came along to support the march, as well as, take part in the rodeo on the Saturday.

Note it is not just canoeing that is hampered by this problem (we are the first to realise it) other sports such as rowing, swimming, gorge walking, surfing etc will all have the same problems. It is now time to have a mechanism that avoids further conflict allows fair access for all.

Photo: James Farquarson



The National Access Forum

A National Access Forum is being planned for 5th March 2005. More information will be sent out and posted on the BCU and Rivers Access websites

Access Policy Group Chair

The new chair of the Access Policy Group is Tim Joiner.

Tim has a passionate interest in sport and in particular canoeing. Tim is a club level placid water sprint and marathon kayak paddler. He coaches canoe and kayak at Richmond Canoe Club where he holds the post of Vice Commodore. He is a director of the Devizes to Westminster International Canoe and Kayak Race

Tim is an active paddler and in 2002 he participated in the Devizes to Westminster International Canoe and Kayak Race and raised £12,000 for charity.

When Tim is not out on the water he can be found undertaking a wide variety of roles. For example Tim is a Westminster City Councillor. Tim has served in many senior positions within the Council and until recently, was Cabinet Member for Education. He is currently the lead Member for the 2012 London Olympic Bid.

Tim is the Head of Communications and Marketing at SkillsActive, the Sector Skills Council for the Active Leisure and Learning industry. He will take a years leave of absence from this work in order to take up the post as Lord Mayor of Westminster for the 2005/6 Council year.

Tim has a lot of knowledge and experience in local and National Government and he will be able to advise and assist in the access debate including all the lobbying process and the nuances of the government.(Early Day Motions, Adjournment Debates, Private Members Bills, etc)

Principles of freestyle

Over the past few years lots of work has been done on the development of moves in freestyle canoeing. This evolving and challenging area of our sport has progressed at an alarming rate but knowledge of how things actually work has been slow to follow. Many paddlers have learnt things by feel and when asked to explain exactly what is happening struggle immensely.

Kayakojacko have been lucky enough to be involved in this exciting and dynamic area of our sport and have been working on ideas that actually translate as principles of freestyle paddling. Our ideas are definitely work in progress but have proved successful over the period we have been developing them. Please feel free to email questions and please challenge these concepts, as that coupled with a genuine desire to push this thing forwards into some sort of official coaching scheme is why we have put together this series of articles for **Canoe Focus**. Let's get the ball rolling.

So what's going on with all this freestyle then? Well rather than see the sport as an elite area we have tried to make it available to anyone who has a roll. In real life we take people freestyling from this point. That means for us "freestyle is for everyone" and the only limitation is the tools in our coaching range, the challenge is to create more tools.

Rather than looking initially at specific moves we started to look at components that fit into each of the moves. Remember this is work in progress so comments are most welcome.

We start with basics but why are these relevant? Well it does not matter how good you get without solid basics you'll never hit your true potential. It is worth practising the basics as every move contains these.

Rotation

This is needed for any move where the boat turns. What most people don't realise is that this happens in 3 phases and each of those phases when working together offers greater potential to the other

1. Head – turn your head and look where you want to go. If you turn the head the torso will rotate further and should follow.
2. Torso – turn your shoulders and your torso will follow. If you turn your torso your leg tends to lift and thus provides edge.
3. Below deck – if you rotate properly you'll never have to consider if you're on the correct edge and more importantly never capsizes



Rotation will allow you to line up your shoulders when presenting the paddle for a stroke. This will make the stroke stronger plus have the added value of causing rotational force. This is



because when you turn your shoulders your body tries to make your feet line up, so your stomach muscles apply force to make this happen and thus

your boat gets an added twist power.

Try turning your shoulders and head so that you're looking behind you and then jump in the air – your feet will chase around to line up.

It is not just a case of turning your head or shoulders. Try turning your head so that you are looking behind you. Go careful not to strain yourself but look around as far as your head will turn. Now relax and your head should spring back a little. The point where your rotation will really work as a spring is around this max point.

Promotion of this skill - without good rotation there is little chance that your freestyle can go anywhere. So on the bank (or at home) practising rotational exercise will improve your rotation strength and your boating.

Edging

Is required for any move needing a dynamic edge transfer. Edging also reduces friction on the bottom of the boat and so promotes speed! The moves range from surfing to dynamic edge transfer moves like blunts and so on. The thing with edging is that it is very hard to practice when not in the boat. The range of movement is super hard to replicate in everyday living. That's why when you have a period of not boating that getting back to your previous levels is super hard. Good edging technique –

1. Push up with the knee and down with the opposite buttock.



2. One side of your stomach wall will be crunched and the other will be stretched (these muscles do lots of the work).
3. Your body and head should be upright. Imagine your head is held up with a skyhook.

Promotion of this skill – this is difficult to practice and to date we only have exercises based in the boat. You can sit in your boat and slowly raise and lower the edges. Try this on the move to improve balance. Vary angle and speed of edging and really focus on getting your body to the upright position.

WEBSITE INFO



For more information on coaching visit the BCU

website at www.bcu.org.uk/coaching/coachingindex.html

Body posture and your arms

Having positive body posture allows the boat to float how it should whilst maintaining your optimum strength and maximum rotation. Good body posture will hold the boat in a solid position when on end so that the boat will cartwheel in one spot, it allows you to use the rocker breaks properly, it allows proper edge transition. In fact without proper body posture you'll never quite go as big as you can or hit what you potentially can.

As important are your arms. You never really hang from the paddle, instead you tend to have your elbows over the top with your elbows bent. This is because of strength. Simply an arm bent at the elbow over the top of the paddle shaft with the arm close into the ribs is way stronger than a straight arm somewhere out to the side. Here are some key points, first for your body posture and then for the arms.

Promotion of this skill – For rotation, edging and body posture we have started to look at core strength exercises. We are not experts in this area of training but have started using one of these exercise balls with some of our athletes. They come with a range of exercises on a chart and there are loads of books that demonstrate more. Lots of athletes are using these from Jona Lomo the rugby star to professional gymnasts.

Paddle dexterity and position

As the range of moves in our sport have progressed the necessity for great paddle dexterity has certainly become a fundamental skill. This is never more relevant than in some of the newer moves. Your paddle dexterity will allow you to make strokes and move the boat in any direction regardless of where they start. Paddle dexterity will make your freestyle stroke-work fluid. Paddle position is another key element. Generally you always keep the middle of the paddle shaft lined up with your sternum but at the horizontal level of your belly button. This will hold a strong stroke and promote rotation.

hilarity. The positive side of that was I managed to get great paddle dexterity and the C1 blade is what gave me that. I suggest all freestylers can learn loads about paddle dexterity from getting out in a C1 or open boat. When you have to do everything with one blade switching back to two becomes a whole new experience.



Your Boat

Freestyle over the years has produced smaller and smaller boats but now hopefully we are on an upward spiral. I'm 6 foot with size 12 feet so this comes as welcome news to me.

One thing for sure is that as designs have moved forwards they have also become more expensive so making the right decision in boat choice has never been more important.

Always try before you buy and...

- Get someone to tell you how the boat sits on the water. The front and back should be an equal distance out of the water. Adjust if necessary.
- Check out the manufacturers guidelines. Are you in the weight range?
- Are you comfortable? If not the boat might not be for you. Manufacturers have done a great job in boat fitting design so if it is not comfortable using the original fittings it might not be the boat for you.
- Once on the water can you press on the footrest with the ball of your foot? You will need to do this to create power and maintain balance. Can you edge the boat effectively and easily? You'll need to do this to make the boat go as fast as possible and do dynamic edge transfer moves.

Stick with the boat

We see loads of paddlers who change boats more often than a Kayakojacko coach changes their underwear. Stick with your boat a bit longer as you will learn to deal with its peculiarities and to overcome them.

Smaller is not necessarily better – shorter boats are harder to learn to cartwheel in when on features.

Take time to fit your boat so that it is comfortable. When you have made your purchase it is really hard not to get straight onto the water but hold on. Get it fitted perfectly and then everything will work better.

- Hip pads – go careful that they are not too tight as this will cause cramps and eventually do permanent damage.

1. Sit bolt upright, take a deep breath so that your lungs are full of air, lift your chin, pull back your shoulders. Now bring your body forwards a few centimetres. You should feel a weight shift on your hips. This is the optimum position. Take a look around at the best freestyle boaters – this is how they sit.
2. Always keep your chin off your chest. If you're looking into the hole look with your eyes not your head. Chin on chest will kill rotation.
3. 90% of the time your arms are bent at the elbows. As well as promoting a stronger stroke this also makes you place the paddle in the retentive part of the hole. We will get some diagrams of this in the next article.



1. Paddle dexterity is something that takes time to learn. Set your self some challenges that you do in each session (cross bow strokes etc)
2. Try to be able to recover the paddle from lots of positions to recover into a proactive placement (feather the blade and return to the start).
3. Try moving around the wave but use slightly different strokes to normal.
4. Make sure you keep your elbows bent and arms close to your sides.

Promotion of this skill – luckily for me when I got into the sport my first level of competition was C1 slalom. Well that went out the window pretty quickly as in some previous life I must have been some sort of house maid because that's what the doctor said had happened to my knees – "housemaids knee" This caused my mums much

PADDLE THIS

Next edition we start to work on getting onto the wave, some first moves and a diagrammatic hole. Have and remember to email us your comments.

Jacko



Sea kayaking Ala

So you've paddled on the west coasts of Wales, Scotland and Ireland. Perhaps you've had the joy of the Scillies, the Channel Isles, Brittany and Scandinavia. You've felt that special kind of freedom and now you want to go that extra mile by visiting somewhere a little more exotic. Somewhere where you'll be able to use all the skills you already have but maybe learn a few more to cope with a different environment. Maybe you haven't got the time or the cash to arrange a full blown expedition where you'll need to transport everything so you'll need to go somewhere that you can hire some decent kit.

Well, here's a thought... how about Alaska?

The northernmost state of the union claims to have over 33,000 miles of coastline, more than half the world's active volcanoes, 19 mountains over 14,000 feet, more than three million lakes larger than 25 acres and unimaginable lengths of access free rivers. The state covers one fifth the land mass of the entire continental United States. There are truly huge wilderness areas. The population is about the same as that of Manchester. The culture of the native North Americans is both inspirational and humbling. The wildlife on land and sea is incredible. Humpback and Orca whales are reasonably commonplace in some parts and in others you'll be so amused by the legions of otter that float about, fuzzy faced like old men. The

birdlife is simply staggering especially for anyone visiting the Aleutian Islands in the summer months. Basically, it's an outdoor person's paradise.

Sounds too good to be true, but in fact organising a trip to Alaska is far easier than many other destinations. (They speak English, the food's excellent and the beer... gets better as the night goes on!) You can buy charts before you go from a chandler and check out the amazing variety of tide rips, surf beaches, quiet coves and open crossings. Flights to Alaska are easy to arrange. And before you go you have to decide what type of trip you want. Do you want to sign up with one of the very many kayak rental companies and be taken on an organised and guided tour or do you want to simply rent some equipment and go on a self supported trip just like you would at home?

For some, the guided tour may be the only option, especially if they are not confident enough to look after themselves on the water. Many paddlers, however, will want to organise their own itinerary, navigate themselves and decide where to stop and camp. I would guess that many will have a preference to kayak with known and trusted friends rather than with a group of disparate strangers of differing skill levels. And, generally, successful trips pivot on the need for every group member to have similar expectations.

This leaves you with the issue of finding somewhere to hire some good equipment. If you are going to all that trouble and expense of getting to Alaska for the holiday of a lifetime you don't want it to be spoiled by low quality paddling gear. The thought of transporting your own boat is really a non starter. Most paddlers will probably prefer a kayak with which they have some knowledge or familiarity and the last thing you want is a big plastic bath tub

with bulkheads that leak like a sieve and paddles that are longer than a marathon.

On the Kenai Peninsula, south of Anchorage by a 45 minute flight or a five hour drive, is the town of Homer. There is a company here that hires a variety of kayaks including Valley and Nigel Dennis products, uses Lendal crankshaft blades, Kokotat drysuits (the business!), neoprene spraydecks and a range of excellent camping and safety equipment. They even have VHF radios and a selection of stuff for preventing bears eating you or your food. And you don't have to base yourself in Homer because you can arrange to have the kit delivered to a selection of other destinations depending on your requirements. They can also arrange to get you to and from the International airport so you don't have to worry about those problematic transfers.

AlaskaKayakSchool.com is the place to check out more information and to contact Tom Pogson or Laura Pomeroy. Not only are they keen river, sea and

Humpback and Orca whales are reasonably commonplace in some parts and in others you'll be so amused by the legions of otter that float about, fuzzy faced like old men.

open boat paddlers they are also extremely knowledgeable environmentalists. There's not much about the Alaskan bird population that they can't tell you. Both have worked

extensively in the field in some very remote parts as well as having paddled in some notable wilderness areas. They have been resident in Alaska for many years and will be able to point you at the best places to suit your needs whether it's a trip to camp on isolated beaches, see calving glaciers or spot hump back whales.

Local knowledge counts for a lot wherever you go. In Alaska it feels even more so. It's so vast and it would be easy to get "caught out". There are so many issues we don't have to deal with over here. Like how close (or not) to paddle to glaciers and how do these vast sheets of ice affect local weather

g ska

Phil Eccles helps to take the hassle out of arranging a trip to one of the world's most fascinating destinations.

patterns. And what to do with your food at night so that bears don't eat it especially if your area is devoid of anything like trees from which to hang it. Tribal lands often don't allow camping and you'll need to know where these are.

As with sea kayaking in many northern waters the weather can change in a flash. The average air temperature in summer is going to be similar to that of Northern Scotland. Water temperature is around a distinctly chilly 8 degrees. Wind speeds of gale force plus are not uncommon especially in the afternoons. So being able to get an up-to-date forecast is essential. The VHF radio comes into its own here as there is a loop of weather information broadcast continually on Channel 02 and it's updated twice a

day. (Why don't we have such a simple and effective system? Anyone know?) Flexibility is the name of the game because no one can guarantee fine weather. Having said that there is much, much more to Alaska than simply sea kayaking and it would be easy to plan to do so many other things. You may want to leave some time to go walking, mountaineering, river paddling, open boating, bear viewing, fishing, bird watching, mountain biking, sightseeing by airplane, photography...the list goes on...there really is that much to do.

So all you need is a small team of like minded friends who have the same holiday dates, a flexible game plan, some quality preparation...and a bag of fleece clothes! Please call if there is anything I can help you with.

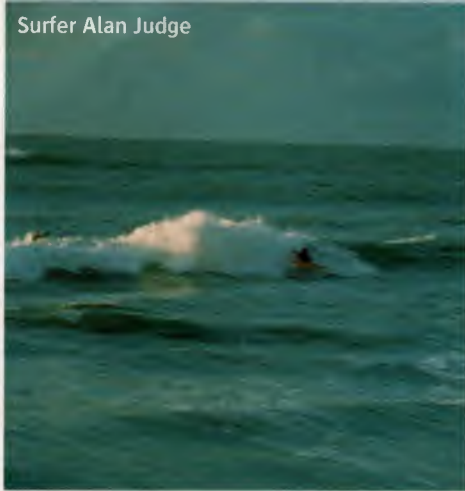
**Happy paddling,
Phil Eccles
Level 5 Sea Coach**



INFO :

- Telephone Phil on: 01766 513295
- For Alaska weather: www.arh.noaa.gov
- For Tom or Laura: www.AlaskaKayakSchool.com
- For tourist info: www.travelalaska.com For any sea kayaking info. and pictures try a Google search.

Surfer Alan Judge



Big Sunday surf



The beach is made up of an outer reef that works on high tide that breaks dry at times, to the beach break that has a strong rip on the left with two grinds in the middle, which once stopped the beaches shifting sands and the inner reef on the far right which works on higher tides and breaks shallow.

The winter of 2002 saw the small dedicated crew of Eoin Robbins, Benny O'Neill, Virginia Lynch and I move into the beach houses outside the Blue Horizon Bar. This is located in the very heart of the community which was to become our home for the next six months.

On this day little was known about the huge depression that was making its way towards the Garretstown coast. It was the remnants of a storm that had savaged its way through America.

The night before, the wind howled outside the beach house and the sound of the waves heaving their tireless mass onto the reef bellow as the low percussive boom of the swell echoed in the sea caves. This led to a restless night of excitement and only heightened the level of anticipation for us all.

Dawn broke as the four of us emerged to witness the perfect conditions for the inner reef break. Spring tide on its way in with an offshore pushing the green face up to the hulking levels of ten to twelve feet. Then either peeling left to right in a hollow tube or closing out because of its own sheer mass.

It was up to Eoin and I to brave the waves, as the others watched on from the break wall as the level of the water raised relentlessly, each wave lapping the shore higher and higher.

Onlookers tucked warmly and safely in their cars with camera in one hand and phones in the other looked on as they questioned the sanity of the two of us out surfing these monstrous waves.

In the South of Ireland there is a place that many people visit but never truly experience. This place is Garretstown a small beach side community with some big personalities and the potential for huge surf on the inviting shoreline that stretches out for only a few kilometres.

Getting out back became hit and miss at times waiting for the opportune moment to get over the wave that almost breaks just to witness the set behind close out as it approaches.

Once out there it became a waiting game as the surf roared up behind, decisions had to be made. Will we take this one or wait and see the next. A quiet surge of swell rolled in and what began to take shape was colossus. The outer reef looked huge and the wave was heading relentlessly towards us.

Onlookers tucked warmly and safely in their cars with camera in one hand and phones in the other looked on as they questioned the sanity of the two of us out surfing these monstrous waves.

My cry from out back was deafened by the roar of a ten foot green wall. I paddled hard as if my life depended on it. The boat flew down the wave,

leaving a white trail from the fins, bottom turning at speed, up the now vertical green face.

With blinding spray the rails held as the fins accelerated the boat just as the wave peeled into a clean barrel.

Surfer and boat were swallowed. The noise was deafening. The wave was in complete surround sound as I opened my eyes to see white and green and took in a lung full of air. The world went quiet to suddenly reappear as the wave closed out and a blast of water shot after the boat like a red bullet from a green gun.

We became heroes for the day as the cars flashed their lights and tooted their horns in appreciation and amazement. Drinks were not on us that night as we hauled ourselves off the beach and up the steep hill towards the warm shower and the promise of both food and shelter.

That was Big Sunday just another quality day in Garretstown the little known super fix for the surf addict in the South of Ireland.

Alan Judge

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The Agony and the ecstasy



“You’ve all passed your 3 Star Kayak Award and really have shown good style and control. Well done.” These were the words I had been longing to hear all year but had begun to doubt I ever would. It seemed like a good idea at the time to offer the chance to work towards 3 Star to a group of enthusiastic and promising pupils for it would extend their skills and enjoyment and get me out on the water more too.

We had offered summer training in kayak and open canoe for five years using local activity centres. Marcus Vaughan, former colleague and Level Two Coach, had even run canoe expeditions for our Bronze Duke of Edinburgh’s Award group. The two things I had learned over my years of visiting centres, using independent instructors and occasionally working as a group instructor in Scotland, are that enthusiasm, consistency and praise are the most important elements in successful instruction and that understanding what the participants want to achieve is essential.

The taster session culture prevalent in centres is a good one in that schools and youth groups are offered the chance to try lots of different sports. The hope is that a new activity will be taken up and the child will develop a lifetime’s interest, however, in reality, after one session, the feeling can be that they have ‘done’ that and they look for something new. An excellent centre on the shore of a reservoir, providing a vast range of water and land based activities, has taught our kayaking for the last two years. Staff, facilities and instruction have all been good but the one thing they have not been able to offer is the same instructor each week.

Variety, of course, can be an advantage by offering different approaches. Everyone remembers how in school they did better with certain teachers because their teaching style suited them. But most of us are happiest when we know what to expect. Last year’s group blossomed and all passed their Two Star assessment comfortably whereas this year’s group – different characters with different needs – has struggled.

The effect of variety though became more obvious once we began the harder award. Floodlit evening sessions and full days at the weekends developed confidence and added the ‘trickier’ strokes.

Consistent teaching instilled good awareness of the three Bs (body, boat and blade) and a lot of fun was had. To develop rolling and enjoy different waters we used a variety of North Wales’s better facilities. It was here that my first real concerns began to arise.

Each instructor, and they were all very well qualified, had their own interpretation of how strokes should be done. The better ones encouraged experimentation and instilled the idea of personal variation which suited the individual - if it does the job it must be right. These boosted the group’s morale and made them feel they could go far if they kept paddling and practising. It therefore came as a terrible shock when they tried their first assessment in front of two Level Five coaches. In all my assessments I have always been coached and guided to polish any weaknesses but the seven faced the most negative attitude I have ever come across. The self-fulfilling prophecy worked and the group fell apart. They were upset but I felt anger for having only just completed a Level Two introduction at the same centre, I had mentally ticked off all the things we’d been told to do and they hadn’t.

There was a definite feeling that maybe they weren’t up to it but all agreed to have one last go. Two evenings of intensive revision and they went into a weekend’s assessment feeling rather nervous. Their assessor was firm and demanded high standards but explained clearly what he expected, guided when help was needed and praised when it was deserved. It was still a relief when he passed and praised them but I wondered how many others might have given up.

The experience has certainly made me focus closely on what I do in the classroom, on the hill and on the water. Fun and learning through encouragement and praise should be the aim of every teacher and instructor, also remembering what it is like to be a beginner. If a centre’s work rota can be arranged so that the same instructor takes each session of a weekly booking it will aid progress. Personal interpretation of award syllabuses is bound to vary but it helps no-one if you set a higher standard than everyone else and belittle the way someone has been taught.

I am looking forward to this year’s paddling with the group but of most interest will be the two who plan to become Level One coaches. I trust they will avoid all the bad techniques they have endured but know they will instill a love of kayaking to the next generation of paddlers.

David Bradley

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For more information on this event contact Ana Steele at the email addressed below.

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Bhote kosi River, Nepal



The Mager family

This year's Himalayan Challenge went off in style with around 60 competitors from 12 nations taking part. Higher than usual water levels added extra excitement and action. The event took place on the mighty Bhote Kosi River that drains the 8000m peak of Shisha Pangma. Located 69 km east of Kathmandu.

Bus loads of competitors, spectators and officials arrived from Kathmandu at the Bhote Koshi Riverside resort. After a big lunch and event briefing paddlers headed over to the slalom course on the last rapid Dazed and Confused. Before the demo run took place a Nepali floral tribute was sent down the course for our dearest lost friend Eleanor Rutter, last year's event winner.

The slalom course was fast and featured a super cool spin move, several hard current crossing upstream sequences and a tough cartwheel move in the final hole. This was pretty physical and pacing the run was key to successfully negotiating all the moves. UK's slalom master Tim Baillie took the international win with Claire O'Hara top lady, Nim Mager top Nepali and Madhu Pahari top Nepali Junior. As the event finished and the sun set everyone headed down to Sukute

Beach for evening entertainment, food and accommodation. Local children, attending a kayak / circus project put on a special show for everyone. Food, drink and dancing followed late into the night.

Day two saw the packed bus road show head back up to Bhote Koshi Riverside for the freestyle event. The competition feature was a river wide hole / wave at the bottom of the slalom course section. The wave was quite flushy, but working right with cartwheels, loops etc seemed to work best. Nepali and International heats took place in the morning. After another excellent lunch semis and knockout finals went on through the afternoon, with the event finishing perfectly on time as the sun set. Tim Baillie took win two ahead of Pete Astles in the International mens with fellow Brit Claire O'Hara taking her second event win in the ladies. Kamal Lama won the Nepali Mens freestyle, pulling off an amazing front and back air loop in the final knockout run. Again Madhu Pahari took the Nepali junior win.

After an early breakfast on day three paddlers loaded the buses again and headed up to Khote Beech for the downriver race. This mass start event raced down the Lower Bhote Kosi to the picturesque and tranquil Balephi temple. This event favoured the longer and faster creek style boats with Ram Silwal taking the Nepali win, Dilip Rai the junior title, Naomi Engelman USA the ladies, and Shaun McManamny AUS the international mens.

Tim Baillie



THANKS

Big thanks to the event sponsors: Peak UK. Equator Expeditions. River Side Resort. Nepal Tourism Board. NARA. Riot Kayaks. Robson Paddles. Sweet Helmets. Teva. Kayak Session. Predator Helmets. Smith Glasses. Playboating and Canoe Kayak Mags. Full results and pics are available at www.peakuk.com



an Challenge

After a top weekend boating everyone packed tight into the buses and headed back to Kathmandu for the awards ceremony and banquet dinner at the Nepal Tourism Board. Ministers of sport and tourism teamed up with officials from Nara and event organiser Pete Astles and awarded kayaking equipment prizes to the Nepali boys and locally hand crafted trophies to the international paddlers. Overall Tim Baillie, Claire O'Hara, Nim Mager and Madhu Pahari came out on top. After all the prizes were distributed and speeches food

and drinks were laid on by the Tourism board. Thanks to Kukuri for the rum punch and Tuborg for beers... Much partying followed into the early hours... we are all recovering still...

Pete Astles
Pics: Pete Astles/David Leathborough



Claire O'Hara



Crazy Dave



Kamal Lama



Madhu Pahari



Peter Astles



Andy Milton



Nicky Harrison

Marathon – a world champion's perspective

World Marathon Championships, Perth, Australia

In October, a British team will be travelling to Perth, Australia to contest the World Marathon Championships. The team will be aiming to continue Great Britain's incredible record in the sport. Since the first world championships in Nottingham in 1988, Great Britain has captured 13 world titles, and another ten silver or bronze medals.



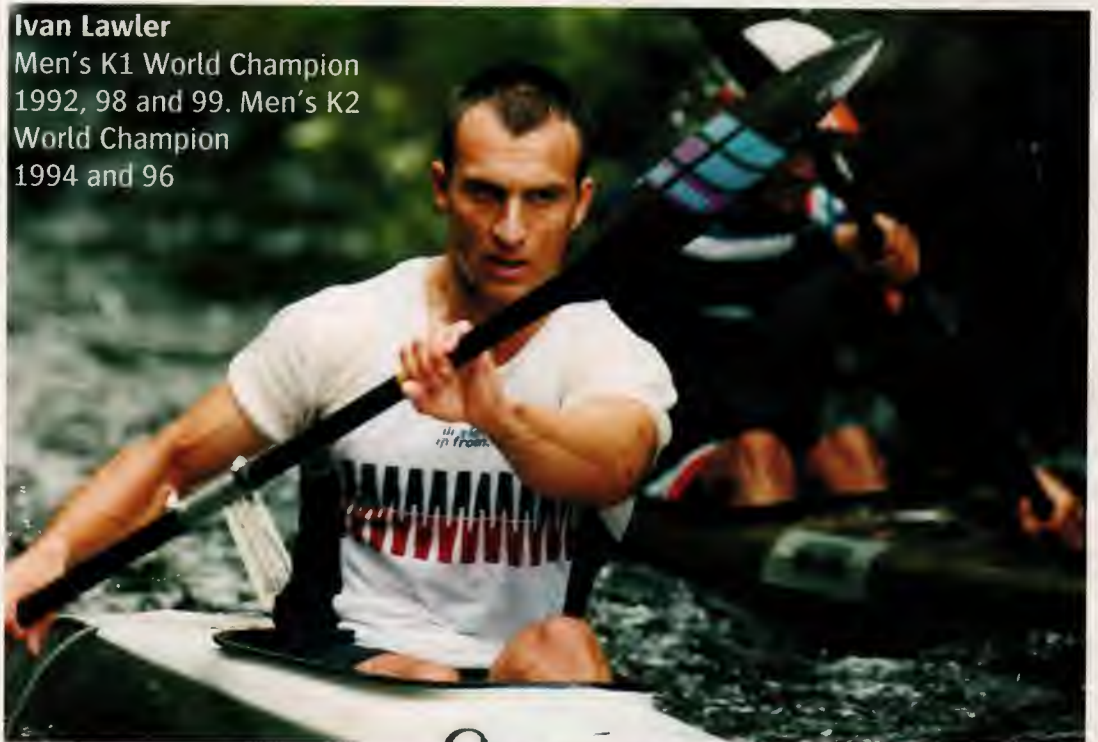
Steve and Andy Train
C2 World Champions
1988, 96 and 98



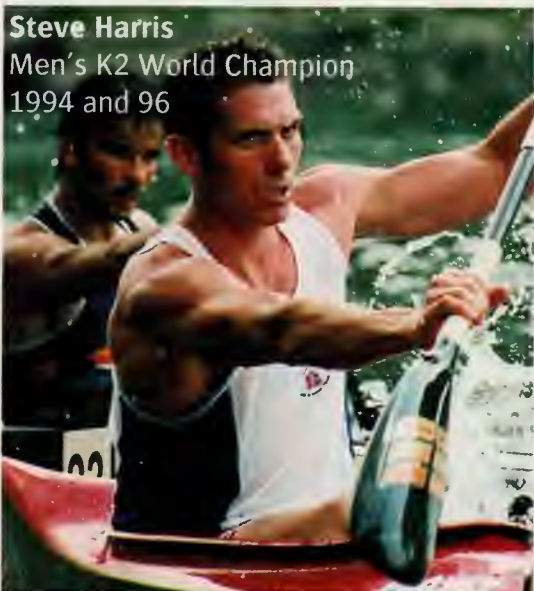
Anna Hemmings
Women's K1 World Champion
1999 and 2001
Women's K2 World Champion
2001



Ben Brown
Junior Men's K1 World Champion
2003



Ivan Lawler
Men's K1 World Champion
1992, 98 and 99. Men's K2
World Champion
1994 and 96



Steve Harris
Men's K2 World Champion
1994 and 96



Helen Gilby
Women's K2 World Champion
2001

Andy Daniels and Michael Owen



To help us continue this run of success, and fund the best possible team for Perth and the 2005 warm-up events, Spanish wine merchants Bajoz are sponsoring a prize draw.

So what has driven successive generations of world-class racers to follow previous champions through the ranks? Our all-divisions race days allow the lowest ranked paddlers to mix with the best, and many are inspired to emulate them. The experiences of World Champions in this sport are much the same as ours, as Paul Wycherley and Ivan Lawler can testify. Both agreed to give Canoe Focus some insights into those experiences, and what they love about the sport.

Many of you will know Ivan's record in Marathon and Sprint racing. A six-time World Champion, who dominated the mens' classes for ten years, but who confesses to being disqualified in his first race for wash-hanging a cruiser at Pangbourne. He says, "(the wash) was there for everyone if they had thought about it. I still look for the easiest way, the only thing that's changed is that I now do it within the rules"

One thing Ivan enjoys most is a successful strategy. "You don't have to be the best in the race to do well and it is very possible to beat better people. Each time you race you learn. I enjoy having to work out the best way to make the race pan out in my favour, especially when I'm having an off day".

Paul Wycherley of Wey Kayak Club won the Junior World Championship this year. He's on the World Class Programme for sprint, which supports him at this level, but has loved longer distances since his first race. This was Wey's Hare and Hounds time trial: Paul set off first, with the slowest target time. He told his father Gordon "I just want to beat 90 minutes. It's not like I'm going to canoe for England".

"I started all alone and was followed round by a guy in a red Liverpool hat. I knew the guys who had set off way behind were coming. But they never came, nor did the Liverpool hat (my main competition for years and a very close friend). I finished in a time of 72.12, the winner. The timing team wasn't even ready". He now holds the course record.

The support of older paddlers has been crucial to both Ivan and Paul. Paul describes training with "a bunch of old guys down my club" and how he discovered "that some had been to the Games and others had won World Championships or internationals. I have the utmost respect for those guys even if I give them a hard time. I've learnt so much from them, and they're a real support for me"

Ivan raced a lot of K2 events with his uncle Peter. "His experience and patience were invaluable. We used to go to all the local marathons and having to race the bigger, older guys regularly taught me how to race well"

Both have got a great deal from the sport personally,

Hayleigh Mason, Ben Brown, Tara Nutt and Tom Daniels



some of which makes the medals seem incidental. Ivan has "left with confidence, satisfaction and enough stories to bore my friends for a lifetime". However, he has never been immune to the downsides: "mud between your toes after a portage. That or the hour before a big race, the nerves, the fear of the unknown or the pressure that comes in that time"

Paul speaks of confidence and optimism in particular, and offers this advice to new paddlers: "canoeing will help you to realise the qualities you already have and those you can obtain. You are not born a World Champion, you develop and if you work hard you might just become one"

Marathon is an exciting sport, and the exceptionally beautiful perspective we get from the water we race on is something that most people never even get the pleasure of seeing. Ivan comments that "each race is different, the courses, the people and conditions all change. I have enjoyed training with my mates, racing, and the travel"

Perhaps it is because of the benefits we enjoy already that financial support for our athletes is limited. It is sad to see our best young talent facing Hobson's choice of a well-supported, full-time athlete's lifestyle in sprint, or the less secure future of a happy amateur in marathon. This is why the Bajoz competition will allow the sport to make existing resources go further, and we ask you to support it as much as you can.

James Smythe, BCU Marathon Racing Committee

Paul Wycherley Junior Men's K1 World Champion 2004



THANKS

Top Spanish winery, and Friends of the BCU, Bajoz have made two commemorative wines for this competition (see inside back cover). Bajoz Joven is a young, fruity, juicy red, while the Bajoz Crianza is a deep, rich and full flavoured oaked red, both from the Toro region. Both wines, made from Spain's number one grape Tempranillo or Tinta de Toro, are amongst the best from Spain in their price range and have won top wine prizes across the globe. A list of wine merchants can be found at the foot of the poster. For more information visit www.vinabajoz.com

I'm 40 now and in the past 12 months several conversations about a trip to Ireland have gone on in jest based on my arrival at "that age" but as with most good ideas - remain ideas.

However, on the 23rd of August 2003 Major Matthew Harper-Titchener of the Royal military Police was ambushed and killed in Basra, Iraq. I first knew Matt and his family when I was a young Scout leader in Southport in the 1980's. I saw him grow up from a boy through adolescence into a young man before he left for a commission in the Army. What moved me to want to do something in Matt's memory were the valuable qualities that he possessed as a person that we sometimes overlook in life. Matt was a quiet, sometimes reserved young man, often shy of praise, never the one to demand attention but always willing to take the responsibility of leadership and committed to help others.

I did some research in the next few months, reading great adventures of paddlers covering 65 and 85 mile crossings and went to a lecture by Peter Bray who canoed the Atlantic!

Great inspirational stuff but in the cold light of day I decided for a crossing from Portpatrick in Galloway to Larne in Northern Ireland. The first question was who would come with me? Well I'd had conversations with Jez Webb about the venture and he seemed keen to have a go. He lived up in that part of the world and had previous experience sea kayaking in Chile. Over the next few months we managed to involve Richard Cree and Tom Alcott and completed practice trips round Cumbrae and over to Arran.

On the Friday before leaving I got a message on my mobile from Phil Britton. Phil is a friend from the past, he said that he had heard we were having an adventure and whether he could join us.

We rolled into Portpatrick about half an hour late to meet with Phil, Matt's widow, Raqual, her children, and supporters. It was all very busy to get into the water but what I do remember was a local man walking his dog on the beach who reminded me of private Frazer from Dad's Army. A friendly chap who offered his experience as an engineer on the high-speed catamaran and how we were all "doomed, doomed" if we continued. I'm sure he thought he had our safety at heart, it just wasn't helpful at all.

"In May 2004, five canoeists paddled across the Irish sea to raise funds for The Forces Children's Trust. This charity was set up in memory of Major Matthew Harper-Titchener to support dependant children of personnel killed in action."

From the Rh mou of A



Rhinns of Galloway to the Mountains of Antrim



Boats were packed onto the trailer, clothes changed and the car parked in the queue for the ferry. Our trip to Ireland seemed oh too brief after the build up to getting there. Once rested, we began to feel the aches and pains from the trip. Our sunburn limited to extremities made us appear as if we had our hands and heads stitched on. It was after 10 when we arrived back in Cairnryan and we spent our final half hour swapping boats, cars and equipment for our respective journeys home.

Our little adventure has come about from a set of circumstances that I have not been able to ignore. It has been driven from childhood dreams, a chance to celebrate a birthday, the loss of a friend and the hope that inevitably rises from so much sorrow. I have been astonished at people's generosity, willingness to contribute and express themselves through this event. Through this I have once again found many friends from the past, built existing friendships and made new ones.

There is a quote both Jez and I picked up from the past and have used with others when they are facing their own personal challenges.

"Ships are safe in harbours, but that is not what ships were built for."
Anon

Jonathan Martin
Photographs by Jeremy Webb

After photos and a call to the coast guard we set off at 9:00 am with cheers and a wave from our support team and well wishers. Clearing the harbour we stopped after only a few hundred metres and requested a radio check from Clyde coast guard.

The wind was from the North West and I was confident that through the day the cloud would clear and the wind would drop. There was a gentle, irregular swell, which bobbed us about and we seemed to cut through it quite easily.

Richard was out in front with the rest of the group chatting while we made progress. It wasn't long before we could see a distinctive silhouette of Ireland and although I knew we weren't going to miss Ireland it did concern me that we could end up bumping into the wrong bit due to tides and straying from our course.

I'd plotted the position of Larne into my GPS the night before so I knew where it was and had to pit our combined skills against the will of the tides. After two hours in we spotted our first ferry in the distance and it wasn't long before we realised that they were going to stay out of the way. During the trip we came across about a dozen ships ranging from yachts to bulk carriers. All passed without any problems and we continued on our way.

By midday the weather had cleared and the wind had dropped, the sea levelled out to a glassy calm and we could begin to distinguish features of the Irish coast. As we looked north we could see the ferries busying themselves back and forth, with the Mull of Kintyre in the distance. It began to get warm and some of us stopped to take a bite to eat and strip off some of the waterproof layers.

We seemed to develop a natural rhythm of paddling for about 20 minutes and then stopping to collect the group up, have something to eat, watch a ship go past, answer a phone call or have a pee. I hope Jez has bought Carol a new measuring jug by now! I was really surprised how many calls we got during the trip either from well wishers or people arranging to meet us in Larne. Mobile reception was

mixed with phones ringing repeatedly throughout the trip.

By early afternoon we could easily pick out the Maidens rocks north of Larne and behind, the mountains of Antrim. I began to count down the distance to Larne on my GPS. As we had experienced previously, land often looks closer than it actually is and my compatriots started to doubt the distances, "9.8 miles – never ... got to be closer than that....". Little did we realise why our progress was slowing.

The tidal flows across the North Channel are faster on the Irish side. I knew that in the last few hours of the journey the tide would be flooding south, however, if we turned directly towards Larne too early off our bearing we would encounter the tide almost head on. It's great in hindsight to learn from the experience but our attraction to the closest land meant that the scenery slowed down, paddling became harder and stopping meant we were actually going backwards.

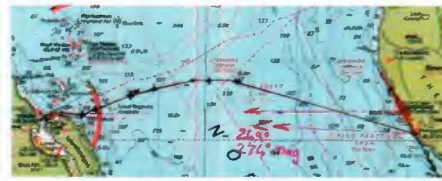
We were starting to run out of time and tide and the shore team were trying to find out where and when we were to arrive. We were probably only a mile away from them but it seemed an age as we pushed along the coast against the tide. At last, approaching the point ahead I could see a break in the current and beyond slack water. As I passed over it the kayak seemed to glide along and as we turned the corner you could see one of our support teams bright yellow water proof in the distance doing a dance all by itself. Minutes later we were up on the beach stumbling out of those cramped spaces that had been home for the last eight and a half hours.

Celebrations all round as Carol and Katie broke open the champagne and took pictures of the weary crew. The Larne Gazette appeared along with Major John Hipkinson and his driver of the Royal Military Police, Lisburn. Pictures were taken, champagne quaffed and cheque presented by the Major. John said that he knew Matt and had lived with him for 18 months. On behalf of the Military Police and the Army he thanked us and then it was all over.

FACTS :

For more detail please visit www.forceschildrenstrust.org where you may also make a donation to the charity through paypal.

If you want to read in more detail about the whole event this is an excerpt from a short story titled "Two degrees of separation" which is available from the author who can be contacted on mail@Jonathan-Martin.me.uk





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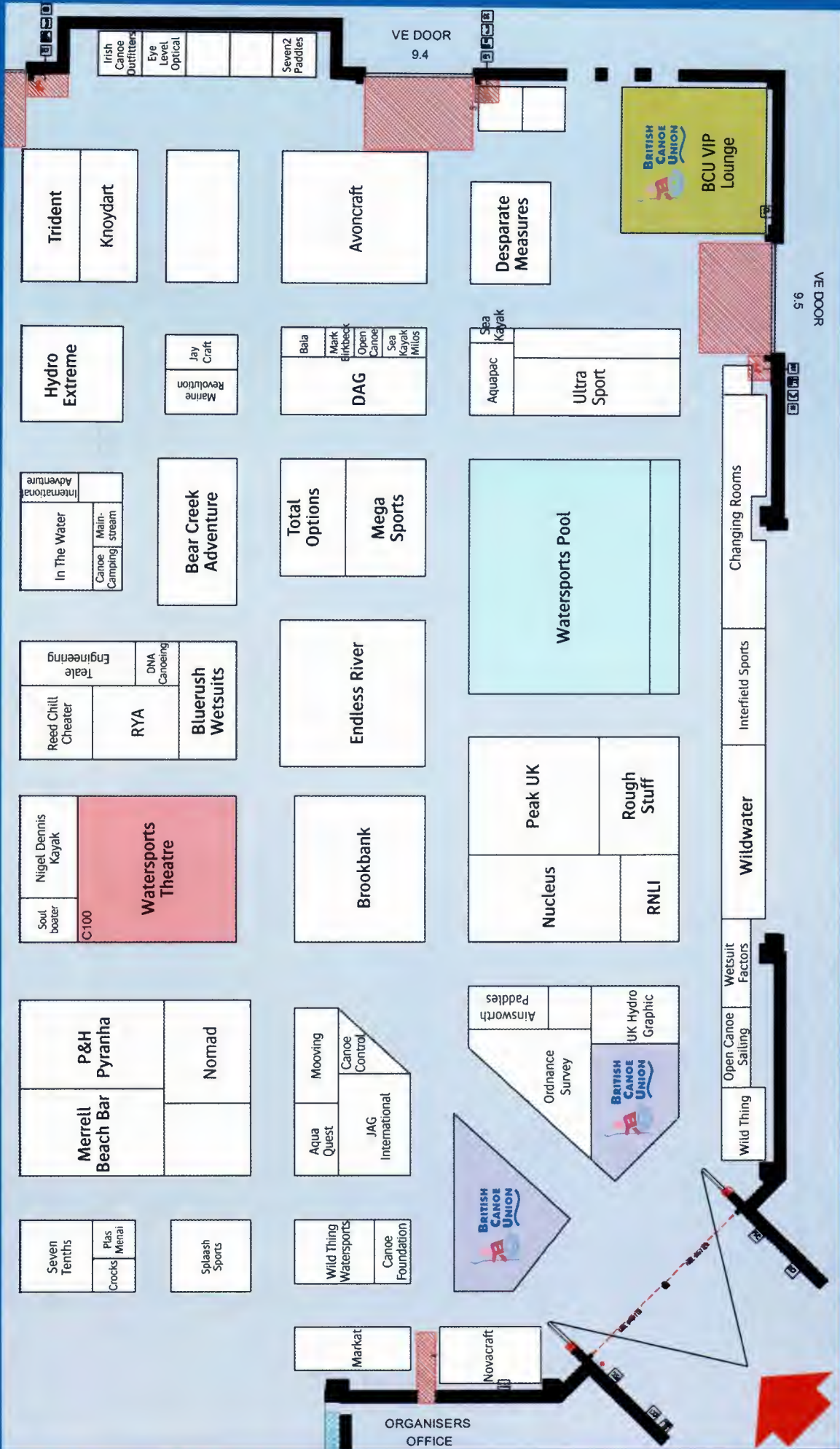
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Watersport Theatre

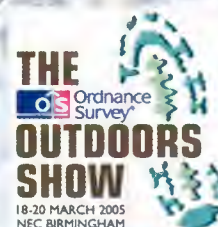
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Canoe 2005

The BCU International Canoe Exhibition



Canoe and kayak enthusiasts, prepare to be inspired! For the third year in a row the BCU's International Canoe Exhibition is running alongside The Ordnance Survey Outdoors Show at the NEC in Birmingham. Between 18-20 March 2005, The NEC will be packed with canoe and kayak enthusiasts from near and far to take part in this huge celebration of the sport. The coming event has more kit, features, competitions and speakers than ever before, and your ticket gets you into the largest outdoors show in the UK.

One of the features of Canoe 2005 is the Watersports Theatre where visitors can hear renowned canoeists and kayakers share their advice and tell stories of explorations around the world. A major speaker announcement for this year's Show is Justine Curgenvén. A world famous sea kayaker, Justine will talk about and show footage of her recent feat of becoming the first woman to circumnavigate Tasmania. To her credits, Justine is an award-winning adventure filmmaker with credits on National Geographic, BBC and Channel 4. Other TV assignments include filming an ascent of 6,960m Aconcagua and an all-woman team climbing first ascents in Greenland.

You can also check out the Peak UK Freestyle Competition in the Watersports pool. Featuring 40 of the UK's top freestyle canoeist. One of the most popular elements of the 2004 Show, this is set to again wow the crowds in 2005.

Not only can you view the latest kit and technology but also try it out in the Watersports Pool and there is also a wave box for those that want to experience the simulation of whitewater rapids.

New for 2005!

The BCU has created a special VIP BCU Member Lounge - This is a great chance to relax during the show and

meet fellow BCU members. Just bring your BCU membership card to the show and come meet up with the BCU team.

Four more fantastic exhibitions within the show!

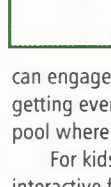


Climb 2005 will be showing the latest climbing kit and there'll be a Have-A-Go climbing wall for you to try your hand.

Adventure Sports 2005 will provide you with a great introduction to sports that really push you to the limit.



Adventure Travel 2005 is the best place to discover exciting new destinations - whatever your favourite outdoor pursuit.



Go Diving! 2005 features a virtual dive experience so you can engage in this fascinating sport without getting even slightly wet! There's also a dive pool where you can put kit through its paces

For kids and adults alike there are loads of interactive features and activities to enjoy. For budding adventurers, this is a chance to try out a whole new array of sports and activities. Professionals in their field will supervise budding adventurers through a whole host of sports and activities including canoeing, diving, orienteering, climbing and trekking.

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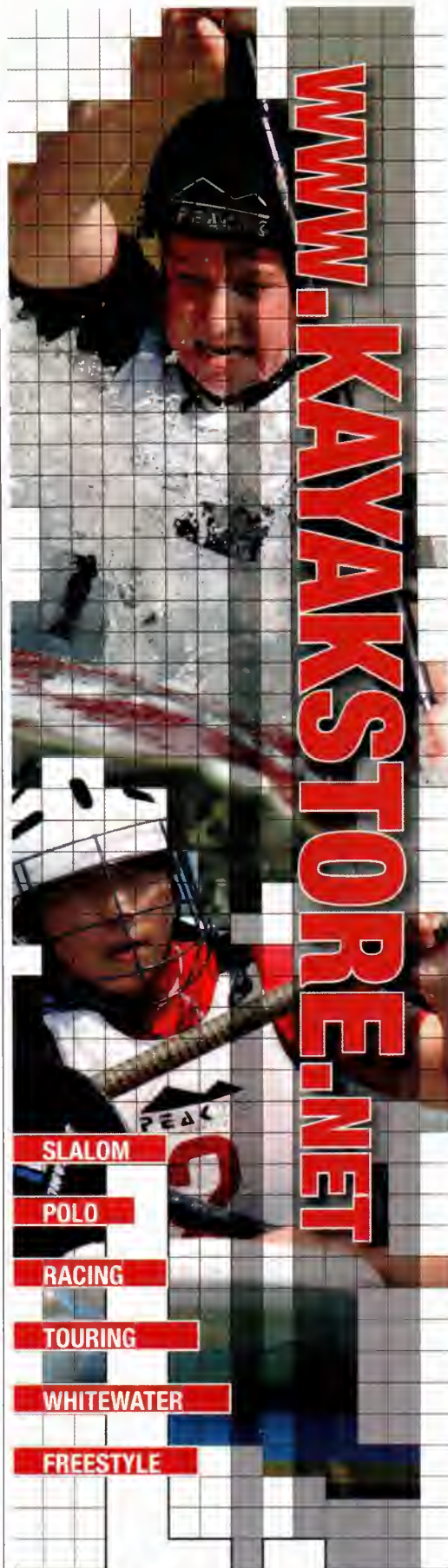
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The Severn...day wonder

All river trips start with an idea and then take on a life of their own. The R.Shannon record followed by the Thames record were a natural lead in to the Severn, 118 miles from the navigable top end near Welshpool to the top of the tideway at Lower Lode Tewksbury. I had paddled the top end lots of time cruising and racing, but to do the lot all in one drop has a special lure of its own. I was using the same marathon racing C 1 as before which is great on the straights but the top end has more than enough meanders for anyone's taste.

There are only six portages on the river Shrewsbury weir and five locks according to the guide book but the fact that there was little or no water meant that I got out a lot more often. I even had to climb down the Abbey weir to avoid ripping the hull out of the boat and Canadians are all hull.

The day after Whit bank holiday, the forecast dry and sunny after heavy rain! No real rain just drizzle, with the Criggidian hills barely visible in the early morning gloom. From the bank a look into the depths of the channel spelled 'its low' very low loud and clear. But here we were so bump and scrape at least for the first few miles? Grade 1 water grade F trees it would have been easier with a chain saw mounted on the bow. Abbey weir and Stoney rapid usually small drops and slightly faster water were over grown and more akin to a rain forest than the Welsh borders, Getting past without damaging the boat was tricky and set the scene for the rest of the trip.

I met Gina my trusted, brave and loved ground crew at the Royal Hill, base for the Upper Severn Rally. There she was sat on a picnic bench in the middle of the river (v.v.low) reading a book and trying to sunbathe in a mild but dying drizzle. I had made good time on the deeper bits so far and on the

widening river to Montford Bridge I fair zipped along. Montford Bridge was the second stop and just round the corner I nearly collided with the only other canoes on the river as they backed out of the bushes.

The Weir at Shrewsbury was far too shallow to shoot but this also gave me a chance to stretch out on the portage. Gina met me again at Atcham on a gravel island in the middle of the river opposite the church. Chair/book/sunbathing kit (the sun had come out by now) have I said the river was low? I'd now done 46 miles.

Wild life was abundant and included the more exotic Black Swan, Buzzard, Mink and hundreds of ducks. Jackfield rapid was getting to be a concern with the lack of depth. Having paddled it in plastics many times the when the odd bump and scrape doesn't matter too much I was only too well aware that I could damage the boat.

Coming up to the drop it looked fine, with a clear-ish line down the left, but a large lump of water decided to join me in the boat (via the open deck) which put me too low in the water for the rocks in front. So breaking out left just before the last little drop, in what can only be described as a stylish manoeuvre (it always is when there's no one around) enabled me to empty the boat and stretch my back all in one go. The paddle down to Bridgenorth was both a pleasure and Dark. The slowly rising moon glinting off the water and straight into my eyes and the thickening mist lent softness to the landscape. The boat was going well and the river offered deeper line to paddle. Meanwhile Gina was waiting in some trepidation at the rowing club in Bridgenorth. The local paddlers had packed up and gone home leaving Gina to a lonely vigil by the river. The presence of some local youths being loud and drinking in the park not too far away made this an uncomfortable and insecure experience and one, which she would not like to repeat. Ground crew security must be a major consideration in planning trips such as this; our reliance on ground crews in races like the Cheshire Ring and DW is paramount.

The next section to Bewdley has lots of small rapids, which at this level would need portaging. The mist had risen making the beam from my head torch more like a light sabre than anything else and totally useless. When the moon shone straight down the river it turned the mist into a silvery soup with no view of the banks or water ahead. It's at time like this that you need to listen, where is the water running fastest, where are the shallows, feel the depth with the paddle and the direction of flow through the boat. When a drop comes up let the flow guide the boat and be prepared to duck the

trees or get it wrong and get out and walk to deeper water, I only had to walk four times. The last rapid on the Severn is just north of Bewdley the Eymore rapid! Now its not that big or frightening but after 82 miles in silver soup its good fun and to be recommended.

Two miles below Bewdley is the start of the BW navigation, deep water and locks. Portages at last! What planning (or luck), just as I reached the road bridge at Stourport the batteries in the torch ran out so I could change them in the light. I could now paddle with a consistent stroke pattern, which made life much easier. I had been warned about the massive locks and the get out at Lincomb was high and a bit gymnastic for that time of night but the get in was great. Gina was waiting at Worcester canoe club, in the half light of early morning a great white apparition ghosted out of the dissipating mist, it was the biggest flock of Swans we have ever seen gliding up the river. They grumbled as I paddled through them but non-chose to give me a good beaking. A quick change of clothes and I was off into the fast rising sun.

Diglis lock was a bit of a shock. I had been told of a really high get out only to find the choice of a big ramp or a nice low pontoon. The get in forecast was easy until all I found was a 15ft drop and a rusty ladder. I rushed up and down the bank looking for an easier get in. Ten minutes later I found an eroded muddy fishing stance and slithered down to the water almost seal launching back on to the river.

The Severn is wider here. It meanders here there seems to be absolutely no flow here, I was getting tired. The sun had risen and the morning was turning out fine and hot. The only other character on the river waved as he sped past in his little speedboat producing a pleasant wash to bump over.

The church and houses at Tewksbury came into view. The confluence with the Avon seemed to add little to the flow, but Lower Lode was just around the corner. The lock and weir edged into view round the corner and I started looking for the beach just upstream. A steep scabble up the bank and an easy portage, lead to the sweep of the weir and some helpful lads who were fishing, warning me of where the rocks were and the strong eddy. The last half-mile sped past only to slow at the Ferry Inn and the end of the trip. Large salmon were jumping around the boat as I glided in the last few meters. A warm welcome from Gina stopping the clock, and some more friendly fishermen made for a satisfying end to the trip. All we had to do now was find somewhere to have breakfast. The descent had taken 22hrs 28mins and I had raised nearly £300 for St Luke's Hospice. Thanks to Gina for ground support and to all those who sponsored me for such a good cause and the Severn Access Officers. I believe this could be a new record for the R. Severn in C1.

Dave Moore





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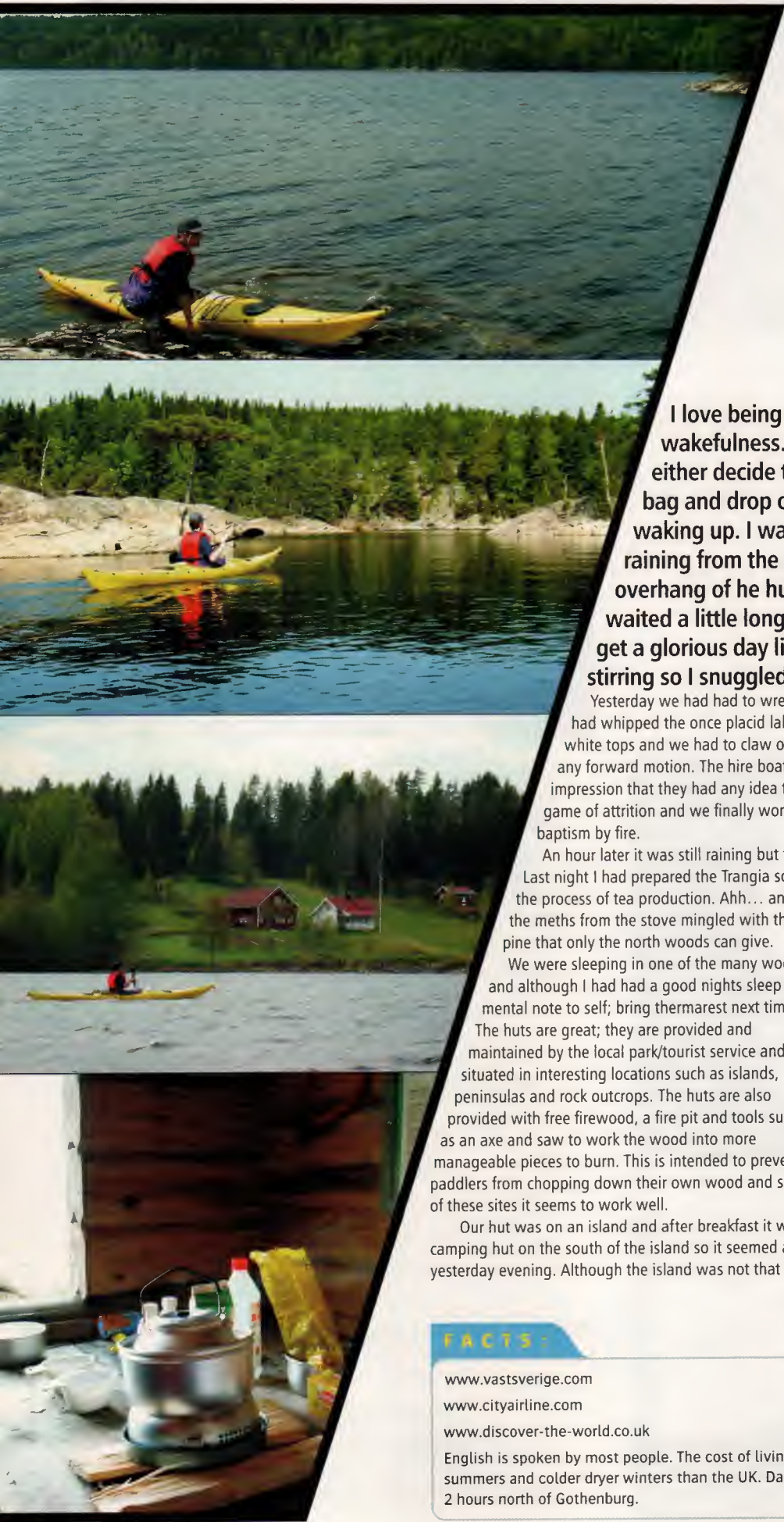
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Sw

I love being in that twilight zone between sleep and wakefulness. The zone of fuzziness where you can either decide to snuggle back down in your sleeping bag and drop off to sleep again or start the process of waking up. I was in this zone and I could tell it was raining from the sound of the drips falling from the front overhang of the hut. Ever optimistic I thought that if we waited a little longer the rain would stop and we would get a glorious day like the last two. Margaret was not stirring so I snuggled back down in my pit and dozed.

Yesterday we had had to wrestle a headwind to get to the hut on our island. The wind had whipped the once placid lake into a choppy, malevolent mass. With the water full of white tops and we had to claw our way from the lee of one island to another to fight for any forward motion. The hire boats were superb; never faltering and never giving the impression that they had any idea that a capsize would be an option. Paddling was just a game of attrition and we finally won. For Margaret the first time in a sea kayak was a baptism by fire.

An hour later it was still raining but this time it was time to make an effort and start the day. Last night I had prepared the Trangia so all I had to do was reach over, strike a match to begin the process of tea production. Ahh... another few minutes in the cocoon of my bag. The smell of the meths from the stove mingled with the damp smell from the woods and the distinctive sent of pine that only the north woods can give.

We were sleeping in one of the many wooden camping huts that abound in this part of Sweden and although I had had a good nights sleep I was stiff from lying on to thin a mat on a wooden floor; mental note to self; bring thermarest next time!

The huts are great; they are provided and maintained by the local park/tourist service and situated in interesting locations such as islands, peninsulas and rock outcrops. The huts are also provided with free firewood, a fire pit and tools such as an axe and saw to work the wood into more manageable pieces to burn. This is intended to prevent paddlers from chopping down their own wood and so denuding the environment and having visited a number of these sites it seems to work well.

Our hut was on an island and after breakfast it was time to explore. We knew that there was another camping hut on the south of the island so it seemed a good idea to go and see if we had chosen wisely yesterday evening. Although the island was not that large 15 minutes after setting off we had not reached the

People used to the wet manicured paths and tracks of the UK, beware, out in true wilderness and especially in natural primary forest it is so easy to become disoriented and lost.

FACTS:

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English is spoken by most people. The cost of living is similar to that of the UK. They have warmer dryer summers and colder dryer winters than the UK. Dalsland, the Swedish Lake District, is located just 1.30 to 2 hours north of Gothenburg.

PROSPECTOR...

Swedish Lake District

other hut, we were trapped by impenetrable forest and to reset our bearings we bushwhacked back to camp to set off again. People used to the wet manicured paths and tracks of the UK, beware, out in true wilderness and especially in natural primary forest it is so so easy to become disoriented and lost. Lucky we were on an island! This time we chose a different route, along the coast and after passing through a mix of Scots Pine, Birch, Juniper and Spruce we reached the other hut without further difficulty.

This, the southern hut got the early morning sun but would not have had the glorious view of the sunset we had had the previous evening. Also we had more dry wood at our hut and our beach was easier for landing on. All in all a lucky choice which was made by the wind direction rather than any thought by us.

On the way back we heard a rather loud woodpecker and from the noise it was making it must have been the Great Black woodpecker beating out a territorial drumming. Our path back was crossed by a number of wood ant tracks so we had to be careful when stopping to look at plants that we had not inadvertently stopped on an ant trail. These ants are rather large and can give a nasty nip but where there are ants there are no snakes as the ants will see them off too. Just as we were getting back into camp we spotted some Morel fungi which unlike the gill fungi shoot their spores from the brown honeycomb surface. They are good eating when young but we had had breakfast so they were left for someone else to find.

Back at camp we packed up and left some dry split wood for the next person who would use the hut. Travelling at the beginning of May we had the advantage of no biting insects, no other tourists and the freshness of spring growth. It was cool at night but warm during the day.

That day we paddled north, drinking water from the lake to sate our thirst, sitting out on sun warmed rocks to stretch our legs, finally to find another camping hut that we could call our own for a night and to watch another sunset over Dalsland, the Swedish Lake District.

Dave Halsall



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Flatwater fun for under 10's and 12's

The Lightning Sprint Cup is a series of four regattas timed to run alongside the National Sprint Regattas held at Holme Pierrepont in Nottingham. You could even help to win a Lightning K1 for your club. Lightning Sprint Cup Finals on 4th September - Inter Club Regatta, Nottingham. For further information please contact Samantha Wetherall via the Lightning's website www.lightnings.co.uk.

The Lightning Marathon Cup is a series of youth focused fun Marathon events, timed to run alongside Regional Hasler Marathon competitions. The series finals will be at the National Marathon Championships - 27/28 August, Worcester. For more information on the series please contact the Lightning Marathon Co-ordinator Peter Jones email petercjones-sol@tiscali.co.uk or visit www.bcu.org.uk

Campbell Walsh supports London 2012 in Hertfordshire

Ok - so it's really not long since the last Olympics in Athens, another three and half years to go before the next Olympics in Beijing! Yet the Olympics will still be prominent in the minds of many this year despite the interval of nearly half a decade to Beijing 2008.

The reason – in case you hadn't heard – is that in the summer, the venue for the 2012 Olympics will be decided.

London is in contention and Lord Coe, an athlete of track fame, is fronting the bid. If successful then the Olympics will be coming to us for 2012 - a long time off maybe – but an opportunity not to be missed! Who will be the next Dame Kelly Holmes or Sir Matthew Pincent? Well you could be! Today's school children are expected to be reaching their athletic peak in 2012 so your country needs you to represent GB the 2012 Olympics.

Many of you will have seen the posters, giant athletes hurdling Tower Bridge, vaulting Big Ben, using the London Eye as a discus! All this is in aid of drumming up public support and asking "do people want the Olympics in London?"

What will a successful Olympic bid mean for canoeing? Well for a start, London has no continuous rapids to hold an Olympic standard slalom, so there are proposals to build a



of Olympic status. In the aftermath of the Olympics, many local and more distant paddlers are expected to visit Broxbourne and enjoy the facility.

The Great British Olympic team will also need paddlers to compete on their home turf and as I said before that means you. If you will be a young adult in 2012 and are interested in competitive paddling then start practicing now.

All over the country various efforts have been attempted to raise public awareness and support for the London bid, so when Broxbourne County Council and Hertfordshire Sports Partnerships approached me and asked if I would help promote canoeing and kayaking at their special promotion day, I jumped at the chance.

The event was to involve local kids from the area, just the people who may one day be local heroes, tearing up the new white water course. What better opportunity to get them started in boats.

On the day with TV crew, photographers, journalists and local mayor all in place, local kids took to the waters of the John Warner sports centre. Some of them knew about canoeing in the Olympics and others didn't, but they all did by the end of the day. Some of them had even watched the nail biting slalom finals in Athens on TV. In any case, help was at hand in form of Olympic silver medallist Campbell Walsh and his coach Juerg. Campbell raced around the pool helping the young beginners with their paddle strokes and giving them tips on how to become Olympic champions. They

were all pretty stoked to see the man in action and have some quality tips and once the session was over (and the kids had to be persuaded to leave to pool more than once!) Campbell hung around and signed autographs for all. Part of the promotion day was a presentation from the Herts Sports Partnership and their public support of the Olympic bid. Previously all districts of Hertfordshire had tasked their promising young athletes with taking their district flag and conjuring up signatures of support on their respective flags. On the day, all the districts signed flags were presented then whisked away and by some needlework miracle, quickly sewn together. Then with the press, Olympic athlete Campbell Walsh, local councillors and mayor looking on, the super flag was unravelled, followed by lots of clapping, cheering and photographs.

This set in concrete Hertfordshire's support of both the Olympic bid and welcoming the development of paddle sports within the county. If

PICTURE THIS

Campbell Walsh with a young athlete



course at Broxbourne, just north of the M25. London's own white water park! It won't be a weedy dribble of a course either, oh no, designers are looking to at least match, if not improve on the courses at Sydney and Athens. This of course has wider implications for paddle sports without the privilege

this is anything to go by then the British people are well and truly behind the bid which is essential in the committee's decision making. If you want to register your support for the Olympic bid – go to www.london2012.org

Matt Tidy – PDO North London, Essex & Herts

Anna-Louise beats her own record!

Once again 15 year old Anna-Louise Glendenning of Hexham Canoe Club has used her talent for hand rolling to raise money for good causes.

Determined to beat her own record of one hundred hand rolls which raised money for Childline and her canoe club, she took to the water again at Hexham swimming pool on 19th November, this time for Diabetes and the Northumberland Young Fire Fighters. Hoping that she could manage two hundred rolls, she amazed herself and her supporters by actually completing three hundred and seventy hand rolls! The first hundred were done in five mins 9 secs – faster than her previous attempt. Well done Anna-Louise – a brilliant achievement!

Bobby.E.Timperley, PDO NE.Region



New junior event in southern region

Clubs along the south coast of Hampshire and Dorset have now held three junior events.

The first event held in October was a K4 with Hythe Sea Scouts, Woodmill and Winchester clubs putting in good results. November brought the Dualathlon asking the competitors to race a 2km paddle circuit followed by a 1km run, all done in Winchester town centre, with some very close racing in the snow. The final event of 2004 was an indoor ergo challenge held in Hythe. There are several more events planned for 2005 to find out more, contact James on 023 8031 9815 or email james@bcu.org.uk



More clubs achieve quality award status

Congratulations Shropshire Paddlesport Club and Kingston Kayak Club who have both recently been awarded the prestigious Top Community Club and Clubmark Awards.

The Club Mark and Top Club awards recognise clubs that are safe, effective and child friendly and there are currently 73 BCU clubs and centres working towards the awards. Here's a report from our PDO's on the latest clubs to be awarded.

West Midlands

Shropshire Paddlesport are the first club in the West Midlands to achieve the Top Community Club and Clubmark awards and are well on their way to achieving Top Performance Club. In recognition of this achievement, the regional development team has given Shropshire Paddlesport a cheque for £50 as an added reward for becoming the first in the region to achieve these standards, which was presented to club representatives at the regional AGM.

Once again well done, if any other West Midlands club are interested in working towards Top Club/Clubmark, or you need a little help to finish off your assessment file, get in touch with me.

Happy paddlin'

Phil Hadley Paddlesport Development Officer

Tel 01384 633984 Mob 07771 620745 email phil@h2osports.co.uk

Yorkshire region

Congratulations to Kingston Kayak Club the third club to successfully attain "Top Community Club and Sport England's Clubmark accreditation" in the Yorkshire Region. The club has demonstrated high quality paddlesport programmes that offer young people the best start and opportunities, to experience and succeed in their potential in a variety of disciplines.

The club has worked closely with the BCU Youth Programme, which has resulted in young people gaining various levels of awards. On top of this the club works closely with the local community and local authority with further developments for the future. Pictured below receiving both awards from Reece Bird Sports Development Officer Humber Sports Partnership is Neil Jennison, Chairman KKC, alongside young people from the club and Len Hartley, PDO NW and Yorkshire.



Up for the Challenge

Sport England's "Skill City Youth Event" at the The G-Mex Arena Manchester was the setting for numerous sports and agencies to showcase what is on offer to the thousands of young people who attended from around the NW area. This provided a great opportunity to provide information about paddlesport and local clubs in the Northwest with lots of leaflets and information handed out that highlight the great diversity of Paddlesport. In addition a paddling Ergo challenge was run which created huge interest and with many youth having a go at the 100 metre challenge.

Big thanks go to Trish Allen and Dave Reynolds voluntary coaches from the NW Region who did a great job in providing support and help. Thanks also to Sharon Burns, Senior Marketing Manager Sport England, in providing use of SE stand.

**Len Hartley
PDO NW and Yorkshire**

PADDLE THIS

Top Club and Club Mark Awards

Accredited Clubs include:

- Tandridge Canoe Club
- Elmbridge Canoe Club
- Chelmsford Canoe Club
- White Rose Canoe Club
- Tamar Canoe Association
- Halifax Canoe Club
- Wey Kayak Club
- Leighton Buzzard Canoe Club
- Macclesfield & District Canoe Club
- Kingston Kayak Club
- Shropshire Paddlesport



Magic moments

As well as the paddling of course but, with a vigorous 3.5 mile open crossing in sunshine and with a 2-3 foot swell earlier in the day, there were plenty of good paddling moments to recall as you sat round the fire. This is not a tale of daring do and epic adventures just an ordinary canoe club having an ordinary but, for us very special, kayak trip on the west coast of Scotland.

Six paddlers from Shrewsbury CC set off on the long haul to Arisaig early on an August Saturday morning. We picked up our hire sea kayaks from Carlisle Canoes to augment the couple we already had and then settled down for appalling traffic jams round Loch Lomond with an accident and local hold ups, all emphasising some of the aspects of modern life that, hopefully, our trip was going to take us away from. We met up with our seventh paddler at the campsite and made an early start next morning to catch the tide and set off from Arisaig Harbour and paddle up the windswept coast and round Mallaig in to Loch Nevis for our first wild camp on the beach. This soon had us in a world far removed from traffic jams and hustle and bustle. For the next week our lives seemed to be ruled by the tide and the weather. We either had to get up very early or wait till later in the morning depending on how the tides were running relative to our planned route. Although once you were paddling in sea lochs, one could tell from the effects on your kayak that tide movements were far from a simple matter of in and out, with eddy currents set up much as they are on the River.

The wind was blowing east or north east all week which is unusual for western Scotland, even more unusual was the amount of rain coming out of an eastern wind. The full force of this wind and rain gave us quite a pasting as we battled up Loch Nevis on the Monday. With all this damp around it was not surprising to find that the end of Loch Nevis was midge hell. So we dived into the bothy, disturbing the peace of the shepherd and his dog who were staying there. Fortunately, he was very amiable and lit a fire for us, a very smoky fire due to a rather poor chimney, but perhaps it was designed that way as the smoke certainly kept the midges at bay. Midges were certainly a major factor when travelling in this area in a wet summer, hence the oft heard cry 'the b*****s are biting again'. Strong winds, bright sun and being out at sea drove them away, but otherwise! Midge hoods were an essential as was clothing that could cover as much of your skin as possible. Avon Skin so Soft seems to be the preferred repellent to prevent midge bites.

Paddling back up the Loch via Inverie and the remotest pub in Britain, then back to the Islands off Arisaig gave us all the opportunity to build our expertise in sea kayaking, wild camping and packing the kayaks. Carrying six days food was a challenge but it seemed to work out OK although it seems that couscous was starting to lose its appeal by the end of the trip! What did not lose its appeal was the wildlife. There were plenty of seals and seabirds and then some seals with a fin on their back? They did not hang around for long but we reckon they must have been porpoises. We did carry a cheap pair of binoculars which helped in wildlife spotting as well as with navigation.

Midge hoods were an essential as was clothing that could cover as much of your skin as possible.

Just for a few minutes the setting sun poured through a slit in the thin stratified cloud above Rhum and sent a golden orange path across the sea to our 'Swallows and Amazons' island in the middle of Loch Allort. With a cosy driftwood fire blazing on the beach and glorious scenery all round, these are the sort of magic moments that make it all worth while.



Steve Martindale
Shrewsbury Canoe Club



Paddling back round by Arisaig did give the chance for a couple of the group to go back to base for a more restful couple of days, whilst the remainder paddled on round Loch Ailort and Loch nan Uamh for two days of wonderful paddling in the finest weather you could hope to find in western Scotland.

Two members of our group had some previous sea kayaking experience but otherwise we were a largely inexperienced group. However, by being flexible in our plans relative to the tides, the weather and the condition of all the paddlers in the group, it was possible for an ordinary inland canoe club to run a safe enjoyable sea kayak trip with no epics or problems. The sea kayaks we hired from Carlisle Canoes were excellent and the firm was very helpful. It's a funny thing that now I am back home I seem to be forgetting the midges and remembering those views and those exhilarating crossings, go back and do it again? I just think I might.

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Calling all coaches

I have read with interest the correspondence on 'greedy instructors' in the last two issues of Canoe Focus. In my opinion the views expressed highlight the very real problems inherent in the 'whole sport' approach to the 'Long Term Paddler Development' for young persons, which forms an essential part of the BCU's new Five Year Plan.

When the BCU 'Strategy for Young People' was initiated in 1996 it was acknowledged that large numbers of young people were currently being introduced to canoesports via taster courses, subsidised by local authorities and staffed by paid BCU qualified instructors. I have benefited from such opportunities and appreciate Caz Goodall's point of view (issue 152). The problem, identified by the 'Strategy' in 1996 and still experienced by R.J. Rosevere in 2004 (issue 151) is the failure to advance these young people 'through the BCU grades' to a degree of competence and enjoyment whereby they can 'participate regularly in canoesport' and progress towards being 'the best they can'. Most Local Authorities, EAZ schemes etc. do not see it as their responsibility to subsidise young people beyond the taster level. Commercial providers charge rates which are prohibitive for all but the most dedicated of parents. Some BCU LCOs do not see it as the responsibility of their Coaching Panel to staff development courses for young people and refer the problem to 'club coaches'. Since most club coaches have other jobs and regard canoeing as a relaxing pastime, it is not surprising that they do not take up this challenge, although one wonders why they ever became coaches.

Consequently the young people in most canoe clubs do not participate regularly (once or twice per week year round) and so will not get 'the best available opportunity to achieve their potential', since they will miss out on the 'windows of opportunity' identified in the BCU's LTPD plan. The few clubs whose coaches do take up the challenge may come under increasing stress from the demands of staffing regular training nights, organising ranking competitions, supporting young persons and their parents to other events, seeking funding etc. So much so that some have had to neglect the vital jobs of recruiting new members and providing the social functions

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necessary for the survival of a successful club.

As voluntary Coaching Coordinator for the BCU Slalom Committee I am involved, along with the staff of the BCU Youth Programme and others, in finding solutions to some of these problems and there are reasons for optimism:

The World Class Start programme has appreciated the problem and is making some input to the support of club coaches.

A recent Sport England scheme is supporting the appointment of Community Sports Coaches with the remit for talent development from Primary schools towards elite performance, a welcome replacement for the Strategy's proposed Champion Coaching Programme. Several canoe clubs are linked into this scheme, but the opportunities are far too limited.

BCU Regions are being encouraged to put on low level multi discipline events for young people, providing them with the opportunity to try out a wide range of canoesports at an early age.

All of these initiatives will require coordinated input from volunteer coaches and unless the BCU Coaching Service can motivate its thousands of registered coaches and the management of its BCU approved centres to support its 'whole sport' plan for LTPD. Mr. Rosevere will be asking the same questions in 2010.

Don Raspin

Dee Day! Who went?

Obviously it was a ragtag bunch of social misfits...that's canoeists for you. But to generalise...

- Clubs were poorly represented...this is a shame as intermediate groups are those who would benefit most from improved access to the Dee.
- Llangollen CC was well represented and involved in the organisation.
- Various representatives of the media.
- Nottingham Trent University CC was there in force, among other Uni groups - nice one, boys and girls.
- A large group of ex-student types calling themselves 'The Poly'.

situation, and how shocked they were to hear the truth.

It achieved national media coverage in the days that followed, including Radio 4 and ITV Wales. However modest, this is more media notice than the BCU Rivers Access campaign has achieved in its entire first year. It demonstrated that paddlers can organise themselves – with a little leadership – and deliver the access message in a peaceful and positive manner. Free the Dee!

Mark Rainsley

The Dee Day protest were organised independently and completely outside of the BCU's structure, why was this and why did it take so long for the BCU and WCA to come on board? When the idea of these days was first promoted the BCU and WCA were engaged in delicate discussions in establishing and understanding the governments current thinking, it would have been totally inappropriate for the two bodies to have become engaged in organising such a protest, however, through the WCA, the organisers were encouraged to make sure that the correct permissions from the police and the local highways department were put in place to ensure that the good name and credibility of canoeists would be maintained through a legal and peaceful protest. Since meeting with the government, the WCA on behalf of both organisations, maintained this liaison until these permissions were put in place. Then both organisations were able to support the protest in line with a joint statement issued by the two Chief Executives.

- BCU Access was represented by Tamsin Phipps, Kevin East and Tim Joiner, their new voluntary Chair of the Access Forum

- Full marks to a small committed group of Thames Valley paddlers who attended a party at the River Dart Park in Devon on Saturday night, but still made it up for the protest. A great many freestylers stayed at the party, however.

The interesting thing is that two hundred paddlers were enough...enough to look like a much bigger march and rather impressive when crammed into the streets. Llangollen ground to a halt as bystanders watched and enquired what it was all about. Why wasn't Joe-Public-Normal-Dee-Tour-Type-Club-Paddler there? Perhaps this is to do with the basic decency of us all...there's a protest, so we assume that attending will be naughty, disruptive or even illegal. Well, the protest went without a hitch and barely a rude word was said. People brought their kids, not Molotov cocktails. It managed to be both civilised and effective at once.

What was achieved?

The event was agreed to be a success, with the proviso that better attendance would have helped reinforce its message.

It had positive local impact; one thing which struck us all was how few locals knew about the poor access



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SITUATIONS VACANT

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Activity Instructors

Work in Cornwall

FULL TRAINING IN ALL

N.G.B.'s PRIOR TO AND DURING THE SEASON 2005

TEL: 0870 7775111

www.adventure.uk.com email: tracy@adventure.uk.com

www.mendipoutdoorpursuits.co.uk

Mendip Outdoor Pursuits provides a
variety of activities for young people, adults and
business

We require **qualified instructors** for 2005
Long and short term contracts are available.

Applicants should have two **NGB** awards and
a clean driving licence, although others may be
considered

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01934 820518 fax.
info@mendipoutdoorpursuits.co.uk email.

Contact Dan Thorne

SITUATIONS VACANT

BE PART OF HISTORY

2005 is our centenary year and we require
hardworking, multi-talented instructors to complete
our team. In addition to NGB awards you will need a
flexible approach, good humour and be committed to
developing your skills and career prospects.
For an application package send a CV & covering letter

to Graeme Chapman, Newlands
Adventure Centre, Stair,
Keswick, Cumbria. CA12 5UF
email -
jobs@activity-centre.com
Web -
www.activity-centre.com



VACANCIES FOR 2005

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

- Multi-Activity Instructors
- Head of Water Activities (Kayak & Open: flatwater)
- Kayak & Canoe Instructors
- Freelance Providers
- 6 Month Training Course leading to NVQ level 2 in
Activity Leadership, NGB awards and comprehensive in
house assessments
- Catering provider/s urgently sought
- Accommodation can be provided

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



Education Services

Activity Instructors For Summer Season 2005

Grangewaters Outdoor Education Centre, Essex

- Salary: £10,614 - £13,425 pa. pro rata - pay award
pending (depending on qualifications)

Grangewaters is a local education authority non-residential
centre based in South Ockendon, Essex. We have
opportunities for activity instructors and assistant activity
instructors to work on multi-activity programmes. The
activities we offer include climbing, sailing, high ropes,
kayaking, archery, all terrain bikes, abseiling and much
more. Our client base is varied and include:

- Schools
- Youth Groups/projects
- Colleges
- Groups with physical and learning difficulties
- Commercial sector

We are looking for dynamic, enthusiastic and self-motivated
instructors who work well within a team. Qualifications
within the outdoor industry would be an advantage but not
essential as training will be provided. If you like working
outdoors, working with people and learning new skills this
job is for you. Seasonal posts are available from March
through to September.

For an informal chat please call on: 01708 855228

To obtain an application pack, please call
Grangewaters on 01708 855228/856422 between 9 am-
4pm Monday to Friday (answerphone available outside
these hours) quoting job title. E-mail
grangewaters@thurrock.gov.uk



**B.C.U. & R.Y.A
 Instructors & Senior Instructors
 Required fro 05' season**

AT

**Albany Park canoe & Sailing Centre
 Kingston Upon Thames**

For an application form contact
 Jon or Phill on 020 8549 3066 or
 email: albanyparksb@rbk.kingston.gov.uk



**HATFIELD WATER PARK
 EMPLOYMENT OPPORTUNITIES**

Hatfield Water Park is a residential activity centre with AALA recognition. We have recently had the visitors centre refurbished and are currently building a £1 million pound 40 bed, en-suite residential block. If you want to be a part of a new operational team with developing career prospects we are looking for you. We are offering 1 full time scale 4 (£15225-£16968) activity leader and 3 part time (April-September incl.) activity leaders (£15225 pro rata) for the coming season. You must have at least 1 years experience of a busy outdoor activity centre and possess a current first aid certificate and at least 2 outdoor water based or land based instructional qualifications.

For an application form please contact free phone 08000 858822 or e-mail neighbourhoodservices.recruitment@doncaster.gov.uk



We are a multi-activity boating centre situated on the River Thames near Marlow and Hurley weirs. We are seeking staff for the 2005 season either

for the full period or on a short term basis between April to the end of September.

ACTIVITY INSTRUCTORS
 Competitive salary 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: employment@longridge.org.uk
www.longridge.org.uk

Arnfield Care Ltd



arnfield care

**Instructors/Care
 Workers Wanted**

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 Knowles 01457 860200

Brighton Canoes

We are currently looking for an enthusiastic person to train and become the Deputy Manager of Brighton Canoes Ltd. The job is a complete vertical slice of business in canoeing retail. Duties include direct sales, purchasing, accounting, web site maintenance and management. Brighton Canoes is a new company (Aug 2004) which benefits from working with three established associated companies (Kayaks and Paddles Plymouth Ltd - Bournemouth Canoes Ltd and Car Roof Racks UK Ltd.) which are all owned by the same people. The right person will be a paddler who is enthusiastic, flexible, computer literate, reliable and capable of managing the company when Simon is away. The company is not that PC, applies all the rules and regulations required of an employer but insist on high standards and a wicked sense of humour.

An attractive package is available.

If interested please contact Simon on 01273 513200 or sales@brighton-canoes.co.uk

Closing date: 23rd February 2005

Brighton Canoes Ltd

Unit S, Rich Industrial Estate, Avis Way, Newhaven
 East Sussex BN9 0DU

CITY AND COUNTY OF CARDIFF

**Water Activity Centre Staff
 (Seasonal)**

Full-time (3 posts) Part-time (2 posts)
 Ref. MT080119 Scale 2/4 £13,071 - £13,701
 (all inclusive of weekend allowance)

These are new posts established as part of the Harbour Authority's Water Activity Centre.

Applicants should possess a water based leisure coaching qualification as well as excellent communication skills and an ability to deal with customers at all levels and ages.

It is also essential that candidates are competent swimmers. A VHF licence, RYA level 2 qualification and First Aid Certificate would be an advantage.



Application pack available from:

C2C, The 'Help Centre', Marland House, Central Square, Cardiff, CF10 1EP. Tel: (029) 2087 2087 Fax: (029) 2087 2086 E-mail: C2C@cardiff.gov.uk

Closing Date: 18th February, 2005

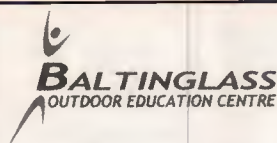
Please visit our website: www.cardiff.gov.uk for more vacancies

Cardiff Council operates a Smoking Control Policy.

Applications for Job Share as well as full-time working are welcome, where appropriate. Day Nursery facilities at County Hall and City Hall (subject to availability). A Summer/ Easter Playscheme is also in operation. We are happy for TYPETALK users to contact us quoting our telephone number (029) 2087 2000.

EQUAL OPPORTUNITIES WILL BE AFFORDED TO ALL APPLICANTS. APPOINTMENT WILL BE MADE ON MERIT.





**CO. WICKLOW
VOCATIONAL
COMMITTEE**
Baltinglass Outdoor Education
Centre based in Co. Wicklow,
Ireland

Instructors Required for 2005 season at busy Outdoor Centre

March-October

Competitive Salary 16,546 - 34,730 Euros p.a. plus qualification allowance plus weekend / night allowance. Accommodation provided (no deductions). For full application details contact :
Centre Manager

Tel. 00 353 59 6481002/6481747

e mail info@baltinglassoec.com www.baltinglassoec.com

INSTRUCTORS IN OUTDOOR EDUCATION

Qualified multi-activity instructors required for March to October 2005 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 £10,497 pa based on 37-hour week, plus holiday entitlement

SEASONAL AND PERMANENT POSTS AVAILABLE

For details and application forms for above posts
apply by telephone, email or letter.

Bradwell Outdoors, Bradwell Waterside,
Southminster, Essex, CM0 7QY
01621 776256

info.bradwelloutdoors@essexcc.gov.uk

www.bradwelloutdoors.com



Essex County Council

GRAFHAM water centre

Senior Instructors, Instructor and Trainees

Grafham Water Centre is a wonderful site on the shores of one of Britain's finest reservoirs. The residential centre offers activity courses for schools and youth groups. It is open all year round and contracts will vary in length. For 2005 and beyond we require enthusiastic staff who are able to deliver programmes of exciting and educationally valid activities for schools, youth groups and individuals.

Activities include Sailing, Windsurfing, Canoeing, Kayaking, Rowing, Climbing and Abseiling, Archery, High and Low Ropes Courses, Mountain Biking and Team Building. NGB qualifications are required but training is given. This could be the opportunity of a lifetime, whether you are looking for a full time career in the outdoors, experience of working with young people or just enjoy a challenge.

Salaries for Instructors are £207.30 per week plus accommodation and meals. Catering staff are also required.

For further information and an application form, please ring
Christina Butler at Grafham Water Centre, Perry, Huntingdon,
Cambridgeshire PE28 0BX
on (01480) 810521

www.grafham-water-centre.co.uk



Cambridgeshire
County Council

Working for the future of Canoeing

The British Canoe Union (BCU) has the responsibility for the development of Canoeing in the United Kingdom.

TECHNICAL COACH – CANOE SLALOM

World Class Performance

It is now 7 years since the World Class Performance Programme was launched as a Lottery Funded Programme to assist our most talented sports people and teams in achieving consistent success in significant international competition and events.

British Canoeing is a successful Olympic sport with 3 Olympic Medals at the Athens Games in the year 2004. The British Canoe Union is now looking to capitalise on this success.

The British Canoe Union

The British Canoe Union is the United Kingdom's Governing Body for the sport and recreation of canoeing and kayaking. It is a full member of the International Canoe Federation and has sole responsibility for international affairs.

The Technical Coach – Canoe Slalom

Will be responsible for co-ordinating and delivering the technical performance programme for the kayak/canoe athletes.

Applicants for this post will require a proven medal winning background at World/Olympic level, with a minimum of three years experience as a national or international coach and should hold national coaching qualifications consummate with this position.

The post will be based in the United Kingdom.

Application Forms

Please contact Wendy Blackman, the Personnel & Administration Manager for an application form and draft job description on 0115 9822094 extension 4 or e-mail wendy.blackman@gbcanoeing.org.uk

Completed applications

Should be submitted to the Performance Director, John Anderson by no later than 28 February 2005, send to:

John Anderson, BCU Performance Director, The Elms, National Water Sports Centre, Adbolton Lane, Holme Pierrepont, Nottingham, NG12 2LU or by E-mail to john.anderson@gbcanoeing.org.uk.

This post is funded by the World Class UK Sports Council Performance Programme.



Opportunities in Ireland

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

- Kayaking, Sailing, Surfing, Rockclimbing & Multi-Activity
- Work in a fun yet professional environment
- Multinational team of staff
- Centre is set amidst the spectacular scenery of Connemara
- Positions include full board, skills training & wages
- Corporate / Adults / Childrens' programmes on offer
- Season runs from Feb - Dec

Visit our website at: www.delphiadventureholidays.ie

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:
Co. Galway, hr@delphiescape.com
Ireland

Activity Instructors



To apply visit
www.girlguiding.org.uk
email: hr@girlguiding.org.uk
or call 020 7592 1892

We are looking for motivated, pro-active instructors to deliver our 2005 Activity Programme at our centres across the UK.

You should hold at least one of the following:
BCU Level 2 Training, SPA Training or GNAS Leader Award.

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



Girlguiding UK

Charity no. 306016



CENTRE SENIOR INSTRUCTOR

An exciting position for an experienced and energetic instructor. Preferably live out although live-in may be possible. Salary range is £7.30 to £8.30 per hour with a minimum of 40 hours per week. Seasonal, until the end of October but could be converted to a full time position. Applicants should have a range of NGBs and activity centre experience, also

MULTI ACTIVITY INSTRUCTORS REQUIRED

for further information contact Kelly
Brett 0183753916 or email
okehampton@yha.org.uk



Employment Opportunities at the Nene Whitewater Centre.

The Nene Whitewater Centre has 2 Full / Part – time vacancies for experienced and qualified Coaches.

Candidates will need to have a proven track record in many areas of canoe sport including that of delivering skills / coaching courses, and other canoeing activity programmes. While other qualifications and experience in working in the outdoors would be an advantage, candidates will need to have initiative; innovation and the ability to work unsupervised demonstrating sound judgement. Candidates will need to have experience in working with young people, and the desire to develop as a versatile and flexible member of a busy, professional outdoor team will be paramount.

Good rates of pay are offered in return, and candidates will be qualified as a BCU / National Association Coach Level 2 (Inland Kayak) and or Coach Level 2 (Open Canoe). In addition to this a current first aid qualification relevant to the highest National Governing Body award held will be required, and ideally candidates will hold a raft guiding qualification or have whitewater rafting experience.

Employment terms will be an 8 month contract from March to October inclusive. Staff will be required to work on a rotational basis, and must be prepared to work weekends. Candidates shall be willing to develop further afield in many aspects of canoe sport, whitewater rafting and other areas of outdoor education.

If you consider yourself as a possible candidate, please contact the Centre Manager for a Job Application Form:

The Centre Manager,
The Nene Whitewater Centre,
Bedford Road
NORTHAMPTON,
NN4 7AA.
01604 634040

Please mark the outside of the envelope with 'staff application enclosed'

Closing date for applications and Interviews is March 1st 2005



Outdoor Pursuits Instructors/Development Workers

Salary from £11,000 to £15,600 per annum plus bonus.

Peak Pursuits are presently recruiting full time Instructor's with an emphasis on water based NGB's although land based NGB's would be an advantage. A full clean driving licence is essential and experience of working with social inclusion an advantage.

For more details please contact Paul Ball at the office on 01782 722226 or email paul@peakpursuits.co.uk

HORSESHOE LAKE

Join our team for 2005!

We are recruiting enthusiastic and committed BCU/RYA qualified activity instructors for our busy rural non-residential Centre in Sandhurst, Berkshire

Kayaking, Sailing, Windsurfing, land- and water-based Multi-Activity

Season runs March to September 2005

Wide range of customers looking for courses, tasters, FUN!

Personal Development and Training

Attractive Remuneration Package + Accommodation (if required)

Visit our website www.watersport.freeuk.com to see what we do!

Interested? Contact us:

e-mail: watersport@freeuk.com

phone: 01252 871808

Address: Horseshoe Lake Activity Centre, Mill Lane,
 Sandhurst, Berkshire GU47 8JW

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 2005.

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

Web: www.carlingfordadventure.com



North West Child Care

Outdoor pursuit instructors/ Care workers

Salary from £13,104 -£17,499+(S.I £420pm)
 20 days holiday per annum

We are opening an Outdoor pursuits project working with young people presenting challenging behaviour.

Experienced and qualified instructors required, child care experience preferred but not essential.

In addition to being a team player you will be enthusiastic, self motivated and committed.

Relief and part time staff also required

For further information please call
Geoff Jenkinson on 01253 640 683
or 07930 314762

Outdoor Instructors

Looking for Adventure?

Join a friendly, enthusiastic team at an expanding, high quality centre in coastal west Wales for an April to November Season. Excellent working conditions.

Applications available from www.llain.com/download,

e-mail llain@btopenworld.com

or write to: **The Centre Manager, Llain Activity Centre, Llanarth, Ceredigion, SA470PZ.**

ARE YOU A LEVEL 2 KAYAK COACH? DO YOU HAVE YOUR 3* AWARD?
ARE YOU LOOKING FOR WORK?

- Beautiful locations in Devon - **FULL BOARD PACKAGES AVAILABLE**
- Be part of our fab, fun, friendly, fast paced, multi-cultural staff teams!
- Further training and qualifications available - great prospects

For more information call Giz on 08705 133 773 NOW!

or email jcajobs@travelclass.co.uk
www.travelclass.co.uk



LAKE SIDE

NATIONAL CENTRE
YMCA

Join us in spring 2005 at our dynamic centre in the Lake District. Be part of a team of experienced and enthusiastic multi activity instructors delivering Outdoor Education and Personal Development programmes to school and youth groups. Contracts start from 7th March to 30th September 2005.

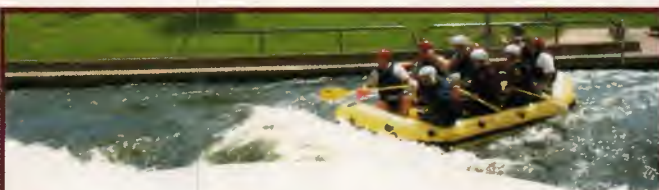
Applicants must have a minimum one NGB assessment and one NGB training course from the following: Summer ML, SPA, RYA Dinghy Instructor or BCU L2 Canoe/Kayak Coach, plus one season's prior experience of working in the outdoors.

Institute of Outdoor Learning accreditation preferred.

For further details and application form contact:

Seasonal Staff Co-ordinator,
Lakeside YMCA National Centre
Newby Bridge, Cumbria LA12 8BD
Email sylva@lakesideymca.co.uk

A Registered Charity No. 212810



The National Water Sports Centre Holme Pierrepont, Nottingham

A great opportunity to become a Team Member
within our Instructing/Coaching Team

We are recruiting for the following positions for the 2005 season:

Chief Instructor, Kayaking/Sailing Instructors, Water Ski Cableway Operators and White Water Raft Guides. Vacancies are also available for Team Members within our Accommodation & Catering and Events Departments.

Benefits include competitive rates of pay, use of the Centres Water Sports Facilities, NGB and personal development training opportunities, discounted meals, uniform, specialist clothing and away days.

Sports offered at the Centre include Sailing, White Water Rafting, Canoeing, Water Skiing, Kayaking, Powerboating, Bell Boating and Raft building.

We are looking for Team Members who are able to offer the skills and abilities required to work at a National Centre.

For further information or if you have any other queries please email recruitment@nationalwatersportsevents.co.uk or call **0115 982 1212** for an interactive CD Rom and information pack.

Over 120 Team Members are employed at Holme Pierrepont each year.

The National Water Sports Centre, Adbolton Lane, Holme Pierrepont, Nottingham NG12 2LU



Managed by Leisure Connection Ltd
on behalf of Sport England



Leicestershire Education Department



Leicestershire County Council

Beaumanor Hall Outdoor Education Centre

We are looking for two part-time instructors to work at this busy and expanding Centre.

- Post 1 – Seasonal (April – October) – 600 hours
(Temporary one-year appointment)
Post 2 – All year round – 1200 hours (Permanent Post)
Grade 7 £16,047 - £17,469 pro rata as from 1.4.05

Both postholders will be required to undertake some evening and weekend work.

Candidates must hold NGB qualifications in at least two of the following:

BCU Level 2, SPA, MLC (Summer) and GNAS and hold a full clean driving licence. Other NGBs would be an advantage.

It is anticipated that a large proportion of the 1200 hours will be required during the April – October period and the post holder will often be required to work full-time during this period.

For an application pack please contact:

Andrea Smith, Beaumanor Hall, Woodhouse, Loughborough,
Leicestershire LE12 8TX. Tel: 01509 890119
Closing Date: Wednesday 23rd February 2005

CANADIAN CANOEING

ROCK CLIMBING

CAVING

DINGHY SAILING

WIND- SURFING

ACTIVITY INSTRUCTORS

APRIL-OCTOBER | FRANCE, AUSTRIA & SWITZERLAND

Village Camps has excellent opportunities for outdoor enthusiasts to instruct these activities to children at our international centres.

Applicants must be at least 21 years of age with relevant experience and/or qualifications.
A second language is desirable.

We will provide your accommodation, meals and accident/liability insurance.

Net weekly allowances from CHF 300 (equivalent to approximately £120) per week are paid.

To apply, visit our website or send enquiries to:

Recruitment Office, Dept. 100
Village Camps, 1260 NYON, Switzerland
Tel: 00 41 22 990 9405, Fax: 00 41 22 990 9494
E-mail: personnel@villagecamps.ch

www.villagecamps.com/personnel

Marwell Activity Centre

**Vacancies for 2005 season
Instructors and Support staff**

Required for a busy Multi Activity centre situated close to Winchester. Will be working with both adults and children through a variety of different activities.

Full time and Seasonal residential or non residential vacancies available. NGB qualifications required but not essential for some positions.

Applications by CV to
Marwell Activity Centre, Hurst Lane, Eastleigh,
Hants SO50 7NQ
Tel: (01962) 777547
recruitment@marwellactivitycentre-co.uk



Watersports Instructors

Trafford watersports centre in Manchester has seasonal posts for instructors holding one or more NGB awards in the following disciplines: Dinghy sailing, Windsurfing & Kayaking.

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
Start dates are available in April & June



Telephone: 01588 630123
Mobile: 07866 630123
www.proactive-adventure.com

FREELANCE INSTRUCTORS AND SUPPORT STAFF wanted for our centres in Llangollen, Welshpool and Brecon.



AALA
Tel: 029 2075 5715
WINDERMERE LICENSING AUTHORITY

Center Parcs are looking for enthusiastic, qualified staff to work at our Nottingham centre May - September. Accommodation is not provided and your own transport is essential. **Please ring the watersports department on 01623 827438.**

To ADVERTISE
01480 465081

IT'S ALL SYSTEMS GO FOR THE NEW



And YOU could be a member of the team to take it forward. We require the following staff

SENIOR INSTRUCTOR / TRAINEE FACILITATOR
Salary Range £11K - £13K p.a. depending on experience

ACTIVITY INSTRUCTOR
Salary Range £8K - £10K p.a. depending on experience

Both positions, which are permanent and contain progression training require a youth work emphasis and involve a 37.5 hour work week on a rota basis (including some weekends). Accommodation and uniform provided

For Job Description, Person Specification and Application Form apply (with a C.V.) to Ryland Robertshaw, Pioneer Centre, Cleobury Mortimer, Kidderminster, Worcs., DY14 8JG.
Tel: 01299271217
Email: pioneer@actioncentres.co.uk www.actioncentres.co.uk

Low Wood Watersports & Activity Centre

We are looking for qualified and experienced instructors in canoeing, sailing, water-skiing to join our enthusiastic team.

Our busy centre caters for the general public as well as corporate entertainment & teambuilding.

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

Please send application in writing including CV To Mike Coates, Centre Manager, Low Wood Watersports and Activity Centre, Low Wood, Windermere Cumbria LA23 1LP or e-mail Watersports@elhmail.co.uk

vacancies for kayak instructors, support staff & catering crew




Seasonal employment opportunities to join a team of dedicated and respected staff in France and the UK.

We have vacancies for kayak instructors, support staff and catering crew at our five watersports activity centres.

For an employment pack, please contact the HR Team.



tel: 0870 777 0541 email: personnel@rockleywatersports.com web: www.rockleywatersports.com



STUBBERS ADVENTURE CENTRE
Upminster, Essex

Vacancies for 2005 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
Applications with CV to Bob Edwards (Centre Director) at:
Stubbers Adventure Centre, Ockendon Road, Upminster, Essex RM14 2TY
Or email: stubbersac@aol.com
Charity No. 1080941



TAIN ADVENTURE CENTRE
BALLYOONAN, OMEATH,
CO LOUTH IRELAND

Instructor's required for 2005 season, for a busy multi-activity centre providing a wide range of activities to schools, youth groups and universities throughout Ireland and the UK.

NGB qualifications required. (BCU, inland, surf, sea and open qualifications can be done on site.)
kayaking, climbing, sailing, safety boat handling, archery etc.

Tel 00(353)429375385 Fax 00(353)429375417
E-mail tainhol@eircom.net www.tainadventure.net



Southampton City Council

WOODMILL OUTDOOR CENTRE

Woodmill Lane, Swaythling, Southampton, SO18 2JR

OUTDOOR ACTIVITY INSTRUCTORS REQUIRED FOR 2005

Woodmill Outdoor Centre is best known for its specialist canoeing activities. However the Centre also provides a wide range of other activities for both schools and adults. These activities include canoeing, kayaking, climbing, orienteering, high and low ropes courses, archery, raft building, environmental studies and other problem solving activities. The Centre also has a busy Canoe shop.

Woodmill requires Outdoor Activity Instructors to start from Feb/March 2005. First Aid and BCU Coach qualifications are essential and any additional qualifications related to the Centre activities would be desirable.

Staff are required to undertake evening, weekend and occasional overnight duties and therefore must have a flexible approach to working hours.

Pay Scale 4 (£217.56 per week)

For an application form and job description please contact the Centre for more details, If you would like to arrange a visit to the Centre please ring 02380 555993 or e-mail info@woodmill.co.uk.

vitalise
essential breaks

Vitalise (formally the Winged Fellowship Trust) mission is to give visually impaired and disabled people a real choice of holiday, provide vital breaks for carers and inspirational opportunities for volunteers.

We are currently recruiting for the following vacancies at Churchtown, which caters for adults and children (from the age of 6) with physical or learning disabilities, the centre offers a range of activity breaks and adventure sports as well as less active pursuits. Churchtown is registered with the Adventure Activity Licensing Authority as well as being registered as a Residential Care home. Churchtown also operate a day care service offering vocational/educational training. Churchtown has it's own farm, nature reserve, ropes course, maze, extensive grounds and gardens and a heated indoor swimming pool.

We currently have vacancies for: -

2 Seasonal Outdoor Instructors

(April to the end of September - 40 hours per week)
Salary £13,000 pro rata

Candidates must have NGB awards in at least one (preferably two) of the following: Open Canoe L2, RYA Safety Boat, RYA Day Skipper, SPA, WGL or SW Moorland Walking Leader.

Experience of environmental studies and problem solving activities is desirable.

Candidates must be qualified to drive a minibus.

An enthusiasm to work with people with a range of disabilities is more important than experience.

POST SUBJECT TO AN ENHANCED CRB CHECK

For further information and an application pack please contact:
Nick Price, Deputy Centre Manager (Activities) on 01208 871933
Or email nprice@vitalise.org.uk
Churchtown, Lanlivery, Bodmin, Cornwall. PL30 5BT

Closing date: 28th. Feb

Interviews: week commencing 14th. March

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We offer full-board accommodation, a competitive weekly wage and excellent training and qualification opportunities.

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Positions available from February 2005 onwards

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Instructors required for 2005 season

Weardale House
 outdoor education centre

Applications are invited from suitably qualified people to deliver multi activity courses to schools, colleges and youth groups at our residential centre located in the North Pennines. We offer excellent rates of pay, free board and accommodation, and other benefits. Short & long term contracts available.

Applications with CV to: **Dave Jones, Weardale House, Ireshopeburn, Weardale, Co Durham DL13 1HB** Telephone 01388 537479
 Email: weardalehouse@aol.com www.weardalehouse.co.uk

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Real adventurers, please apply with your CV to...
Wild Island (CF), Solwaybank, Canonbie, Dumfriesshire, Scotland DG14 0XS.
 e-mail rubhafiola@hotmail.com

SITUATIONS VACANT



Windermere Outdoor Adventure Activity Centre

An expanding activity centre on the shores of Windermere, we are looking for outdoor enthusiasts to join our small but valued team. You should have a minimum of 2 sports national governing body qualifications, from RYA Dinghy Instructor, RYA Windsurfing Instructor, BCU Level 2 coach (kayak or canoe), RYA Safety Boat, Mountain Leader Award and Single Pitch Award, plus the soft skills to deal with guests of all ages and abilities. Your energy and commitment will be rewarded with an extremely competitive salary/package. Posts are initially seasonal April-October or June-September.



For further information and to request an application pack please contact: -
Kathryn Jackson on 015394 47183 or e-mail
woa.admin@southlakelandleisure.org.uk

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We need help with our rivers!

We have a number of centres based in Northumberland and provide outdoor education courses and adventurous activities to a wide range of clients. Activities include canoe and kayak river trips, sea kayaking, sailing, climbing and problem solving. We require instructors with a range of national governing body and leadership qualifications to start this Autumn/Winter on long and short contracts.

Educational experience or full driving licence with D1 entitlement an advantage.
 Comprehensive training available.
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For more information please contact
 The Outdoor Trust on 01668 213289
 Or Email your CV to:
julien@outdoortrust.co.uk
 Or check us out at www.outdoortrust.co.uk

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ROTHER VALLEY COUNTRY PARK

Watersports Supervisor

£19,713 - £21,033 pa • Ref: ECL0780/CF

We require an enthusiastic and dynamic individual to join a team of professional watersports personnel in the busy Rother Valley Country Park Watersports Department.

In addition to experience of working in a watersports environment, you must have an RYA Senior Sailing Instructors Qualification and two other instructor qualifications relevant to watersports.

You must be able to demonstrate good supervisory skills, have at least one year's supervisory experience, and have the ability to remain calm and professional under pressure. Experience of dealing with finances, organising national governing body courses and experience in customer care is essential.

The ability to drive is also essential.

For an application pack please contact Rotherham Connect, quoting your name, address and the appropriate reference number(s) via:
 Telephone (01709) 336001 between 8am & 8pm Monday to Friday, e-mail jobline@rotherham.gov.uk or text 07781 485111 (charged at normal tariff).

Closing date for all posts: 18 February 2004.

www.rotherham.gov.uk

Watersports Assistants (Six Posts)
 (Temporary - April to September)

£5,6819 per hour • Ref: ECL0781/CF

Based at Rother Valley Country Park, you will be responsible for safety and issuing of equipment with a customer focused approach. It is essential that you are able to remain calm and professional under pressure and to work alone or as part of a team.

You must also be able to undertake practical tasks with a minimum of supervision. Experience of a watersports environmental and a current full driving licence is desirable.

For an informal discussion on either post, please contact the Park Manager or Administrator on (0114) 2471452.

* All posts involve working with children/vulnerable adults, therefore if successful you will be required to apply for a disclosure of criminal records at an enhanced level. Further information about the Disclosure Scheme can be found at www.disclosure.gov.uk



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Thames Young Mariners

We are looking for Instructors from 22 March to October 2004, both long & short-term contracts. Applicants should have broad experience and preferably either BCU Level 2 Coach Kayak and/or RYA Sailing Instructor qualifications. We are also looking for Lead Instructors who should hold either BCU Level 3 Coach Kayak or RYA Senior Instructor.

Benefits include:

- Free Accommodation
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- Wide range of sessions, not just tasters!
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- For paddlers, close to Thames weirs.
- For sailors, close to Queen Mary's and Datchet.

For more information and an application form contact
TYM on: Tel: 020 8940 5550

E-mail: tym.enquiries@surreycc.gov.uk



Haven Banks OEC requires NGB qualified staff for 2005

This busy, non residential, multi activity centre based in Exeter offers activities to all ages and abilities. A social and motivated staff team are offered a training package along with their contract.

Please contact Ben Hedden, Centre Manager on
01392 434668

acorn

01384 446 057

jobs@acornadventure.co.uk
www.jobs-acorn.co.uk



Acorn Adventure is now looking for
Level 3 Coaches to lead groups and train staff
in the South of France.

Free travel to and from centre.

Pre and post season courses also provided.

Call Ned on 0121 504 2066 or e mail
jobs@acornadventure.co.uk

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World Challenge Expeditions is a specialist in the provision of leadership, teamwork and development training for young people. We require motivated, enthusiastic and experienced individuals to lead our range of educational expedition programmes in the UK and overseas. **UK work paid at min. £81.50 per day plus food and accommodation.**

Over the age of 21 and have at least one of the following?

- BCU Level 2 Assessed or higher
- ML Trained or Assessed
- SPA Trained or Assessed
- Facilitation/Developmental experience

Contact us now!

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leaderinfo@world-challenge.co.uk

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Barbed Wire & Babushkas

A River Odyssey Across Siberia

By Paul Grogan

Published: January 2005

Price: £7.99

'A great adventure and a very entertaining read'

Sir Ranulph Fiennes

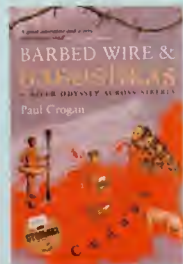
Victor was clearly concerned about our plans to travel along the border, promising that the guards would shoot us on sight. "They will be made heroes, with medals from Moscow," he thundered, slapping his chest, "but you will be dead!" And with that, he moulded his hands around an imaginary machine gun and sprayed our chests with an impressive salvo of spittle.

Siberia's Amur River: 4,400 km of flash floods, deep canyons and treacherous quicksand. Glacial currents offset weather, that seems hot enough to melt sand, while the region's stormy political climate means that the threat of arrest - or worse, the barrel of an AK47 - lies around every bend.

Barbed Wire & Babushkas is the story of the first ever source-to-sea descent of the Amur River, a feat achieved by journalist Paul Grogan and his travelling companion Richard Boddington. Their epic, four-month adventure takes them along the long disputed and still volatile border between Russia and China. The pair face suspicion, hostility and arrest at every turn, but beyond this facade of military might they find a generous, warm-hearted people who share an unhealthy predilection for poetry, pig fat and homemade vodka.

With a supporting cast of pimps, prostitutes and dancing girls, and an itinerary that involves frequent skirmishes with the law, Paul and Rich soon find themselves on an occasionally surreal voyage which leads from the mountains of Mongolia to the Pacific Ocean.

email: info@virgin-books.co.uk
www.virgin-books.com/books



All at sea!

Dagger Europe have released details of two new sea kayak designs in their 2005 line.

The Exodus X and Cortez models have the right price, high specs, great looks, and packed with new features.

The Exodus X features a multi-chinned hull that delivers speed and stability capable of use on the ocean or just for sport in river estuaries. The deck has a raised bow to eliminate chop, this is backed up by a 'triangulated' deck profile which adds both structural and water dispersal properties. Also on the foredeck, Dagger have added features such as GPS and compass mounting points and easily accessible deck lines, plus a dual density hatch with bulkhead. To the aft the Exodus X has a large opening hatch, deck lines, and the inclusion of a third 'stow' hatch. A foot operated Yakima rudder, and comfortable ergonomic carry handles complete the package.

The Cortez is one of the fastest plastic boats around, giving the sort of performance usually associated with Glass models. It comes in two sizes to accommodate different paddler sizes and the smaller version is a proven winner for the smaller paddler keen for adventure.

Exodus X 16.10 - £950 - three hatches (with bulkheads), over stern rudder, adjustable performance fit outfitting
Cortez 16.5/ 15.0 - £ 850 - dual hatch, over stern rudder, adjustable thigh braces, performance fit seating

Deckology

Palm Equipment has just sent out details of a new touring line of spraydecks.

Three new decks are on their way to shops now and all feature Palms trademark design motto - 'gear for paddlers'.

The Recreation Day Deck at £34.95 is an entry-level model made from tough Oxford nylon with features such as adjustable waist and shoulder straps, plus a front mesh pocket. Ideal for those just getting started, clubs and schools.

Next Up the ladder is the Combi Day Tour Deck weighing in at £49.95. Featuring a lightweight neoprene deck with 8.5mm shock cord, 3 ply breathable and adjustable waist tube and removable shoulder straps.

PADDLE THIS

Composite sea kayak for under £1,000

Shoreham Sea Kayaks have introduced a new range of high quality fibreglass sea kayaks at prices starting below £1,000, making them an attractive alternative to plastic boats. There are three high performance hull designs, with various outfitting options to appeal to enthusiasts from intermediate to expert. Full details are available at www.shorehamseakayaks.co.uk or phone 01273 464218.



Top of the pile is the Combi Ocean Expedition Deck (£64.95). This neoprene deck features an easy access deck pouch great for putting on the move items in. The 3 ply waist is adjustable,

breathable and has removable shoulder straps. The deck is PU reinforced and like the others has a low profile easy access rubber grab handle.

Call Dagger Europe on 01275 798 100 or look on the web at www.daggereurope.com for your local stockist. Or on show - Dagger Boats will be headlining on the Desperate Measures and Brookbank stands at the Outdoor Show at the NEC (18-20 March).



Gear with presence

If you are looking for paddling gear with a presence then take a look at the latest Yak range, it's full of ideas. For example the Yak Skull Cap, is a 1.5mm flatlock constructed, low profile neoprene head warmer. It can be worn on it's own to provide extra warmth, or under a helmet for increased comfort. Features include an adjustable chinstrap, taped ear holes to stop water seepage and elasticated binding for a better fit.

Or why not go the whole hog and get a Yak Kontour helmet, these are quickly becoming a favourite amongst paddlers. The outer shell is manufactured from high density ABS and lined with impact resistant high density EPS foam

Prijon Cross

New for 2005, Prijon have launched the Cross, one of the most user-friendly, versatile whitewater kayak they have made. The Prijon Cross is the perfect blend of a creeking and a river-running kayak. It is constructed out of world renowned, tough HTP plastic allowing for pillar free construction. This insures a very comfortable paddling position, a bonus for anyone with reduced flexibility or tired of painful foot problems. The Flex-6 seat system is employed which comprises of adjustable thigh grips, ratchet backrest, adjustable seat and seat pod, hip pad



and seat cushion, with a 'lock and load' compression footrest system. In addition, the Cross comes equipped with a factory fitted ram cap.

The Cross is not a pureblooded creeker, but rather a semi-creeker. The manufacturing is solid and clean, and the outfitting belongs amongst the best the kayak industry offers. Furthermore, the boat can be fitted and ready to paddle in well under 15 minutes. It is a very fast and well-balanced boat, in which any paddler quickly feels comfortable. The boat dives in cleanly and resurfaces with similar control. It holds its line when it counts the most, and it's easy to roll. The boats' edges and lines offer side currents little surface to push you off course.

The Cross has a flat and agile hull, reacts quickly, and will surf very nicely if given the chance. Additionally, the high volume provided on top makes this boat appropriately safe for use in challenging whitewater situations. On big drops the patented bulkhead system swallows up hard knocks and its ease of adjustment is impressive.

The Cross is a good natured boat for ambitious beginners as well as for pros who feel most at home on difficult whitewater. It is most appropriate for use in the higher whitewater difficulty classes, from tight steep teasers to big water gushers.

Technical Details:

Length: 247cm
Width: 63cm
Volume: 255 Litre
Weight: 18kg
Material: HTP
Paddler weight: from 50 kg to 110 kg
Price: £679
Tel: Avoncraft: 01707 330000
www.avoncraft.co.uk

for comfort and extra protection. The lightweight, cut away design of the Kontour is compact and intended to provide maximum impact protection.

Finally there is the Yak Sack. Available in one large size and constructed from heavy duty fabrics, it has sealed seams, a large capacity compartment secured by a drawstring, a zippered front cargo pocket and a full length shoulder strap for travelling.
email: sales@crewsaver.co.uk

www.yak-paddling.com

All prices are RRP inc VAT

Yak Skull Cap: Universal size £9.95

Kontour Helmet: S/M, M/L - Metallic Red, Blue Weave,

Matte Black, Silk Blue - £34.95

Yak Sack One size - Navy £21.95



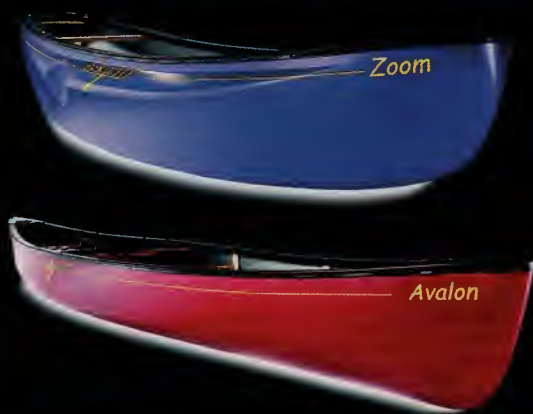
PADDLE THIS

Esquif Canoes

Esquif Canoes will be available in Europe very early in the new year. With a full range of white water and touring canoes, they are one of North America's leading canoe manufacturers. Esquif is a young company run by enthusiasts offering canoes to fulfil all of your specific needs.

Exclusive to Esquif is the active pry system which is an ergonomic design feature of the zoom. The teardrop hull impression permits closer placement of the paddle shaft to the canoe during correction strokes. This helps you to maintain your balance and improves stroke performance.

For further details check out www.squarerock.co.uk



Scottish Sea Kayaking

Fifty Great Sea Kayak Voyages

Authors: Doug Cooper and George Reid

ISBN (Paperback):

0-9547061-2-9

Proposed Price (Paperback):

£19-99p

Imprint: Pesda Press

A selection of fifty great sea voyages around the mainland of Scotland and the Western Isles, ranging from day trips to three day journeys. It is Scotland's first guidebook for sea kayakers wishing to explore its amazing coastline and magical islands.

It brings together a selection of fifty great sea voyages around the mainland of Scotland, from the Mull of Galloway in the SW to St Abb's Head on the east coast, as well as voyages in the Western Isles, ranging from day trips to three day journeys.

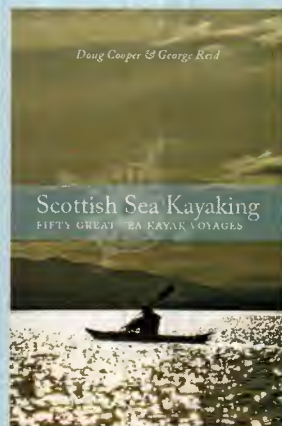
Illustrated with superb colour photographs and useful maps throughout, it is a practical guide to help you select and plan trips. It will provide inspiration for future voyages and a souvenir of journeys undertaken.

As well as providing essential information on where to start and finish, distances, times and tidal information, the book does much to stimulate and inform our interest in the environment we are passing through. It is full of facts and anecdotes about local history, geology, scenery, seabirds and sea mammals.

A fascinating read and an inspirational book.

Pesda press 01248 602287

www.pesdapress.com



Events

National Student Rodeo 2005

Will be held at Holme Pierpoint in Nottingham on the 11th - 13th of March.
Tim Stevenson, NSR Organiser
www.nationalstudentrodeo.org.uk

Tourability - a special tour for special needs

Will be happening again this year on June 12th. The event will be run on the River Severn Arley - Bewdley and free to all those with special needs. The event in 2004 encouraged approximately 40 paddlers with special needs onto the water, hopefully 2005 will exceed this. If you are interested in taking part as a group, individual or helper then please contact Dave Bateman 0121 772 3739 for further info.

BCU Northwest paddlers weekend

The following dates are now confirmed: Saturday 28th May and Sunday 29th May 2005
Andy Noblett

The Falcon soars high

Sunday 29th May
Once again paddler's application forms for The Falcon North Lincs Adventure Challenge are available for this year's race. With the venue being the market town of Brigg as usual and the date for the event Sunday 29th May. By the time you are reading this most entry forms will have been returned and with a race of only 100 you had better get your skates on to secure entry.

For the uninitiated - The Challenge is a Kayak Triathlon. Starting with a 22 mile cycle ride, 10k flatwater paddle and a 10k off-road run. Entries are either on a solo or team relay basis. For entry forms and accommodation details contact Ken Collier, 95 Shipton Road, Scunthorpe, North Lincs DN16 3HJ. Tel: 01724 337958.

Bear Creek Adventure Open Canoe-fest

25-27th February

The annual 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 Mobile Adventure, We-no-nah, Nova Craft and Woodlands OEC. The event will bring together open canoeists from all over the country to paddle some of South Wales' finest touring and white water rivers. The rivers that are on offer range from grade 1 to grade 4 on the River Wye and Usk and their tributaries.

The emphasis of the weekend is to provide workshops and a river guiding service which will allow canoeists to paddle rivers with experienced, qualified and knowledgeable guides. Evening entertainment will be provided in the form of slideshows, music and socialising.

There will be the opportunity to purchase clothing and equipment from Bear Creek Adventure's shop and to try demo boats from We-No-Nah, Mobile Adventure and Nova Craft.

Once again full-board accommodation will be provided at Woodlands OEC, which will be our base for the weekend. There will even be a full roast dinner on the Saturday evening. The cost for the whole weekend is £120 which includes full board accommodation and river guides. Camping and day passes will also be available.

If you are interested please call Bear Creek Adventure on 0870 050 8203 or email info@BearCreekAdventure.co.uk

SAS Hurley Classic

9-10th April 2005

The Hurley Rodeo has been running for the last 15 years. In 2004 a new team of organisers took over and the SAS Hurley Classic was born. The primary aim of this group is to run the best white water event anywhere and push the image of kayaking and canoeing firmly into the mainstream population.

In its first year the SAS Hurley Classic team set out to get core recognition - to make it the event paddlers had to be at. This was achieved with over 200 competitors from nine countries. Many people called this the best canoeing event ever. This year the team want to develop the original goal of getting a wider base of paddlers to attend and to offer more reasons for non-participants to come along and join in. It's a 'bring the sport to the general public' outlook. The date has also been moved into April so we don't all blow away!

What's on?

The water.

The SAS Classic - a freestyle canoeing competition using the main Hurley Weir. Using a new more participant friendly format to push the best paddlers to take greater risk and perform bigger tricks and the beginner paddlers to be encouraged to get on and have a go. Cash prizes. This is a spectacle of an event showing the best freestyle (trick) boating anywhere. It is open to all and this accessibility will be shown by the diversity of skill demonstrated.

Fat Face Air ramp - a pro invite contest to see who can pull the most spectacular tricks off a huge launch ramp to be mounted on the SAS bank. **Small Air ramp** - a smaller ramp that everyone can use to try his or her hand at pulling tricks whilst flying off the end a ramp. **British Canoe Union Youth Freestyle** - competition and coaching to inspire the champions of tomorrow led by GB coaches. **Come and try canoeing** - Flat or moving water there is plenty of opportunity to try all the gear with full ranges of demo boats

supervised by expert coaches. **Old Skool Moves** - Young and old try to out perform each other with only style as the judge. **Squirt idol** - boats designed to sink! The black art of underwater paddling on show. **More to be added** - Still more things coming forwards.

On the bank

The Pump House - the event runs from a river side marquee, here you can sign up for events, watch the action on giant plasma screens and find out more about places to paddle. **Trade village** - Shops, manufacturers, bargains and more. **The QEII theatre** - amazing movies, slides shows, lectures and presentations. Café - quality hot and cold food. **H2o Gallery** - bring your best paddling shots and have them displayed and entered for the chance to win. **BCU Ergo Challenge** - come and see what the governing body do for you, and try the ergo challenge with help from Olympic medallists. The SAS Hurley Classic supports the Rivers Access campaign. **The Kayakojacko Adventure Centre** - planning a trip to paddle abroad? If you want guidance or coaching this is the place to get more information

Off site

The Party - last year was epic. Food for all, dancing and bouncy boxing. This year... wait and see. **Accommodation** - Event entry and party tickets include free camping on the Longridge scout boating centre in Marlow - site of the party. Alternative options for accommodation are listed. **Logistics** - we run a shuttle service to and from the Longridge site and to Heathrow airport.

For more scores on the doors, the full listings, how to enter and the latest news and gossip check out www.hurleyclassic.com or link through www.thamesweirproject.co.uk

Great Lakeland Challenge

Friday 20th May

Wooden Spoon's 9th annual Ford Ranger Great Lakeland Challenge. Up to 40 teams of four - three athletes and a support driver - are expected to tackle England's longest lake, steepest pass and highest mountain in the Lake District and raise money in aid of disadvantaged children and young people.

Each team commits to raising at least £3,900 for Wooden Spoon, the charity of British and Irish rugby union.

After canoeing the length of Lake Windermere (10.5 miles), participants cycle 26.5 miles over Hard Knott and Wrynose Pass before climbing Scafell Pike - at 3208 ft, England's highest mountain - all in the space of 12 hours.

With the support of main sponsor Ford - which provides Ford Ranger, Galaxy and Mondeo vehicles for use by the teams and marshals - in excess of £850,000 has been generated for Wooden Spoon projects during the past eight years.

In addition to having the use of a Ford vehicle for the duration of the event, all teams are supplied with a set of Challenge clothing, canoe, paddles and buoyancy aids and enjoy two nights accommodation, breakfast and a prize-giving celebration at the Langdale Hotel and Country Club.

Teams undergo canoeing training and have an opportunity to practice during a special weekend course in the Lakes at which they also receive health, nutrition and fitness advice and map and compass tuition.

Anyone interested contact the Wooden Spoon Challenge Office on 01889 582889 or email challenge@eventsunlimited.co.uk for an entry form and information pack.

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Great Britain
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Marathon Racing Team to Perth

HELP YOUR TEAM and you yourself can also win this K1



Buy a raffle ticket for £ 1 or buy a book of five tickets for £ 5. All proceeds will go to raising money to take the team to Perth for the World Championship in 2005. Each raffle ticket will be entered into a prize draw, to take place on Sunday 8 May 2005 at 15:00 at NWSC Holme Pierrepoint, Nottingham. First prize will be a Nelo K1 worth over £ 2000. Second and third prizes will be BAJOZ Reserve wines.

For further info: e-mail: nicola@vinabajoz.com - e-mail: jimrossiter@btopenworld.com

1st Prize a Nelo marathon K1
2nd Prize 12 Bottles of Bajor Crianza 2000 & 12 Bottle of Bajor Joven 2003
3rd Prize 6 Bottles of Bajor Crianza 2000 & 6 Bottles of Bajor Joven 2003

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TO PARTICIPATE:

Please send the ticket (5 tickets included in this magazine) Part A's (with reverse form completed) with a cheque (£ 1 per ticket number) payable to BRITISH CANOE UNION to Jim Rossiter, 101 Whyteleaf Road, Caterham, Surrey, CR3 5EJ by 1st of May 2005.

BAJOZ UK STOCKISTS

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Bottle Shop Aya - 01259 782 499 - *Chickensandwich* . Cellar Door Overton - 01256 770 397 - Overton, Hampshire . Charles Stevenson Wine - 01822 616 272 - Tavistock, Devon
 Chippendale Fine Wine - 01943 850 633 - Otley, Leeds . Cobham Wines - 01306 886933 - Morecambe . *Colony General* / 01952 206 266 - *Isle of Colonsay* . Corks of Cotham - 0117 973 1620 - Cotham, Bristol
Delicata - 0141 539 2800 - *Patrick Cooper* . Easy Wine - 020 8347 9006 - Highgate, N. London . Everich - 01603 611 216 - Norwich . Everywine.co.uk - 0800 072 0011 - internet only
 Great Gaddesden - 01442 412 312 - Hemel Hempstead, Herts . *Waltham Cellars* - 01223 441 211 - *Haldham, East Sussex* . Indie Joze - 01132 468 260 - Leeds . Luvians - 01334 477 752 - St Andrews, Fife
Real Young - 01223 844 774 - *Trunton, Cambridge* . Peckham's - 0141 445 4555 - Throughout Scotland . Ribblesdale Wine Co - 01200 427 777 - Clitheroe, Lancs .
 Sheridan Coopers - 07767 887 540 - Brighton, Sussex . *Twig Wine Warehouse* - 0300 0 272 772 - *West London* . The Bristol Wine Co - 0117 373 0288 - Bristol
 The Wineshed - 01460 240 649 - Beauchamp, Somerset . Troubadour Wines - 01622 686968 - Maidstone, Kent . *Wattle-Upon-Severn* - 01664 592 668 - *Upton-upon-Severn, Worcs*
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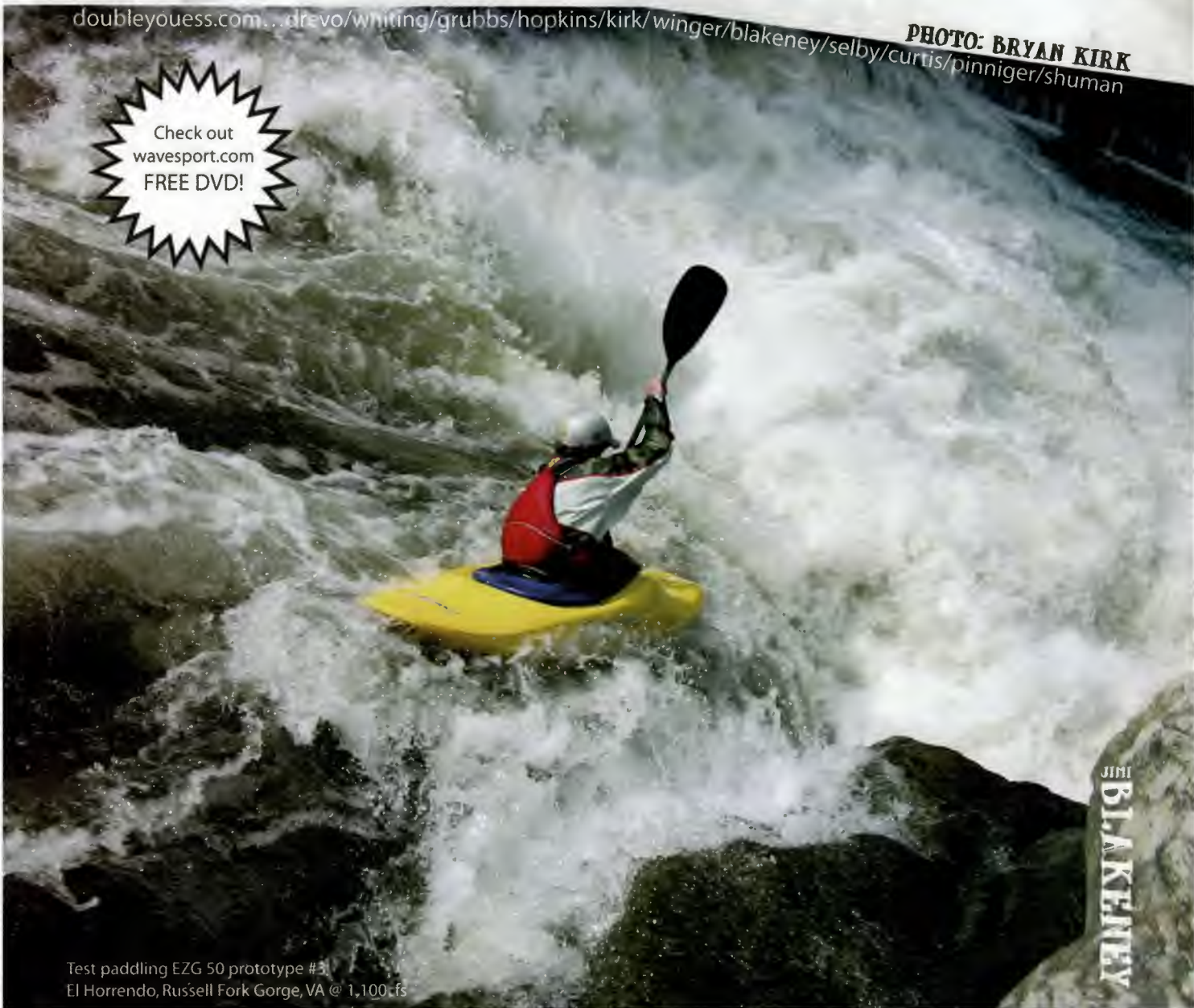
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