

THE official magazine of the British Canoe Union

# Canoe

## FOCUS

Features

**DelMarVar Paddler's Retreat**

**Circumnavigation of Japan**

**Kenyan WW**

**Yukon Marathon**

**and more...**

Freestyle Worlds: *liquidlogic*  
**Five medals**

**7 pages of jobs  
in this issue**

April 2005 | No. 154 | £2.00



### Competition

Action from canoe polo's National League Division 1



### Young people

Interviews with Alan Ward and Jenny Chrimes

# BROOKBANK CANOES DEMO DAYS & COURSES 2005

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**Canoe Focus**  
The official magazine  
of the British Canoe Union  
John Dudderidge House, Adbolton  
Lane, West Bridgford, Notts NG2 5AS  
Tel: (0115) 9821100  
Fax: (0115) 9821797  
E-mail: [info@bcu.org.uk](mailto:info@bcu.org.uk)

[www.bcu.org.uk](http://www.bcu.org.uk)  
ISBN 0953-010X

#### BCU Enquiries

Above address

#### President

Albert Woods

#### Chair

Brian Chapman

#### Chief Executive

Paul Owen

#### 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

£35.00 comprehensive

Under 18's: £14.50 basic

£18.00 comprehensive

Family: £13.50 basic

£17.00 comprehensive

#### Publishing Contractors

2b Graphic Design

49 Greenfields, St. Ives,

Cambs. PE27 5HB

Tel/Fax: (01480) 465081

E-mail: [peter@canoeofocus.co.uk](mailto:peter@canoeofocus.co.uk)

[www.2bgraphicdesign.co.uk](http://www.2bgraphicdesign.co.uk)

#### Canoe Focus Enquiries

Above address

#### Editor

Peter Tranter: 01480 465081

#### Assistant Editor

Debbie Colt

#### Advertising Sales

Anne Egan: 01480 465081

#### Illustrations

Richard O' Donovan

#### 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:

Andy Jackson, Axel Schoevers, Pip Grayson, Chris Bussell, Martyn Williamson, Clyde Hammond, Curly Barker, Glenn Summerball, Agnello Guaracino, Stu Morris, Sarah Bell, Anna Bourne, Maitland Hyslop, Jonny Bingham, Jeff Allen, Tamsin Phipps, Kevin East, David Leathborough, Mark Raistrick, Kris Collyer, Paul Hurrell, Sue Hornby, Olly Sanders and Mike Devlin.

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**Photos:** Sarah Bell

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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@canoeofocus.co.uk](mailto:peter@canoeofocus.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 its 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 MAY 2005**. Material arriving after this date cannot be included in the **JUNE 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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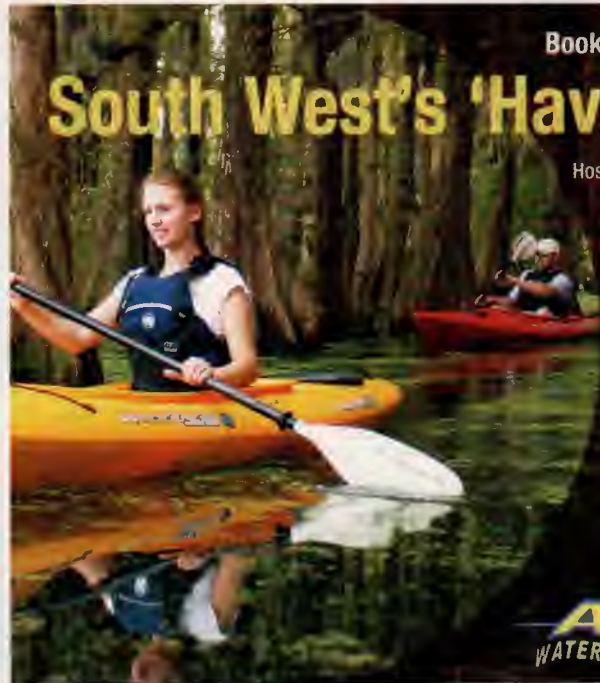
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# DELTA

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# Comment

by Paul Owen, Chief Executive

## Congratulations

Congratulations to the Freestyle team who competed in the World Championships in Penrith, Australia (see pages 20-21). Special mention goes to new Junior World Champions, Jenny Chrimes and Alan Ward who added their gold medals to the silver of James Reeves and the two bronzes of Fiona Jarvie and James Burbeck.

## 'Splash camp'

At 4pm on Friday 15th April, CiTV's first reality show for – and starring – children will begin. Funded by the British Marine Federation, this exciting ten part series is a sensational, pioneering initiative to attract more than a million young people to the exciting world of water sports.

An all-girl team takes on an all-boy team in a water sports challenge that includes an action packed line-up of sports. The children aged 11-12 years, with no previous watersport experience, live in a specially designed camp and battle it out on a range of challenges including canoeing, dinghy sailing, rowing, windsurfing, power boating, wakeboarding, waterskiing and sailing to win a fantastic Neilson Active Holiday.

Splash Camp will create interest in young people but the next step is to actually get them onto the water and start boating. This is your chance to promote your club to a brand new audience, taking advantage of the Splash Camp brand.

To help you with this, the BMF, with the support of BCU, have created a dedicated website with a full Splash Camp tool kit designed to make it easy to promote your club to local children.

The tool kit, free for you to use, includes the Splash Camp logos, photos of the children in action, ideas of how you can get involved, and much more. There will also be an events calendar on the site where you will be able to add your events and we will then promote these to our Splash Camp database via the website.

**For more information visit**  
[www.splashcamp.co.uk/trade](http://www.splashcamp.co.uk/trade)

## Volunteer strategy

2005 is the year of the volunteer, a year long celebration of the work volunteers. You can find out more about the 'Year of the Volunteer' by going to [www.csv.org.uk](http://www.csv.org.uk) and clicking on the 'Year of the Volunteer' logo. Within the BCU's National Development Plan, we have stated that we will, "support the recruitment, development and recognition of those who volunteer to lead, support, coach and administer the sport at all levels." Therefore we have embarked on a partnership with the consultancy firm Sport Structures to develop a strategy that addresses the needs of volunteers within canoeing. The first stage of this will be to look at who our volunteers are. Clubs will shortly receive a questionnaire from Sport Structures that asks a number of questions which will help us to build a sound evidence

base for our strategy. The questionnaire will also be available to download from the website and we would encourage you to fill it in. The information you supply will of course be confidential and only used to help us develop a strategy that supports, rewards and recognises volunteers throughout the sport.

## Campbell Walsh suffers training camp injury

Olympic silver medallist Campbell Walsh is recovering from an injury sustained at the winter training camp in Penrith, Australia.

Walsh collided with a rower who had strayed into the warm-up area designated for slalom canoes on the flat water lake at the Penrith Water Centre, home of the 2000 Sydney Olympics. The accident resulted in a serious injury to Campbell's arm resulting in the necessity for a skin graft.

I am pleased to report that Campbell is expected to make a full recovery and the injury should not impact too much on his programme for this year's events.

## Lune clean up

Canoeists in the Northwest of England were out in force on Sunday 20th March, where they cleared the River Lune of the debris and litter that has built up over recent years. The stretch between Rigmaden to Kirby Lonsdale is widely used by canoeists and they see it as a natural course of action to help protect the environment.

Andy Clifford, voluntary River Advisor, who organised the event commented: "We are very grateful for the permission granted by the riparian owners and residents that allows us access to the River Lune here in the Northwest. We are aware that this is not the case everywhere and so we want to give something back to those that have allowed us to pursue our sport. The Lune is very disfigured by the amount of litter and debris that can be found both in the water and along the banks and we hope that by cleaning up the mess we will be having a positive impact on the environment."

Similar activities have taken place elsewhere in the Northwest, including successful clean up on the River Eamont in Cumbria organised by Regional Access Officer Mark Davies (see page 32).

## New BCU website

The new web site will soon be with us. Currently, the site is going through rigorous brand redevelopments to enhance the user-experience, providing members with their own unique login and exclusive access to forums, quizzes and river guide information. A specific section will also be designed for the younger generation with the inclusion of several canoeing related games.

In addition to providing benefits to individual members, the developments are also good news for the BCU's clubs who will be able to create their own micro websites within the main BCU portal. Added to the fact that the coaching area of

the web site will be restructured to include a search engine for archive material and a new e-learning facility, the site promises to enhance the service that member clubs are currently receiving.

## London 2012

The London Olympic bid certainly became very real during February as a visit from the IOC evaluation team saw the BCU involved with presentations at Dorney/Eton – flatwater racing and Broxbourne – slalom racing. In both cases the presentations went well and in addition Lea Valley Park promised that the white water course will be built whatever the outcome of the IOC decision.

To demonstrate its support for the bid, Richmond Canoe Club, in association with the BCU, hosted a 10km race finishing under Westminster Bridge as bid officials passed over the top. Many thanks to Tim Joiner and his colleagues at Westminster for organising the event at such short notice.

A London Games would be fantastic for sport, and in particular the sport of canoeing, so please register your support at: [www.london2012.com](http://www.london2012.com) or by texting **London to 82012**.

## National Development Plan

The BCU's National Development Plan has received rave reviews at both UK Sport and Sport England resulting in an additional £275k being allocated to the BCU for each of the next four years. In addition, the BCU will receive just over £1m Community Club Development money to distribute to club projects.

Work is underway to recast the BCU budgets and news will follow as to how this new funding will be allocated.

## Olympic training for clubs

The British Olympic Association's Olympic Training Centre in Austria is opening up its doors for canoe club training trips this year in July, August and September. The centre is in Lofer, just 35 minutes from Salzburg and only 600 metres away from the slalom course on the River Salaach, venue for the 2004 World Junior Championships.

Club groups from within the BCU are being offered the opportunity to make use of its extensive facilities which have recently been upgraded. They include 21 ensuite bedrooms, weights rooms with three lifting platforms, well equipped gym, large lounge, sauna, drying room, two seminar rooms with scope for video playback, six computer stations and wireless internet access.

Costs are £23 per person full board on a twin share basis, with all of the ancillary facilities in the house provided free of charge. Bookings must be made by affiliated clubs with groups led by qualified coaches and supported by other adults.

For any follow up information and booking forms please contact: **Sadie Vernau, Olympic Performance Unit, British Olympic Association, 1 Wandsworth Plain, London SW15 1EH** [sadie.vernau@boa.org.uk](mailto:sadie.vernau@boa.org.uk)

## ICE 2005

We close for Press just as the doors close on this year's International Canoe Exhibition at the NEC, again held alongside the Outdoor Show (see pages 12-13). The exhibition proved to be an outstanding success, with the number of visitors still being analysed. The final total is expected to be between 35-40,000 visitors. Our Membership, Youth and Access stands were busy throughout and we were pleased to welcome representatives from CANI, WCA and the SCA. Plans are already underway for next year's show which will take place from 17-19th March, further details will be available in Canoe Focus later in the year.

## Lorna Orton

As previously indicated Lorna will be taking well earned retirement this month. Lorna is well known to many BCU members and she will be sorely missed. Lorna has asked me to pass on her grateful thanks to those many members who have taken the time to contact her and wish her well.

## Welcome

I am pleased to welcome Chloe Nelson as our new PR and Media Assistant who commences work on 11th April.

## BCU AGM

Congratulations to Albert Woods who was re-elected BCU President and to Alan Laws who became a vice president.

## BOA centenary

Congratulations to the British Olympic Association who will be celebrating their centenary this year.

## Ullswater canoe and kayak trail

Ullswater is approximately eight miles long and is an ideal paddling venue open to canoeists. The trail has identified the key places where access to the lake can be gained and makes suggestions for trips allowing easy enjoyment with plenty of places to visit. Full details are available from the BCU office. Please send a SAE.

## DM sponsors watersports centre

**Desperate Measures in Nottingham has forged links with Teesside by sponsoring Castlegate Quay Watersports Centre.**

The shop has sponsored the Stockton on Tees centre to gain its Adventure Activity Licence enabling the centre to run offsite activity progression to under 18 year olds.

The centre will be holding a launch day where free sessions are available to 'have a go' and for those experienced paddlers and enthusiasts there will be all the latest demo boats available for trial and plenty of kit on offer from DM's.

For details call the centre on 01642 528689.

## Portugal Kayak

**There is a new guide book from a great paddling spot... Portugal Kayak.**

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The best paddle season is from November until April, particularly February/March. This is the time when most of the rest of Europe is dry or under heavy snow.

The river guide has 160 pages, 12 full colour with plenty of maps, pics and info on all you need to know to paddle our rivers, with 27 rivers and 50 runs from Class III to VI.

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# The long and short

Every year leading Raleigh International sends over 800 young people aged 17-25 overseas, to work on worthwhile and sustainable environmental and community projects, they also embark on an adventure phase.

To facilitate the young peoples development and the completion of the projects, they rely on a team of 30-40 skilled volunteer staff aged 25+ on every expedition. These staff go out for 12 weeks and fill such roles as project managers, medics, accountants, administrators, builders, interpreters and of course kayakers.

Raleigh run expeditions to Chile twice a year, where there are fantastic opportunities to paddle amongst the archipelago, where the scenery is breathtaking and the kayaking can be challenging. If you already have kayak qualifications, then Raleigh would like to hear from you and have you on board.

In order to recruit kayakers they run a kayak development weekend at Anglesey Sea and Surf Centre, where John Ramwell and Nigel Dennis will put you through your paces. So Raleigh would also like to hear from you even if you don't have the qualifications but do have the experience or would like to refresh your skills.

It is also the time of year when paddlers may be thinking about where to go this summer. If so, Raleigh invite you to the their new Adventure programme. These take the best bits from expeditions and put them into a two week format for those time pressured travel enthusiasts. This summer they will run two very different programmes to Ghana and Nicaragua, combining amazing adventure with worthwhile environmental and community projects.

For more details contact Ana Steele at Raleigh head office, on 0207 371 8585, or visit [www.raleighinternational.org](http://www.raleighinternational.org)

## Tollymore development

During 2004, a structural survey of Tollymore was carried out, followed by an Economic Options Appraisal for future development of the centre. This appraisal recognised that without major investment in the fabric of the centre, maintenance and running costs would continue to increase. An application for capital investment was forwarded to the Department of Culture, Arts and Leisure. It has just been announced by the Sports Council for Northern Ireland that a capital investment of £3 million has been secured for the redevelopment of Tollymore. This will take place between April 2006 and March 2008.

The chosen option for redevelopment is a complete rebuild. This will ensure that there will be vastly improved facilities for users of the centre, such as:

- Ensuite accommodation for centre users
- More teaching areas and meeting rooms
- Canoe rolling pool
- Increased office and administration space
- Increased staff accommodation
- Increased and improved equipment storage and drying rooms
- Increased dining and catering area
- New 'social' areas for relaxing and for visitors to the centre
- Increased showering and changing facilities

The 'new' Tollymore Mountain Centre will continue to provide instruction at the highest standard for all participants, but the improved facilities will greatly enhance the quality of the courses that are provided.

## Throwline warning



We have identified a possible manufacturing fault with some of our throwlines, the number of affected bags is very low, less than one percent, and it would only be present in lines purchased

in the last six months.

The fault affects the rope itself and is clearly visible by the naked eye; it will look like the rope has been cut and re-welded together. We are asking all customers who have bought a line in the last six months to check their lines

carefully and if they are in anyway unhappy with the state of the line they should return it to the dealer they bought it from or us directly and we will replace the rope. We apologise for the problems and inconvenience that this causes and we would like to restate our commitment to producing safety and rescue equipment of the highest possible standard. If you would like any further information you can contact us on [muppet@nookie.co.uk](mailto:muppet@nookie.co.uk) or 0044 1822 832333

## Canoe trade support

### London 2012 Olympic bid!

Following the success of the Canoeists in Athens with three medals, Richard Caborn, Minister for Sport took an opportunity to enlist the support of the canoe trade to support the London 2012 Olympic bid.

Commented Bob Slee, Chair of the Association of Canoe Trades (ACT) "It doesn't matter what your politics are, having the Olympics in Britain will be brilliant and canoeing will gain with a purpose built whitewater course at Broxbourne, it means many more people will enjoy the sport at all levels" added Dean Maragh, Chief Executive Officer of the ACT "Richard truly believes the Olympics will come to London, having support from the population increases our chances of hosting the Olympics and building a new whitewater course, everyone should support the bid by signing up on line, it only took me a couple of minutes". Bob and Dean also took the opportunity to again highlight the access problems in England. Improving access to rivers, increasing awareness of canoeing to the non-canoeing public and building relationships with authorities are just some of the activities the Association of Canoe Trades undertakes on behalf of its members to improve canoeing and its industry.

## Nelo. The bottom line!

As of January 2005 all Nelo kayaks in the UK are being sold through their official UK agent. Now offering a full range of composite sea kayaks from tourers to racers, their website is well worth a browse. Taking the quality of construction from their Olympic gold winning Vanquish range, Nelo is the place to buy if you are serious about your canoeing.

There is only one Nelo, there is only one agent!

For enquiries about sea or racing kayaks check out [www.mar-kayaks.pt](http://www.mar-kayaks.pt) or email Ivan Lawler on [Ivan@kayakPro.co.uk](mailto:Ivan@kayakPro.co.uk)



## Kayak Development Weekend 23<sup>rd</sup> – 24<sup>th</sup> April

Are you ready for a real adventure? Raleigh International, the youth development charity is currently recruiting for Sea Kayak aged 25+ to lead 3 month expeditions throughout 2005. If you are interested than improve your kayak skills, join Raleigh, John Ramwell and Nigel Dennis at the Anglesey Sea and Surf centre.



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## Win a Pelican Wave kayak

AcolocA are looking for stories that feature family or individual boating fun and excitement to publish on their website. Stories may be true or fictional but need to be between 1,000 and 3,000 words and should feature at least one of the boats sold in the AcolocA-eTail shop. They can be instructional for the novice boater but none of the characters are allowed to get hurt.

Selected winning stories will be published on their website with a star prize of the kayak and six runner-up prizes of a £100 AcolocA gift voucher.

Entries must be submitted as plain text email to [drama@acoloca.com](mailto:drama@acoloca.com). Pictures may be included as attachments. By submitting your entry you consent to the story being published on this website and distributed to other interested websites irrespective of the prize.

Entrants must be UK residents aged 14 years or older with those under sixteen having parental permission. Entries to be submitted before the 30th June with winners being notified by 31st July.

## PADDLE THIS

### Canoe Games Book

Loel Collins, Head of Canoeing at Plas y Brenin, is going to be the technical editor of the new **Canoe Games Book**.

Pete Knowles of Rivers Publishing says he is really pleased, and that there has been a great response for the appeal for new games - with lots of paddlers sending in contributions, so that this new book will be a collection of all the best games used by coaches.

This new edition of the 200 Best Kayak and Canoe Games by Dave Ruse has the support of the BCU Coaching Scheme. Rivers Publishing are planning a quality full colour book, with many illustrations, summary tables and clear simple cross references to the BCU star tests and coaching programme. It should be published early summer.

# Sponsor for local paddler

Rising slalom star Heather Slater has gained a sponsorship deal with Wipeout Watersports in Sheffield.

Heather aged 16 a member of Green Star Canoe Club and a pupil at Hungerhill School in Doncaster, started competing in K1 slalom just over a year ago and has risen through the ranking system to 19th in Division 1 in the first year full year of competing. This year she is taking part in the selection races for the GB Slalom Squad.

Mark Raynor the owner of Wipeout said "I have been so impressed with her progress and commitment that I have offered to help Heather out with her equipment costs over the coming season."

Heather is also a Level 1 Slalom Coach and Level 2T recreational coach. Heather's other interest are Canoe Polo, she plays in the Regional Div 2 and Ladies Novice leagues and is also going for selection to the Ladies U21 GB Polo Squad. "Cross training is very important, as you learn boat control skills that are applicable in all types of paddling and it helps your performance and stamina when you are competing" says Heather.

You can watch Heather's progress over the year on [www.wipeoutwatersports.co.uk](http://www.wipeoutwatersports.co.uk) and click on the Sponsored Paddlers/Sailors link.



## Outdoor activity trips receive the all clear

The Jubilee Waterside Centre in Camden is delighted by news, following the Government announcement by Education secretary Ruth Kelly, that every young person should have the opportunity to take part in a wide range of high quality outdoor learning, including at least one residential experience as part of the school curriculum.

The charity has been offering outdoor learning and residential trips for over 27 years and has proof about the enormous benefits to young people.

"This recognition as to the value of quality work delivered by providers such as the Jubilee Waterside Centre, has endorsed what we have always known - that activities such as climbing and kayaking can and do stimulate young people to interact with fellow students, in a fun and safe environment as well as teach them new key skills that enhance formal learning in the classroom" said Dave Thorley, Head of Centre, Jubilee Waterside Centre.

Schools will also be encouraged to partner with outdoor activity providers, including youth organisations, and hope that young children in the future will be actively encouraged to take part in activities that not only develop key 'soft skills', but that are also fun.

## PICTURE THIS

### A portion of Tsunami kayak sales to Disaster Relief

Confluence Watersports, makers of the Wilderness Systems brand of recreational and touring kayaks, announced today that they will be donating a portion of sales of their Wilderness Systems Tsunami kayaks to the disaster relief effort in South Asia and Africa. Confluence will donate a minimum of \$20,000 a year through the Outdoor Industry Association's disaster relief program with AmeriCares for the lifetime of the product.

"I have spent a lot of time in the area hit by the tsunami and hope that our contributions over the next several years will help in the relief and rebuilding of this beautiful and majestic region," said Kelley Woolsey, SVP Marketing and Sales Confluence Watersports.

Wilderness Systems launched the Tsunami line of kayaks in August of 2004, and anticipates that the boat will be in the market for six to seven years. Based on the product's lifecycle and sales, Confluence expects to make a total contribution of about \$100,000 to the relief fund. Each Tsunami will be marked with a statement of remembrance of the tragedy. Wilderness Systems' latest touring kayak models have each had weather related names like Tempest and Tsunami.



## Tsunami effort

Canadian Canoeists Paddled from Bradford on Avon to Bath raising money for the Tsunami Disaster fund. A group of Canadian canoeists launched at The Lock Inn, Bradford on Avon and paddled along the Kennet and Avon Canal to Bath in convoy collecting donations from towpath users as they went.

The public were very friendly and responsive and the group wish to thank them for their generosity. The event was supported by the Horseshoe pub, Combe Down, Bath, The Lock Inn Bradford on Avon and local canoe supplier the Family Adventure Store, Hilperton who also took part.

All in all it was a very worthwhile day's paddle with over £100 raised towards the disaster fund. For more information on canoeing the regions waterways contact the Family Adventure Store who are always happy to offer advice on 01225 768630.



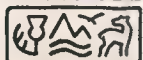
# Know the Code before you go.



There's a new law in Scotland that gives everyone greater rights of access to enjoy the outdoors. This law applies to everyone, from dog walkers to mountain bikers and hillwalkers to horse riders. It also applies to those that manage land or who work in the outdoors. Put simply, it applies to you.

But these new rights come with new responsibilities and that's why you need to know the **Scottish Outdoor Access Code**. In it you'll find out what rights and responsibilities you do have.

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SCOTTISH  
OUTDOOR ACCESS CODE

## Broaden your horizons

Standing Waves is a BCU approved centre based in central Scotland and offers canoeing and kayaking to all ages and abilities.

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All their courses and holidays can be tailored to your specific needs and dates can be matched to suit your availability. To find out more on these and their coaching clinics visit [www.standingwaves.co.uk](http://www.standingwaves.co.uk) or 01324 810888

## British universities kayak expedition

A group of some of the best kayakers at British Universities has been selected and plan to travel to Kyrgyzstan in August 2005 for a month of exploratory whitewater kayaking in the Central Tian Shan mountain ranges.

The final selected team consists of nine kayakers from seven universities across the UK. Kyrgyzstan was chosen by the team from a researched list of countries (e.g. Papua New Guinea, Bhutan, Philippines) due to its massive potential for unexplored whitewater and predictable glacial water levels.

They are currently looking for support, if interested please contact on

[sponsor@kayakstan.net](mailto:sponsor@kayakstan.net)  
[www.kayakstan.net](http://www.kayakstan.net)

## WEBSITE INFO



For more information on news visit the BCU website at

[www.bcu.org.uk/news/pressreleases.html](http://www.bcu.org.uk/news/pressreleases.html)

## PICTURE THIS

### North Wales launches watersports strategy

Plans to boost facilities for all water users in North Wales have received massive backing at the launch of North Wales Watersports Limited, at the Plas Menai National Watersports Centre, near Caernarfon.

Welsh Assembly Minister for Economic Development Andrew Davies joined Philip Evans, Chairman of the Wales Tourist Board, plus delegates from the Welsh Development Agency, local authorities and members of the trade, to endorse plans which will double the size of the sector to £60 million and create 400 new jobs within three years.

North Wales is determined to emulate the example of Brittany, which has developed watersports into a £400 million industry and centre of excellence in Europe. Describing the Breton experience as 'a fantastic model', WTB chairman Philip Evans said watersports activity involving the whole of Wales' coast, rivers and lakes could soon be worth £240 million.

Pictured from left: Peter Dickie, chairman of North Wales Watersports; Philip Evans, chairman of the Wales Tourist Board; Andrew Davies AM, Welsh Assembly Minister for Economic Development; Francois Arbellot, special guest speaker from the watersports industry in Brittany.



## YORKIE NEWS

### Yorkshire's Own Regional Canoeing Information and Events YORCIE for short

Please turn to pages 63 & 64 of the BCU 2005 yearbook and make the following correction. Website Co-ordinator: Kate Wright Tel no. should read 0113 2943778 and the region's web address is [www.bcu.org.uk/yorkshire](http://www.bcu.org.uk/yorkshire) and to email the region with your articles, please add this email [web.bcu.yorks@ntlworld.com](mailto:web.bcu.yorks@ntlworld.com)

The web site now carries new dates and events and it is only when all the club dates and all the disciplines events start to come together that we see what a lot of paddling there is to choose from. The aim is to give these dates back to you via an events accumulator on the web so you can plan your own calendars and avoid the frustration of clashing events.

The coaching website has just had a new and very exciting makeover and I would encourage all coaches and clubs to explore [www.coaching-yorkshire.org.uk](http://www.coaching-yorkshire.org.uk)

The new YORCIE-Washburn telephone line is 0845 833 8654 and is updated regularly, please check it out. Closely linked to the Washburn, please note that Norman Taylor's email address is wrong and should be [normanandpam\\_taylor@btinternet.com](mailto:normanandpam_taylor@btinternet.com) (note the underscore \_). Also please correct Keith Saunders address "Marsala".

Our Coaching scheme Treasurer's email has also fallen foul of the hyphen which should be an underscore for Debbie McDonald [d\\_mcdonald@btopenworld.com](mailto:d_mcdonald@btopenworld.com) contact Debbie if your clubs coaches would benefit from grant support towards a qualifications course (providing the club also supports the candidate).

The Yorkshire region has 1745 BCU members and 33 affiliated clubs. Of the 1745 BCU members 845 are coaches. Most clubs struggle through a shortage of coaches and yet we have 845. If you are a coach and have a little spare time, would you consider helping a club if needed (as and when would be fine). If so please contact me, details at the end.

The next two meeting dates for the Regional Development Team, (open to all clubs in the region) is 25th April and 13th June, both in Leeds. Please make sure your club group is represented. Contact Jon Dakeyne for details and a map at [jdakeyne@aol.com](mailto:jdakeyne@aol.com) (page 63 in the yearbook). Dick Constable 01132 668787 [Dickconstable@canoeists.co.uk](mailto:Dickconstable@canoeists.co.uk)

### 'YORCIEs go salty'

'Yorkshire Sea Kayakers' is an informal group run by paddlers. There is no club structure, just a group of interested paddlers. The aim is for trips to be organised by members of the group and newcomers are welcome to join us. We are not a training group and assume all who paddle with us have basic competency, i.e. able to keep their bum in the boat!

The purpose of this item is to act as a vehicle for you to make contact with other paddlers. We are drawn to sea kayaking by a common interest; a spirit of adventure and freedom, we all value the sharing of knowledge and experience.

Ken Reece has agreed to co-ordinate this group and anyone interested in paddling with the group, or even running a trip for the group should contact him. Ken has already agreed to run a number of trips to set the group running – these are detailed on the Yorkshire Region web-site: [www.bcu.org.uk/yorkshire](http://www.bcu.org.uk/yorkshire)

All we ask is that you declare your experience and ability to the leader/organiser of any trip. Ken can be contacted on 01937 588786 or [ken@reecek.freereserve.co.uk](mailto:ken@reecek.freereserve.co.uk)

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# ICE 05

Photos:  
David Leathborough  
david@focused-on-  
adventure.com  
Tel 0798 545 3450



Many thanks for all the feedback from so many people on the first article. I have learnt a lot from these and will post the updated articles on [www.kayakjacko.com](http://www.kayakjacko.com) and possibly the BCU site as well. One question that constantly jumped out from a fair few emails was: "What is freestyle?" I pondered this for a while and decided the question was a little beyond me. Here is my favourite suggestion provided by one of the people providing feedback. "I prefer to use the term playboating as it can include anything that involves having fun in a boat whereas I see Freestyle as the official branch of this pastime with designated and strictly regulated moves."

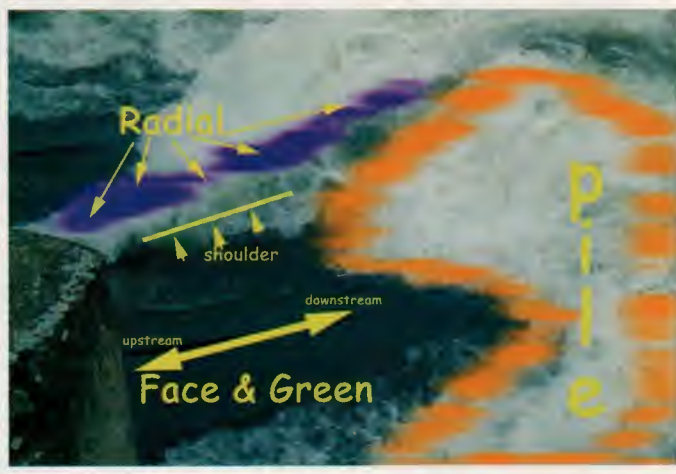
## PADDLE THIS

In this article I want to start to talk about the feature, how to get on it and how to do some control moves. I've used Hurley for most of my pictures as it is local for me but the concepts are transferable.

Let's look at a couple of features and work out what is going on. First some terminology commonly heard. These will create some feedback I am sure.

- **Upstream** – Where the bulk of the water has flowed from or expressed another way towards the source of the river.
- **Downstream** – Where the bulk of the water is flowing towards.
- **Wave** – Feature created by water pushing upwards, the top (peak) can be broken (and retentive) but there is no re-circulating (green) water. A wave will have a trough (bottom) and peak (top) – see picture below.
- **Hole** – A broken wave with water re-circulating from an obvious boil line
- **Stopper** – Same as above - A broken wave with water re-circulating from an obvious boil line
- **Pour-over** – Where water pours vertically to form a hole.
- **Shoulder** – A high point on the side of the wave.
- **Off the lip** – Where a move is pulled off of the highest point of a wave
- **Pile** – The broken (white) water between the top of a wave (or the boil line of a hole) and the green water upstream
- **Radial** – A piece of water that creates texture in the wave and runs from upstream to down stream. Usually caused by something upstream like a bridge pillar.
- **Face** - Area of green water between the trough and the peak (green wave) or between the trough and the bottom of the pile (broken wave).
- **Green** - Smooth, not broken water
- **Trough** - Lowest part of a hole or wave, in a hole the trough is where the white re-circulating water of the pile meets the green water flowing in from upstream
- **Boil Line** - Area downstream of the peak of a hole where green water from the bottom boils up and separates into the pile (flowing upstream) and the backwash (flowing downstream).
- **Sweet spot** - This is the area of the wave where it is easiest to retain and easiest to throw down moves.

Why do you need to know what these things are? Well as you progress through freestyle you'll hear these words and they will give you the information you need, 'landmarks' to help you orient yourself on the feature



# Principles of freestyle <sup>2</sup>

Now we have understanding of terminology let's learn about getting onto the wave or into the hole.

Different features require different or adaptations of techniques. For example to get on at Hurley or the Office (Looping Pool) at HPP is different to getting on at Boulters, Chertsey or any other pour over. Here's a quick guide to features and getting onto them.

## Pour-overs

**How they look?** – Generally a pour over is where the water falls straight down off of an edge so that it forms a stopper either close to or into the falling water.

**How they paddle** – I am always amazed at what people can do in pour-overs. They do tend to capsize you a lot but this is great for developing your roll.

**How to get on, to cartwheel** – Where the water falls and hits the water below it always forms a bit of a trough. This trough is V shaped (picture) and you need to try and get your nose falling down, slicing through the upstream part of the V-section, so that you are always moving towards the hole. The nose of the boat needs to get into the falling water to really make things start happening. As your nose or tail goes into a pour-over the opposite end of the boat will lift. If you apply edge whilst doing this you will start the cartwheel motion.

**Who are they suitable for?** – Big pour overs can be very retentive and fall towards the expert or leave well alone category. You tend to see these on White Water Rivers or on weirs. The best pour-overs are suitable for anyone as there is ample flat-water opportunity for rescue and swimming is not a problem.

**Other stuff** – Pour overs are amongst the easiest freestyle features to construct, Boulters and Nene pool A are good examples of this.



## Waves

**How they look** – The UK has a shortage of big waves. Generally they have a green face a trough and a shoulder

**How they paddle** – Being on a wave is one of the greatest experiences you can have as a paddler. The biggest waves tend to have pretty disturbed water behind them so require a fair roll.

**How to get on, to front surf** – Start low in the eddy and gain speed to cross the eddy line slightly above the wave. Not too high though as catching a wave by floating down onto it is much harder.

- Look at your target; this will assist you to maintain the correct controlling strength of paddle stroke. It will also encourage correct edge control and rotation. If you don't keep looking at the target you also lose your potential orientation.

- Practiced ferry glides will make life much easier as knowing when to leave the paddle in a drawing or pulling position is vitally important. It's back to basics, control with a sweep and hanging draws.

- Don't stop until you get there.

**Who are they suitable for?** – Because the water behind differs and they vary so much in size there is a wave out there for everyone. A simple rule is to take a look at the water behind the before going for the wave.

**Other stuff** – Britain is lucky as we have some great surf available. If you don't have a local wave what about using the sea?



## Holes

**How they look** – A wave with water re-circulating back up stream from an obvious boil line. There are loads of holes in the UK as we have loads of weirs. The problem is that most of these are not safe to use and do not allow you out when you want to escape.

**How they paddle** – It all depends really on the hole and your style. Good posture and the ideas outlined in article one make life loads easier whereas the opposite makes life tough. Hole paddling improves balance and posture so it is worth it.

### How to get on, to side surf –

- Because most holes have water being drawn in there is usually no need for loads of speed or aggression.
- Start next to the shoulder or highest point of the hole.
- Look at your target; this will assist you in maintaining the correct controlling strength of paddle stroke. It will also encourage correct edge control and rotation.
- The easiest way on now is to point the nose of the boat across the current (if you imagine a clock with 12 being straight upstream then you would need to set an angle of either 1 or 11 o'clock) and take a few strokes in a forwards sweeping type motion on the downstream side.
- Don't stop until you get there.

**Who are they suitable for?** – The important thing with holes is to be sure you can get out. Just like waves though they come in a range of sizes and strength and there is something for everyone.

**Other stuff** – There are some fantastic holes in the UK and British paddlers have led the world in taking forwards what is now acceptable to paddle in.



I call the following moves control moves. These tend to be Front Surf, Back Surf, Side Surf and Flat Spins. By control I mean moves you can incorporate in to a ride and still remain in control. They can be used to set up, stabilise or link moves. Many top freestylers have these moves in their competition rides to allow a form break to occur where they can catch their breath and re-focus. Starting out we need them in our rides for more than just those reasons.

As freestylers we need great posture and maximal applied rotation (article 1). Through our descriptions below you will be able to see how these moves can be used to encourage this important development.

### For all of these moves there are a few rules that apply; -

It is always water pushing paddles not the other way around. That means you place the paddle and don't do a stroke. Let the water do the work for you. Adjust the feather so that the blade ranges from flat on the surface of the water to fully open and submerged in the water. This is like your throttle – flat blade = no throttle and fully open blade = maximum throttle. Just like a car or motorcycle if you try and turn with full throttle you will skid out on the corners. So 'feel don't force'

**Low brace stern rudder** – this is a stroke you use when your front surfing. It is best described as a low brace (elbows above paddle shaft) but almost in the same position as a stern rudder. I say almost as the stroke falls about half way between the hip and stern of the boat.

**Elbows bent** – I emphasised this in article one a little. Bent elbows tend to allow you to keep the paddle closer to the side of the boat and make stroke work safer as you always have the spring effect.

**No droopy elbows** – remember that you really want to keep the elbows above the paddle shaft.



## Front Surf

When on the wave if the boat is pointing straight upstream you will be front surfing.

1. Control the boat using a stroke that is a cross between a low brace and a stern rudder.

2. Remember it's water-pushing paddle not the other way around.
3. Adjust the feather of the blade to control drag.
4. Use your knees to drive the edges of the boat. Use your feet to help.
5. Try to sit upright with your weight over your buttocks, leaning forwards makes the front of the boat heavy and leaning back has the reverse effect. If you are going to lean then remember you don't need to move far.
6. Lean in the direction you wish to travel.



## Back Surf

Getting on to a wave in a back surf position is a slightly tougher manoeuvre that is basically the opposite of what is described for Front Surf. It is harder mainly because your backwards skills are not as practiced as forward. The other big contributing factor is that many boat designs are not symmetrical and are much more difficult by design to back surf. The big differences between front and back surfing are: -

1. You control the boat with a paddle stroke either directly out from the side of the boat or at the front where you would normally start your stroke.
2. You remain upright or slightly forward.
3. You can't see so well.

## Side Surf

Side surfing gives the paddler a good feel for the hole and for edge control. It also provides an opportunity to have a good look around at what you are in. For side surfing: -

1. Control the edges with your knees and hips. Keep your body upright.
2. Hold the paddle flat to the surface of the water on the down stream side in a position like a low brace and adjust the feather to create a pulling face for forward or backwards movement.
3. Leaning forwards or backwards will allow the boat to move in opposite directions.
4. Kicking up with the knee on the upstream will allow you to come to the top of the hole. We will talk more about ways to position in later articles.

## Flat Spin

When you can surf well you should consider the flat spin as the next logical move to pursue. Flat spins have been around for ages but since the introduction of the planning hull things have got way easier. As a move this one shows you have a full understanding of the control necessary to progress further.

1. To flat spin you need to understand where in the hole or wave the move will work. Take a look at the feature; A current pushing through at one end will make this move easier.
2. Everything you have learnt so far will be used in this move.
3. You must look upstream first, and then apply the paddle in a low brace position around the area of your hips close to the side of the boat.
4. As the boat turns through the back surf you must turn your head so that you are looking upstream (into the hole) again. This should be slightly quicker than the boat's rotation speed. (Your head should be turned and looking back in the hole or upstream). It is hard to do this too early.
5. Whilst you rotate your head you need to place your next stroke, again apply the paddle in a low brace position between your hip and your knee close to the boat. It is very tempting to reach forward on this second stroke, a sure recipe for pulling yourself off the wave. Remember water-pushing paddle.
6. During this whole process your body should remain upright but by applying a little forward or backward body movement you can make the front or the back looser. This is a difficult technique as timing and co-ordination is crucial. This is what some freestylers call the load and release effect.
7. Your rotation should make your stomach feel like a coiled spring.
8. Your paddle should always be on the down stream side



## What's next then?

Positioning and a few more moves to progress onto.

We are at the Hurley Classic on April 10&11 so come and say hello but in the mean time don't stop emailing

[ser@kayakojacko.com](mailto:ser@kayakojacko.com)

**See you on the water**

**Jacko**

## WEBSITE INFO



For more information on coaching visit the BCU website at

[www.bcu.org.uk/coaching/coachingindex.html](http://www.bcu.org.uk/coaching/coachingindex.html)

Jacko's website is

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

DelMarVa Paddler's Retreat 2005 at Rehoboth Beach



# A new old WORLD

I awake to a clear blue sky sunrise over Delaware's Rehoboth Bay. On the windless placid water a kayaker is doing rolls. From my distance it is hard to see if a paddle is used or not. No splashes disturb the water or the early morning silence.

Scattered on the beach at Camp Arrowhead there is a wide variety of sea kayaks. From the 'familiar' glass-fibre to 'Greenland-style' wooden 'stitch-and-glue', 'wood-strip' and the most traditional of all: 'skin-on-frame'. I now realise that I have entered 'a new old world' of kayaking. Greenland paddles and tuiiks everywhere. Not a single 'euro' paddle to be seen.

The DelMarVa Paddler's Retreat is held for the 16th time. Some four years ago organiser Robin Snow decided to make the transition to an 'all Greenland style' event and the 'Retreat' became the birthplace of QajaqUSA. The 100+ participants come from all over the USA, but mainly east coast.

The official start is Friday evening. But during the day Margaret and Ray Killen host a paddle-making

session. Twenty people cut Greenland paddles out of wood. All the paddles get finished to a point that they can be paddled with. I join Will Bigelow, Dan Segal and Shawn Baker for a short paddle on the ocean at Cape Henlopen. I

I can 'tick-off' four new rolls; not bad for one morning of instruction and practice.

can use Dave's Anas Acuta and get my first experience of the 'masik'. Although this sea kayak is already 'low volume', a foam-pad under the front-deck forces my legs down. I have still one inch of knee movement and Will asks if I need another block of foam (!). With Will's neoprene tuiik and a Greenland paddle I am all set. Two skin-on-frame kayaks and one glass-fibre one push off the beach into the surf. In the evening Kenneth Taylor gives a very interesting lecture with slides of his visit to Greenland in 1959, at a time at which kayaks were still in regular use for hunting. Apparently only in 2003 QajaqUSA and Kenneth got into contact. All attendants are 'glued' to their seats to see the old but still in all aspects brilliant slides and hear Kenneth' first-hand account.

First thing on Saturday morning is Greg Stamer teaching a class on forward paddling with a Greenland paddle. Next for me is an 'advanced rolling' class from Turner Wilson, Pavia Lumholt and Harvey Golden. Mark Schoon and Mel Rice of Carpe Diem Kayaking lent me their Nigel Dennis Kayaks Explorer sea kayak for the weekend. In February this year I learned the basics of chest sculling. That is, I could then chest-scull forever, but was not able to recover from that. Now with a few pointers by Turner the chest-scull and recovery is there! Next is the reverse sweep roll, which, in my learning stage, is just falling backwards and setting up to the chest-scull position and then recover. As an 'intermezzo' I learn the 'forward-finishing butterfly roll'. Last is the storm roll. When I fail the storm roll I revert to the standard sweep roll, which must look terrible. My 'bombproof' roll is automatic with a euro paddle. Now I am struggling with the fact that the Greenland paddle is unfeathered. I can 'tick-off' four new rolls; not bad for one morning of instruction and practice. In the afternoon I attend the 'forward-finishing rolls' class by Dan. As I already did forward-finishing rolls this morning, this class is in my case all about improving. A succession of 'under-the-hull' storm rolls is the fancy 'trick' I take away from this class. And Dan has 'imprinted' upon me that all Greenland rolls should be executed slowly; no power and no

## FACTS : INFORMATION

DelMarVa Paddler's Retreat: [www.delmarvaretreat.com](http://www.delmarvaretreat.com)

QajaqUSA: [www.qajaqusa.org](http://www.qajaqusa.org)

Axel Schoevers can be reached on the web at: [www.seakayaker.nl](http://www.seakayaker.nl)



Paddle making class



# rld

splashing! Cheri Perry and Dubsidie give an entertaining evening presentation of their attendance at the 2004 National Open Kayaking Championships in Qaqortog, Greenland. They practiced a lot and did very well in the competition. They share with us their wonderful experiences, great stories and beautiful pictures. If that is not all, they do a night-time 'dressage with music' in the lighted swimming pool. Dubsidie gives a whole new meaning to 'skin-on-frame' as in the Greenland competition and here he performs all the rolls in a, slightly modified, Feathercraft folding kayak. At the 2003 Anglesey Sea Kayak Symposium, Greenland kayak champion Maligiaq Padilla sparked my interest in traditional kayaking from the skills perspective. I am highly impressed from what I see Dubsidie and Cheri do with their kayaks; a 'ballet' that looks as if it does not take

A 'ballet' that looks as if it does not take any effort to do at all; no power, no splashing... How not to awe at seeing three people perform 'straightjacket rolls' like clockwork..

any effort to do at all; no power, no splashing... How not to awe at seeing three people perform 'straightjacket rolls' like clockwork... On Sunday, Cheri runs the class on

hand-rolling. She first let us all put blocks of foam under the front deck as a 'masik' to force the legs flat on the bottom. Today I do not have a good feel for the kayak or the water. I am probably tired from yesterday. The main thing though is that I at least manage a proper throwing-stick lay-back roll. By the nature of holding the throwing-stick it is a hand-palm facing up; maybe a small but definitely a major progression for me today. And off course the balance-brace position is where all 'lay-back' rolls will start from. After lunch, Dubsidie does a 'competition-style' demonstration of the 'rope gymnastics'. He gets up to 460+ points, which is an improvement on his performance in Greenland.

The 'Retreat' draws to a close. Now I have a whole year to practice my newly learned skills at home in the Netherlands and make sure that I can be at DelMarVa again next year. Thank you Robin and all the people that helped for making the 'Retreat' such a great gathering of 'Greenland style' enthusiasts. Thanks also to Will, Turner, Dan and Rich for making a 'euro' feel at home in the new world.

**Story and photos by Axel Schoevers**



One of the skin-on-frame kayaks on the beach



Turner Wilson teaches forward finishing rolls



Balance brace by Mark; just a basic 'trick'



Pavia Lumholt from Denmark doesn't need hands

## FACTS : EPILOGUE

Next stop on my '2004 USA sea kayaking tour' brought me to the Sea Kayak Georgia BCU Week. There UK sea kayak coach Gordon Brown gave a lecture on his 2004 visit to Greenland with Duncan Winning. Tracing the origins of the seal-skin-on-frame replica that Kenneth Taylor brought back and it's 'offspring' in the form of the many 'modern-day' glass-fibre sea kayak designs. What a small big world...

# The story so far...

## Results

### National leagues canoe polo - Division 1

#### Open Tournament 1

|            |   |          |   |
|------------|---|----------|---|
| St. Albans | 3 | Dragon   | 3 |
| Viking B   | 1 | Meridian | 7 |
| Viking     | 6 | Avon     | 2 |
| St. Albans | 1 | Meridian | 3 |
| Avon       | 2 | Dragon   | 8 |
| St. Albans | 6 | Viking B | 3 |
| Viking A   | 2 | Meridian | 3 |
| Viking B   | 5 | Avon     | 0 |
| Meridian   | 3 | Dragon   | 0 |
| St. Albans | 2 | Viking A | 2 |

#### Open Tournament 2

|            |   |          |    |
|------------|---|----------|----|
| FOA        | 8 | Avon     | 0  |
| St. Albans | 5 | Derby    | 1  |
| Meridian   | 9 | Avon     | 1  |
| Derby      | 0 | FOA      | 12 |
| St. Albans | 5 | Avon     | 2  |
| Derby      | 1 | Meridian | 10 |
| St. Albans | 1 | FOA      | 2  |
| Derby      | 3 | Avon     | 2  |
| FOA        | 3 | Meridian | 1  |

#### Open Tournament 3

|               |   |            |   |
|---------------|---|------------|---|
| Viking 'A'    | 7 | Viking 'B' | 1 |
| Derby         | 4 | Dragon     | 4 |
| FOA Liverpool | 5 | Viking 'B' | 2 |
| Dragon        | 2 | Viking 'A' | 3 |
| Derby         | 5 | Viking 'B' | 1 |
| FOA Liverpool | 3 | Viking 'A' | 3 |
| Dragon        | 5 | Viking 'B' | 2 |
| Derby         | 0 | Viking 'A' | 3 |
| FOA Liverpool | 2 | Dragon     | 4 |

#### Ladies Tournament 2

|             |    |             |    |
|-------------|----|-------------|----|
| Banba       | 3  | FOA         | 4  |
| Dragon      | 2  | Aberfan     | 3  |
| St Albans'A | 6  | St Albans'B | 0  |
| Banba       | 6  | Dragon      | 5  |
| FOA         | 1  | Aberfan     | 0  |
| Dragon      | 0  | St Albans'A | 10 |
| St Albans'B | 4  | Banba       | 8  |
| FOA         | 1  | St Albans'A | 4  |
| Aberfan     | 10 | St Albans'B | 1  |

#### Tournament 1: 29th January - Coventry



Dave Sanders and Martin Williamson challenge for the ball. Photo: Agnello Guarracino

The first Open League Division 1 tournament with the following teams taking part; Avon, Dragon, Meridian, St Albans, Viking A & Viking B.

The tournament started with a close encounter between St Albans and Dragon, ending 3-3, showing how the gap between teams is closing, this was emphasised by the relatively low scores throughout the tournament.

The eagerly awaited clash between Viking A & Meridian didn't disappoint, after a great semi final between the two teams at The Schroder's Boat Show the game had a lot to live up to. Again it was a close game, Meridian clinching it by a single goal.

St Albans were made to sweat by Viking B when pushed to the wire by the newcomers to Division 1. Viking held St Albans to a draw for much of the game, before St Albans found something extra in the last couple of minutes to run out 6-3 winners.



Alan Vessel of St Albans plans his next move against Viking B. Photo: Glenn Summerbell

Dragon also impressed, after a solid tournament they sit third in the league, a position that some may not have expected. Meridian sit top of the table having won all four of their games, St Albans are a place behind also having played four games.

#### Tournament 2: 19th February - Coventry

Teams taking part: Avon, Meridian, St Albans, Liverpool Friends of Allonby (FOA), Derby Rammers.

The opening game of the night saw FOA take on Avon, with the return of Ramsey Bayne after a two year absence in the FOA line up. The game was executed at a high tempo, with FOA maintaining the vast proportion of the possession and Avon chasing shadows as FOA's passing accuracy had the Avon players constantly under pressure. FOA were the deserved victors trotting out a 8-0 result.

In taking on St Albans, Derby Rammers offered a solid defensive line during the first half. Counteracting several overloads, Derby managed to keep themselves in the game. As the second half progressed, St Albans took control of the ball and stretched Derby's three-and-one defence thereby creating shooting chances through the middle and down the flanks. St Albans started their night with a 5-1 victory.

With Avon recovering from their opener against FOA, they took to the water to face a formidable Meridian team. Known for their speed and high work rate, Meridian were always the favourites for this game soaking up the pressure and counter-attacking Avon though fast breaks and superb passing accuracy. Meridian amounted a clear win 9-1.

The game between Derby and FOA became a little one sided. The pace, aggression, team work and passing accuracy of FOA was all too much for Derby to handle. Derby invited a large amount of pressure from FOA who moved the ball swiftly around the zone of Derby and were clear winners with a final score of 0-12

A fairly steady game saw St Albans and Avon working hard to break down each others defences. St Albans worked well on the break making clear shooting chances which they made the most of. Avon continued to pressure their opponent's zone, however turnovers and attacking flair saw St Albans counter attack on numerous occasions to end the game with a 5-2 result.

Working at a high tempo, Meridian secured an easy victory over Derby in the sixth game of the night. Offering little defence, Derby's zone was easily penetrated by Meridian. The final score being 10-1.

One of the evenings eagerly awaited games saw St Albans take on FOA. St Albans moved the ball deep to offer greater possession time and recycling. This strategy worked well and created St Albans a excellently taken shot on the right hand side of the pitch. After intercepting a long pass. FOA recycled the ball quickly, leading to a successful shot. The second half saw more St Albans possession moving the ball deftly around the FOA defence, tiring out their front runners. However, FOA intercepted again from a St Albans attack, which resulted in another goal for them and once in the lead they maintained possession, running down the clock and taking the 2-1 win.

Derby and Avon took to the water fighting to stay out of the relegation zone. Avon started well, attacking with precision and good ball skills and Derby offered a solid



Edmunds of FOA and Parker of Meridian meet at the start of the second half of their match in Tournament 2. Photo: Agnello Guarracino



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Contributions from: Pip Grayson, Chris Bussell, Martyn Williamson, Clyde Hammond and Curly Barker. Photos by Glenn Summerball and Agnello Guaracino.



Super tight man for man marking between FAO and Aberfan at the Women's Tournament on 5th March. Photo: Glenn Summerbell

defence, which was penetrated twice resulting in a 2-1 half time score line. Maintaining possession well, Avon looked to play out the win. However, Derby pressured their opponents and mistakes began to appear in Avon's play which saw Derby claw their way back in to the game. With 30 seconds remaining, Derby broke down the right hand side of the pitch to clinch a 3-2 win for.

The final game of the night was a key game between Meridian and FOA with both teams being renowned for their speed, passing accuracy, and aggressive play. From a corner, FOA took a shot which was blocked. Meridian were quick to capitalise on the turnover and moved the ball swiftly up the pitch for a successful shot on goal giving them the lead in to half time. Winning the second half sprint, FOA charged up the pitch and swiftly equalised the game. After some tough defending, FOA worked a possession to the left side of the pitch with a lofted ball to Ramsey Bayne who drilled the ball low in to the Meridian net. With Meridian fighting hard to equalise and ultimately win the game, their attack pressurised FOA into giving away free throws. With tempers high, the referees did extremely well to maintain discipline in the game. FOA recycled the ball well to maintain possession whilst under heavy pressure from Meridian and finally created an overlap which gave them just enough space to slot home their third goal and win 3-1.

### Tournament 3: 12th March - Leeds

Teams taking part, Dragon, Liverpool Friends of Allonby (FOA), Viking A & Viking B.

The two big guns of the evening battled out from a very tough end to end match with three goals each for FOA and Viking A. this could have determined a clear lead for top place at the half way point had there been a winner.

Viking B were the consistent fall guys for the evening with the young pretender's enthusiasm only getting the better of their performance.

The Dragon, Viking A game was a close run game with Viking proving strength in numbers and young blood over old

## LEAGUE TABLES

### League placings at the halfway point of the season

#### Men's Division 1

| Team          | Play | W | D | L | GF | GA | GD  | Pts |
|---------------|------|---|---|---|----|----|-----|-----|
| Meridian      | 7    | 6 | 0 | 1 | 36 | 9  | +27 | 19  |
| FOA Liverpool | 7    | 5 | 1 | 1 | 35 | 11 | +24 | 18  |
| Viking 'A'    | 7    | 4 | 2 | 1 | 26 | 13 | +13 | 17  |
| Dragon        | 7    | 3 | 2 | 2 | 26 | 19 | +7  | 15  |
| St. Albans    | 7    | 3 | 2 | 2 | 23 | 16 | +7  | 15  |
| Derby         | 7    | 2 | 1 | 4 | 14 | 37 | -23 | 12  |
| Viking 'B'    | 7    | 1 | 0 | 6 | 15 | 35 | -20 | 10  |
| Avon          | 7    | 0 | 0 | 7 | 9  | 44 | -35 | 7   |

#### Women's Division 1

| Team              | Play | W | D | L | GF | GA | GD  | Pts |
|-------------------|------|---|---|---|----|----|-----|-----|
| St Albans'A       | 7    | 5 | 1 | 1 | 38 | 9  | 29  | 18  |
| Aberfan           | 7    | 4 | 2 | 1 | 29 | 10 | 19  | 17  |
| Banba             | 7    | 3 | 0 | 4 | 31 | 29 | 2   | 13  |
| Meridian          | 4    | 4 | 0 | 0 | 21 | 4  | 17  | 12  |
| Old Speckled Hens | 4    | 0 | 0 | 4 | 3  | 38 | -35 | 4   |
| FOA               | 3    | 2 | 0 | 1 | 6  | 7  | -1  | 7   |
| Dragon            | 3    | 0 | 0 | 3 | 7  | 19 | -12 | 3   |
| St Albans'B       | 3    | 0 | 0 | 3 | 5  | 24 | -19 | 3   |

fashioned experience. This is the way it should be and perhaps it shouldn't have been at 3-2 in Viking's favour.

The last game of the night was certainly an anticipated win for FOA who were expected to take control of the proceedings. However, despite a continued attack on the Dragon zone, Dragon continually blocked shot after shot.

This was Dragon's high point of the evening which was otherwise off to a very poor start earlier in the evening with an anticipated win, which actually led to an eventual 4-4 draw – a well deserved result for Derby Rammers!

## PADDLE THIS

### GB Women's Squad Selection

The selection process for the GB Women's squad for the 2005 season was completed on Sunday 23rd January. The selection had taken place over the course of two weekends: one in December, which took place at the site used by Blakedown Canoe polo club and one in January, which took place at the Burrs Outdoor Centre in Bury.

Over the course of the weekend 20 participants were put through their paces to assess boat handling skills; ball handling skills; game awareness; and speed and accuracy. Many opportunities were given for the players to perform discrete skills and to perform in the context of drills and full games.

At the end of the second weekend the difficult process of selection was completed. The standard was high and coaches Dave Brown and Nicki Ward had a difficult task. The season ahead has some interesting challenges: it's the first time canoe polo has been represented in the World Games, which take place in Germany in July; the Europeans take place in September in Madrid, giving a long season. The women are the current World Champions, but will have to work hard to maintain their position in these two major international competitions.

It was decided to select two squads: a senior squad and a development squad. The development squad includes some promising players for the future of canoe polo in Great Britain, some of whom are also being considered for the women's U21 squad, which will also be competing in the European Championships in Madrid this September.

#### The senior squad includes:

Ginny Coyles, Philippa Grayson, Lianne Grayson, Kirsty Sutcliffe, Andi Fear-Ross, Sharon Derrick, Zoë Anthony, Kathryn Grieves, Caroline Hollies, Kate Bridge, Ellie Bridgstock, Hilary Clarke and Jo Marshall.

#### The development squad includes:

Sarah Kerwin, Jemma Murray, Claire Griffiths, Laura Hoskins, Laura Randle and Fran Bateman. The season is now truly under way and the women have started training hard so they can secure their position as World Champions and set out to win more gold medals.



Catherine Greave applies the pressure to Banba. Photo: Glenn Summerbell

St Albans' A are leading the way at the top of the table but have played more games than Meridian who are the only team not to have dropped points. However, they play FOA next tournament who have been without their major influence Ginny Coyles who will be back for the rest of the season.

Aberfan, last year's league champions are struggling to perform which hasn't been helped with injury problems. Meanwhile the two promoted team from last season (Old Speckled Hens & St Albans'B) are trying to learn to cope with the faster game.

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# Fantastic five

## Medalists

January 2005

World Freestyle Championships, Penrith Australia

### Jenny Chrimes

Women's Junior World Champion

### Alan Ward

Men's Junior World Champion

### James Reeves

Men's Squirt silver medal

### Jamie Burbeck

OC1 bronze medal

### Fiona Jarvie

Women's K1 bronze medal

### Eric Jackson USA

K1 Men's World Champion

### Jutta Kaiser GER

K1 Ladies' World Champion

### Marc Foltete FRA

C1 World Champion

### Paul Danks CAN

OC1 World Champion

### Dustin Urban USA

Men's Squirt World Champion

### Deb O'Keefe USA

Women's Squirt World Champion

## PADDLE THIS

See pages 38 and 39 for interviews with Alan Ward and Jenny Chrimes



Jutta Kaiser



Eric Jackson

So it's January 2005, the GBR team had already been selected back in October of the previous year, and a lot of hard training had been put in leading up to event. All that was left now was to make the two planes and the 20 hour journey to the other side of the globe. Surviving crazy Chinese baggage handlers and a small brush with immigration in Shanghai we arrived in Sydney, Australia and greeted with temperatures approaching 40 degrees. So many new sights to see, big old American style cars and lorries just like the ones in Mad Max and scantily clad girls – the lot!

The course was cool – a grade 3 concrete circle with a conveyor at the end to return you to the top again, so you didn't even have to get out of your boat! The hole was sweet: a steep broken pile with shoulders each side and just enough green to pull a cheeky blunt or two.

Due to a lack of suitable places to stay in the area and not being able to book in advance, the team had ended up staying at a place that aptly became known as God Camp! It was a set of six cabins that surrounded a graveyard!

As the second week of January came, all of the team had arrived ready for official training. With

excellent coaching and bank support, it was clear that

the Brits had a team to be jealous of, with great paddlers like Eric Jackson (USA) and Billy Harris (CAN) frequently keeping an eye on our sessions.

The event saw 18 nations and 162 competitors battle it out to gain the title of World Champion in their respective classes for 2005. Starting with the heats, good performances were put in by all with 15 of the 18 GBR competitors making it through to their next round. Stu Morris won the first round of the C1's with a single ride of 245 points that carried on to be the highest C1 score of the whole competition. Jak Alder, also had an excellent result in the junior ladies, finishing her amazing ride with a big air loop to win her heat.

Although a record number of Brits had qualified through to the finals, managers Hippy Dave, Terry Best and Coach Catral were not about to let things slide. More planning and training analysis along with a positive attitude ensured that we were all prepared for the big day.

First up was the Squirt event. Chris Jones hadn't made the final but had finished in a respectable ninth place. For the men it was Ben White and James Reeves and for the women it was Molly McKenzie. Intermittent tropical rain showers set the scene. Ben White threw down some spectacular seamless flat water sequences to finish fourth and James pulled off a sweet mystery move just beating his score to finish in second.

In the Junior Women's final, Jak who had won the qualifying round with a score that was four times that of second place, unfortunately went out in the first round to finish fifth. Jenny Chrimes on the other hand had an excellent ride and took first place with four

people to go. Time after time, she put in the best rides to

Above right: Jamie Burbeck  
Right: Matt Cooke  
Far right: Jenny Chrimes



PADDLE THIS

## Freestyle Eurocup

30th June - 3rd July

This is an open event taking place on the new wave at Nottingham. Over the past 18 months work has been done on developing the course features. Final adjustments have recently been completed and the end result is a fantastic wave, where both the kicker boards and the water level can be adjusted specially for national and international events.

The Eurocup is a series of three freestyle contests that take place at some of Europe's premier white water destinations. Competitors follow the circuit around Europe amassing points at each event.

Fresh from Bremegarten, athletes arrive for the second round in Nottingham, before the final in Prague.

Entry is open to anyone and is set to attract 300 of Europe's best white water paddlers from 20 countries, so come along join in the fun and take on some of Europe's top paddlers including the members of the GB team from the World Championships in Australia.

A series of events are scheduled to take place adjacent to the competition. Check out further details and updates on [www.eurofreestylekayak.com](http://www.eurofreestylekayak.com) or e-mail [info@eurofreestylekayak.com](mailto:info@eurofreestylekayak.com)



spectators alike were tired and weary from the immense excitement as the men's final approached. Two names were not in the top five that we are used to hearing were Dickie Chrimes and Edd Smith. Dickie had paddled solidly to finish in eleventh place. Edd had broken his thumb in training the morning of the event and couldn't paddle and finished in tenth place. Unlucky Edd! So there was only one man left who could take on the mighty Americans and Canadians: Matt Cooke from North Wales! After an emotional few days of qualifications, including a broken lap strap on one of his rides, Matt had exceeded all his expectations to qualify through to the final in third place.

Up against European Champion Tobias Bersch, 2003 World Champion J Kincaid, the legendary Billy Harris and twice World Champion Eric Jackson to name but a few, the going was going to be tough. Matt was quoted as saying "I am absolutely s\*\*\*\*\*g myself", now as white as the hole itself. The first round saw EJ and Tobias sweating it a little, flushing a few times on their rounds. The first to go out was Tobias Bersch. Mattie was sat on the bank with his head between his knees when he heard the news - he's through to the next round. Convinced that the first would be his last he gets back in his boat and puts in an awesome ride. Unfortunately so does everyone else, but Matt doesn't care because he is the fourth best boater in the world! A definite hope for the future.

All that remains to be said is thanks to all those special people who made it happen, you all know who you are, and see you all in two year's time on Bus Eater in Canada 2007, where we can only exceed our expectations and dreams again.

Special thanks to Georgia for her tribute to our friend Eleanor Rutter may she rest in peace.

**Article: Stu Morris. Photos: Sarah Bell**  
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keep taking the opposition out, until it was down to Britain versus France. With both girls being extremely tired, it was the turn of Amelie Bruet from France to set off first. She laid down her claim to be World Champion, however, Jenny took the Championship by three points.

Next was the Junior Mens, where James Bebbington, with the finals out of his reach, finishing in seventh. Alan Ward who had qualified in second place, paddled consistently throughout to finish first.

All the open boats lined up at the top looking as cool as ever. The top five included Britain's James Weir and Jamie Burbeck, Spain's Jordi Donmenjo, America's Eli Helbert USA and Paul Danks of Canada. Now this year saw a breakthrough for OC1. All the guys agreed to ditch the rules for the event and devise a new set for the next World championships in order for the sport to progress. Go on ya! James Weir, claiming this to be his last ever World Championships - we will see, pulled off some sweet moves to finish in fourth whilst Jamie paddled better than ever before claiming his personal best score to gain him a silver medal.

Next up the C1's. Now these guys had been giving the kayaks a run for their money throughout the event. Stu Morris's high score in the semi finals had got him through to the final! Unfortunately, Lee Pyke had already gone out in the prelims and so it was left up to Stu. However, hitting the bottom three times air looping, the time had run out for Stu and he missed the next round by 1.5 points, finishing an unashamed fifth in the world.

In the Ladies, Rosie Cripps in her first ever World Championships, missed out on the final by two places after paddling awesomely to finish seventh. Well done Rosie! This left Lynsey Evans and Flea Jarvie as medal contenders in the final. Lynsey went out in the second round to finish fourth but Flea continued on to take a magnificent silver! The gold going to the girl's old enemy, Jutta Kaiser of Germany with an array of super clean cartwheels.

Nerves now seriously damaged by the days events, both competitors and



What you can achieve with a little hard work!

12th February



Campbell Walsh K1



David Florence C1



Goddard/Wilson in the C2



Chris Lomas K1



Colin Radmore C1

# BUSA Canoe Slalom

Teesside Whitewater Course, Stockton

Durham University Canoe Club originally put in a bid to host this event in November 2003. This was rejected and the England Canoe Slalom team hosted the 2004 BUSA event at Holme Pierrepont, Nottingham. The event was very poorly attended with only about 20 student competitors. This gave us renewed energy to re-apply and second time around we were successful! Our Alumni group, the Friends of Durham University Canoe Club, agreed to take over a lot of the organisation with the aims being to make the event more student friendly and to encourage participation whilst still rewarding performance.

Planning went well, but we were still unsure about how popular the event would be. Therefore we were pleasantly surprised when the entry deadline passed and we had around 200 entries! This was wonderful for the event but caused problems as the event was being held at Teesside Whitewater Course, in Stockton, which is tidal, meaning there is limited water time each day. The whole structure of the weekend was re-planned. The event was also given a last minute sparkle when we received a late entry, from none other than Campbell Walsh, Olympic silver medallist and a Nottingham university student! Another exciting addition to the event came when we were contacted by One North East, a PR company who wanted to use the event, and Campbell Walsh in particular to support the London 2012 Olympic bid. We happily obliged as it added prestige to the event and gave the club excellent publicity.

The K1 men raced on Saturday and everything went very well, the event ran to time and our team of very recently trained judges and officials did a marvellous job! To create an atmosphere at the course there was live music playing and free tea and coffee for all competitors! There were six students racing from the Great Britain Team and Lottery funded World Class programmes that competed on Saturday. However, with some men still to race on Sunday, we were unable to award the prizes before the GB athletes had to fly out to Spain for a national training camp on the Sunday.

A party on Saturday night at the David Lloyd leisure centre helped to create a great atmosphere for the weekend. There were inter-university competitions, prizes for the best costume and lots of summery type games! The night was incredibly well received and everyone left regretting that they had to race the next day!

Sunday saw the K1 women, C1 and C2 classes race. There were a lot of swims and even more capsizes and bets were taken by those of us in control as to whether a competitor would actually finish the course in their boat! The ladies event ran smoothly as well, and amazingly we finished on time – a rarity for slalom events. I'm sure many people would agree!

Over the weekend we had also been running a fun 'paddles up' event on the lower half of the course to keep everyone entertained when they were not racing. Some excellent prizes were donated from companies including Palm, Soulboater, System X, Lendal Paddles and Reed so there were a lot of prizes to be awarded at the end of a very long weekend! The results were announced and unsurprisingly Campbell Walsh had hung on to first position in the K1 men category, followed by David Backhouse and Rob Neave, both also from Nottingham.

The winner of the K1 women's category was

Louise Donnington of Nottingham Trent. David Florence from Nottingham won the C1 category while Dan Goddard and Gareth Wilson from Loughborough came 1st in the C2 category. The men's team event was won by Andy Hadfield, Matt Hemsworth and Dan Goddard from Loughborough. The mixed team event (3 non-K1 men boats) was won by Gillian Mara (K1W), Gareth Wilson (C1) and Dan Goddard and Andy Hadfield (C2) also from Loughborough.

There were a total of 191 starters from 20 universities representing a complete range of paddling ability from the very best in the world to those that had never tried canoe slalom before. This pleased us immensely as the aim of the event was to make it open to all abilities so that those competing at the highest level had a high quality event whilst others less familiar with this discipline of canoeing could experience it in a student friendly, relaxed and enjoyable atmosphere.

Feedback has all been incredibly positive, both from competitors and from further afield. Thanks to Durham University Sport for supporting and encouraging us in the running of the event. Thank you to the staff at Teesside Whitewater course and to our sponsors, Palm, Soulboater, System X, Lendal Paddles and Reed for all of their support. Also thanks to all the people, both those associated with Durham but particularly those who aren't, for giving their time, effort and resources to make sure that the event passed off so successfully! It just shows what you can achieve with a little hard work!

Anna Bourne

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# The river is reality

## An Account Of The 2004 Yukon River Quest Marathon Canoe/Kayak Race

In a collective triumph of determination and hope over common sense and experience, some 53 canoes/kayaks entered the 750km June 2004 Yukon River Quest Marathon Canoe/Kayak Race, Canada. All aimed to complete the Whitehorse to Dawson City course, and some were aiming to win.

### Preparation

Many had done much preparation. Professional canoeists won the canoe class. The kayakers included some exciting adventure athletes. Most people were fit, but some were awesomely fit and most had marathon experience.

The longest paddle I had done prior to this event was the 13-mile Islay Marathon in May 2004. Nevertheless, I still felt that on the body side I could cope. It was the mental side that might let me down.

Gradwell



Merron



### PADDLE THIS

If you want to take part in the Yukon River Quest see [www.yukonriverquest.com](http://www.yukonriverquest.com). The organisers are looking for more international participation. I want to do it again and hope it can be soon.

### Equipment

The second shock to the system was equipment. I had booked a plastic Perception Avatar with a local supplier, on the basis that conversation said this was the norm. Arrival saw some had realised that GRP Wilderness boats were faster, and had swapped to those. Mine was comfortable and safe but it was heavy at nearly 300lbs all up. 'Wings' were the paddle of choice, I had a standard paddle. Fluid management systems were complex, as were the systems for keeping bums un-numb. I had water bottles and an unpadded seat. GPS systems of all descriptions were being affixed to boats. They helped with location, speed and channel selection. I had a map, a compass and a watch.

The formal requirements for kit were: a boat, two paddles, PFD, a bailer, space blanket, waterproof matches, signal flares, throw line, tow line, food, water, knife and river map. Some spare clothes were recommended. I wore a t-shirt, hat, sunglasses, shorts, kayak boots and carried a bivi bag, fleece, spare t-shirts, spare shorts and a lightweight cag.

Make no mistake my equipment was adequate, safe and compliant – but if you decide you want to go for this race and do really well, rather than finish, you need the best, lightweight, equipment.

### Weather, conditions and threats

The third shock was the weather. At 'arctic' latitudes the heat was cruel. Although the weather was calm with little wind it was hot, over 30 degrees in the middle of the day. Sun and heat stroke were big dangers. Forest fires began as the race started and led to very poor visibility and whiteouts later. The nights were cool, but short with never complete darkness. The river was relatively high with a mean flow speed of around 5-10 km per hour, except for the lake. The other major threats were bears and tiredness.

### Pre race briefing and checking

Boats are checked for compliance both the day before the race; and on race day. A long briefing is held the night before, interspersed with speeches from local dignitaries and advisors. The briefing anticipated over 30% of the starters would be out by or at the first compulsory stop. The morning of the race, boats were re-inspected on the waterfront.

### The Race

The race started with a Le Mans style start from Main Street in Whitehorse. We ran down the end of Main Street towards the river and turned right (upstream) towards the boats. Boats were entered and launched and within a short period everyone was on the water.

The first stage to Lake Laberge (45 km) saw the pack split into leaders, main group, and followers. I was happy to be with the main group. This section taught, early, the value of following the main current and not taking short cuts. Having worked for two hours to catch three boats, I lost the lot going right round an island whilst the others went the longer, faster, left route.

I had decided that the lake was to be attacked. We had been advised on entering the lake to keep right, as the wind could rise quickly and paddling becomes uncomfortable even dangerous. The wind did get up briefly, and to the first, verbal, checkpoint of the race I caught a number of boats by surfing the boat. After the first verbal checkpoint (54-km) the wind died, I caught two more boats but stayed in touch and close to the head of the main pack. The lake was brutal. It was hot, over 30 degrees

and, for the most part, still and clear air. By the end of the lake (134-km) I felt I had done a good job and was well placed.

After the end of the lake the next section of river was sheltered, and it began to get dark. It was sufficiently chilly to require an additional top. I waited too long and was shivering hard with cold and exhaustion by the time I stopped to get the cag out. After that I enjoyed the cool of the night, was caught by another solo kayaker, and we spent some time together listening to the howling of the coyotes and wolves. As dawn broke I felt good and paddled away. The day got hotter and hotter. By afternoon I was feeling rough from the heat – my bum was numb, my feet hurt, and I was very hot. I did not, however, feel physically exhausted – but looked it. Carmacks (323 km) came into view and with it relief. The stop over was a mandatory seven hours, and I hoped to get plenty of sleep. With the exception of getting out for the cag I had been in the kayak for 27 hours.

The stop over proved another challenge. I could not sleep, got less than an hour. I realised the key mental decision was to get back in the boat and the adrenaline was still flowing. With cold, wet, towels and a fan I tried to keep cool. The hours ticked away quickly and far too soon it was time to get back on the river. I put a towel on the seat, and adjusted the right footplate by one setting. This cured all bum problems for the rest of the trip. 30% plus did get out, and stayed out, as predicted, at Carmacks.

The next stage started well and comfortable. It was important to keep river right as after three hours Five Finger Rapids (360 km) were reached. Keeping left meant danger. At one o'clock in the morning it was exhilarating. Two crews fell in at the rapids, one was a two-man crew I caught shortly after. Another was a single kayaker. The single kayaker had a Platypus water system rigged from boat to PFD, this was almost her undoing.

Some short time after Five Finger the river starts to move quickly downhill as a body, with no rapids. This is an amazing experience, like a lava flow but faster. It was exciting paddling through the night. A further set of rapids is called Rink (393 km). A clear channel is to the right, I had not fully read the route and it was too dark to read when I arrived. I went centre left. I was lucky to get away with this. After Rink the downhill flow began again and continued for a distance.

Later I joined the two man that had turned over at Five Finger. This helped both of us through the night. We reached Minto (415 km) together. (And it's not often you can spend a night with two women, feel good about it, and have no impure thoughts!)

The next stage to Kirkman Creek was the beginning of the real mental battle. The first bits were OK. But as the temperature rose I became much more tired and started seeing things. Faces appeared out of the rock faces, trucks and houses appeared on the bankside; trees moved as in 'Lord of the Rings 3'.

Hallucinations were a regular feature of the trip thereafter. In previous years they had damaged competitors and the river became the only reality for long periods. Then the smoke arrived, and for the first



Hyslop

time I had to slow down. I could not miss the checkpoint at Kirkman but I had already made slight errors in map reading. However, I made the checkpoint and booked in for the second mandatory stop. I was told I looked, and this time I felt, a wreck.

The second mandatory stop, three hours at Kirkman Creek (582 km), was hot, dirty and noisy, and no support crew. By this time I smelt so bad even the insects wouldn't come too near. Getting back into the boat was no problem this time, there was only 158 km to go.

The next shock was the exploding trees. Root fires heat up fir trees until they are so hot they explode like Roman Candles. The smoke was difficult, islands seemed covered in cling film. The smoke was supposed to dissipate after 20 kilometres or so, but didn't. I decided to stay river right. This cost time, but was a safe navigational choice. As the day wore on and the temperature rose again the mental battle intensified. I had two personalities, one

determined to finish; the other fiddled with the paddle, feet, and bum position. The map didn't help, as it was somewhat inaccurate at this time. Not my finest hour! Four or five hours from the end I became frustrated and annoyed at losing time by being safe, and my two personalities were having a row. I felt for some of the two man canoes where four or more personalities could be in conflict. My feelings were irrational as I was moving faster than initially planned and would complete in a good time of between 55 and 70 hours.

The end at Dawson City (740 km) was an anti-climax. In many ways I did not want it to finish. I felt

Two men in a canoe



I had two personalities, one determined to finish; the other fiddled with the paddle, feet, and bum position.

I felt for some of the two man canoes where four or more personalities could be in conflict

safe and the demons had gone. I had enjoyed the solitude (at one point 14 hours without seeing another person), the silence and the smell (out of the smoke the countryside smelt very much like a dry sauna). I was surprised by the lack of bird life and bird song, but was told this was to do with the time of year, the smoke and migration patterns, I had seen black bear, moose (one had actually swum next to me), beaver, coyote and wolves at dawn. I had seen bald eagles, golden eagles and peregrines. I was very very tired, and somewhat emotionless. Disembarking was an effort, I could hardly stand (a common problem). I went to the hotel and took a bath and got four hours sleep. Then out for dinner with my wife. After that I began to enjoy the experience a little more.

**Maitland Hyslop: Hexham Canoe Club**

# Catching the Irish Surf

Thinking of a surfing holiday? Would Northern Ireland be a world-class destination? Its surf kayaking community certainly think so after their most successful year so far. Last year saw the running and completion of a six event league, the Ulster team winning the Irish Interprovincials and the national team finishing a brilliant second at the Home Internationals in France.

But of course there's more to surfing than competition and this group of soul-searching individuals in and around the squad have been travelling the length and breadth of Ireland to find the best waves to shred. The North Coast of Ireland is blessed with beaches and reefs dying to be surfed and although the west coast is renowned for catching bigger swell the north has an advantage with the predominantly south-west winds that hit the island. The beaches around Portrush (Co. Antrim) have been 'going off' this Christmas. East strand Portrush, regarded by many as the heaviest beach break has been regularly throwing out tubes and fast walls between 4-6ft and if not its easy to move eastwards to Whiterocks or Portballintrae. These are certainly not the only places but I'll leave the rest for you to find. When not in the water check out Troggs in Portrush one of the best surf shops anywhere or travel ten minutes down the road to Taggarts in Ballymoney if you need some kayaking kit.

Only 45 minutes North of Derry is the North Donegal coast. This year the Canoe Association of Northern Ireland League held two events based at Magheroararty (the Tory island ferry pier). If you don't fancy the left hand reef break then the sand spit

leading to Falcarragh strand is right there and can be enjoyed by paddle surfers of all abilities by working your way in from the pier. Of course there are other places that you'll be trying that work in different conditions, so give yourself plenty of time to work out your best break.

If you happen to be spending time in Co. Fermanagh then you are 30 minutes drive outside the surfing mecca of Bundoran that receives some classic swells and has many nice spots. Try starting off at Tullan Strand. The main peak is close in to the cliff but like much off the area can be busy so try going down the beach and working your way onto the peak if your worried about the locals. If Tullan is too big you are bound to find somewhere else so keep your eyes open.

How has the sport been developing within Northern Ireland? I have already mentioned successes by the team but the Canoe Association is already looking forward. The 2005 league has now attracted a sponsor [www.CoastandCreek.com](http://www.CoastandCreek.com) and some



Jonny Bingham

excellent prizes are up for grabs. An events programme has been drawn up to not only increase competition participation but to educate newcomers on water ethics and increase skill so that everybody can enjoy the water. Troggs owner and Portrush coast surfing legend Andy Hill describes the increase in surf boarders as "impressive" but kayakers as "immense". "There just seems to be more and more of them" claims Andy.

Northern Ireland surfers and body boarders have accepted the surf kayaker well and are more than happy to share the waves with us. In fact it's not uncommon in Portrush to hear cheers and screams of excitement from the locals as you pull onto a big one. We're keen that this environment of friendship and respect is maintained and would appreciate your help when you surely pay a visit to surf some of

An events programme has been drawn up to not only increase competition participation but to educate newcomers on water ethics and increase skill so that everybody can enjoy the water

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**Jonny Bingham**

James Newell

Finalists at Magheroararty

N.I. team at Home Internationals



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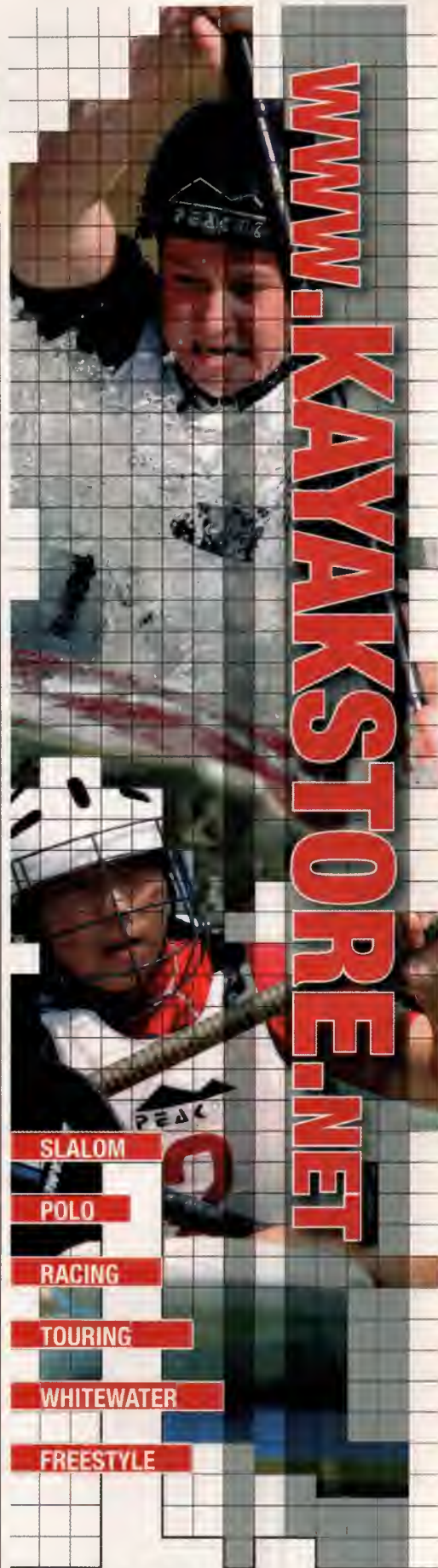
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In early January 2004, Jeff Allen, a kayaking instructor from Falmouth Marine School in Cornwall and Hadas, also a kayaking instructor from Terra Santa expedition, embarked on a 6,500 kilometre journey to circumnavigate the islands of Japan. This epic journey took them six months

Leaving from a small marina called Casa Zima, just south of Tokyo, they paddled south on a cold and overcast day heading across Sagami bay. For the next week or so they would remain within the gaze of Japan's largest natural feature, Mount Fuji.

Japan is a land of extremes, tropical in the south yet along the shores of its northern most island, Hokkaido, the seas freeze over in the winter months. Made up of many active and inactive volcanoes Japan lies along the edge of the Pacific's 'ring of fire', receiving up to 1,500 earth tremors every year.

During the early part of their journey Jeff and Hadas faced the constant threat of off shore winds, the strong Asian monsoon winds would be predominant through out the first three months of their journey. Although this bitter cold wind, originating from Siberia created a constant threat it also allowed them, with good judgement to passage the pacific coast, there by avoiding the heavy surf which normally affects this coast line in the summer months and had proved the undoing of previous expeditions.

The hospitality from locals during the first part of their journey was amazing. Often whilst sheltering from these heavy winds Jeff and Hadas would find themselves being invited in to the homes of local families, allowing them to experience this unique culture at first hand.

By early spring they had managed to make it around to the Japan Sea and started to paddle northwards arriving in Tsuruga Wan just before their visa's were due to expire. Japan only allows a 90 day visa, and in early April they returned home to gather more funds so that they could complete their journey.

When Jeff and Hadas started to plan this expedition they had accounted for the typhoons which generated up from the Philippines. Their intention had always been to complete the pacific coast in the early months of the year. On returning to Japan at the height of the summer they would be paddling along the Japan Sea coast. This coast line is normally less affected by typhoons. 2004 however was to prove to be a year of very unnatural weather phenomenon worldwide, and Japan was no exception, and it was only a couple of weeks before they were hit by their first typhoon in a city called Niigata. Lying in their tent they can recall an eerie calm just prior to all hell letting loose and in a blizzard of sand they were bolting for cover in the middle of the night. Returning to their campsite the next day to dig their kayaks out, which had been buried beneath sand from the typhoon. The heat at this time was much more to Hadas's liking than Jeff's, 35 degrees and 80% humidity was a far cry from the freezing winds experienced in the early winter, and constant hydration was essential, despite the heat, progress along Honshu's north western coast was quick and it wasn't long before they arrived in Kodomari, their point of crossing to Hokkaido, despite

a further typhoon delaying them for a couple of days they managed to cross the Tsugaru Kaiko (Straits of Tsugaru) without incident, and they continued northwards, eager to arrive at the Shirotoke peninsular.

Shirotoke, an Ainu word meaning 'The end of the Earth' (Ainu, the original inhabitants of Hokkaido) is to the Japanese their very own Alaska, home to much wildlife, from

Grizzly Bears to Orca's. On their first day they sat watching as a brown bear took Salmon straight from the river mouth. During their journey around this northern most

**"Bad news Jeff I'm afraid, you have a super typhoon coming your way, its the strongest typhoon recorded in Japan and its course is right over your present position"**

island they were to be hit by a total of three typhoons and had earned the nickname of 'The typhoon magnets' by the Japanese media which had been following their progress, just days before crossing back to Honshu, Jeff received a call from Edo San, back in Tokyo. Ed had been updating the pair with weather reports through out their journey "Bad news Jeff I'm afraid, you have a super typhoon coming your way, its the strongest typhoon recorded in Japan and its course is right over your present position". No sooner had Jeff put down the phone when it rang again, this time good news. Shinya San, a very accomplished expedition paddler who had been following the progress of the expedition had seen what was coming and offered them refuge at his home in the Niseko mountains, this was one of the true highlights of the entire journey. This warm, affable man kept them entertained with his exploits around Cape Horn and the Aleutian islands, and sharing time with him and his family was most special. Two days later saw

them re-crossing the Straits of Tsugaru, and back on Honshu, every day would now count. Reaching Iwate prefecture the coastline changed dramatically and they started to paddle into one of the most beautiful areas of coastline in Japan, massive rock structures and hidden coves, beautiful bays, including Sanriku.

In 1896 Sanriku was hit by the largest tidal wave ever recorded, over 20 metres high this wave hit the many small fishing villages along this stretch of coastline, causing massive amounts of devastation, as well as claiming the lives of more than 26,000 poor souls.

By now they were only 4-500 kilometres from Tokyo and time was closing in, as they rounded Noto Hanto they experienced some very strange wave



# Paddle Japa

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Hadas Feldman,  
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Crossing Sagami  
Bay, Mt Fuji in  
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Shirotoko Kuma  
(Grizzly Bear)



action, 3-4 ft surf coming from two opposing directions, and winds so strong it stopped them in their tracks. Landing they found that an earthquake in Niigata had just occurred which had been felt across the country. The last three days before they arrived back in Tokyo became a lesson in frustration, thick fog and large swell kept them on a knife's edge. On the last day they had to leave at 2 am, paddling through the night to avoid the heavy fog and after their last open crossing, across Tokyo bay they eventually

arrived back in Marina Casa Zima with only a couple of hours to spare. A total of six typhoons and an earthquake couldn't put a dent in their enjoyment of visiting this amazing country, the places, the wildlife, and most of all the people along the way made this one of the most memorable journeys either had ever been on.

**FACTS: THANKS**

Jeff and Hadas would like to thank all those people who supported 'Paddle Japan' NDK, Lendal, Reed Chillcheater, Palm equipment International, CKUK, Kari-Tec, Falmouth Marine School, and Terra Santa Expedition Centre. The journey was on behalf of 'The Child Growth Foundation'. Any clubs/organisations wishing to receive a presentation on the whole expedition can contact Jeff Allen at Skalybax@hotmail.com. Or call on 01326 373192.

**access for all**

Support the Rivers Access Campaign

[www.riversaccess.org](http://www.riversaccess.org)

## Access poster

On the inside back cover of this magazine you will find the new access poster for you to cut out and stick on the wall.

## Improving Access for Canoeing on Inland Waterways

The Environment Agency have commenced the further study to implement the findings from the University of Brighton study 'Improving Access for Canoeing on Inland Waterways - a study of the Feasibility of Access Agreements'. The Agency has re-appointed the University of Brighton as consultants who will initially look at the Rivers Waveney and Mersey in the period to April 2005. Work on the Rivers Teme and Waveney is planned for 2005/2006 and a start date has yet to be announced.

During February the consultants met with local BCU representatives and held individual meetings with the other interested parties at both the Rivers Mersey and Waveney. Views and information has been gained to progress drafting documentation for access agreements.

This has since progressed to an outline access agreement for the R Waveney being produced for local consultation, assisted by the earlier local BCU work that developed the custom and practice of canoeing on the river. Other activity in hand for the Waveney is for the Local River Advisor, Environment Agency and consultants to survey particular sections of the river from the water. Assessing potential portage and egress/access points and fencing recently erected the Agency are points of interest.

At the time of writing (March 11) the work is said to be on schedule for both study areas and a progress report meeting is planned between the consultants and the BCU staff later this month.

# Cleaning up rivers

Canoeists cleaning up rivers is not new. Regional access officer Mark Davies organised a very successful clean up on the River Eamont in Cumbria. An amazing amount of garbage was collected, particularly plastic and any farmer will tell you about the threat to stock that plastic poses.

Canoeists are ideally equipped to collect rubbish from difficult places, preventing it being blown onto grazing land in the future. Mark arranged gloves, bags and a skip through the NW region of the Environment Agency (EA) and recruited lots of local paddlers to help. They were staggered at how much they collected. The EA officer arrived in her car thinking she might fill her car boot; however, the industrial size skip was only just large enough. Some attempt was made to sort the rubbish so that it could be recycled if practicable.

Last year local canoeist Mike Hinson of Sedbergh Canoe Club suggested that we organise a similar clean up on local river in the south of Cumbria, the river Lune. The Lune is possibly one of the top five white water and touring rivers in England. The Northern reaches of the river form the western boundary of the Yorkshire Dales National Park where the river continues to run through the stunning Lune Valley down to Lancaster. A visit to the Lune is memorable whatever your sport; canoeing, fishing, walking, birdwatching, flora and fauna or to simply picnic and swim at one the water holes full of families in the summer. Canoeists enjoy white water up to Class III, touring canoes enjoy long stretches of water which are less difficult, countless taster and introductory sessions are held at Devil's Bridge and Halton. Ultimately it is a choice river for testing 4 and 5 Star proficiency awards and also all levels of coaching awards for the British Canoe Union. If you want a 5 Star award then Barry Howell will have you swim a good section of the Lune whilst retrieving your boat and anything else that grabs his fancy!

Access to this river is problematic. Historically there has been some angry words and even threat of prosecution. The last five years has seen an amicable arrangement with canoeists demonstrating that they appreciate the special environment, the problems facing the farming community and also the rural residents who need access to homes and farms. The river is paddled from November to March 31st, out of the fishing season. A special access agreement exists for the Rigmaden to Kirkby Lonsdale section which is organised and delivered by the BCU local river advisor, Andy Clifford. This is needed so that canoeists avoid paddling during shooting and fishing events organised by the two big estates. It is this section (Rigmaden to Kirkby Lonsdale) that Cumbria canoeists intend to clean up, as both an environmental gesture and a thank you to the estates who have agreed access.

The clean up day will be supported by both local and not so local canoeists. Jason Beverley, who owns Lakeland Horizons, has kindly offered the use of his Land Rover and canoe trailer to shuttle boats upriver from Kirkby Lonsdale (Devil's Bridge) to the start at Rigmaden. During the descent, the groups will gather as much rubbish as possible. At the same time it is hoped that local angling groups might be encouraged to provide bank support and clean up on the river bank itself. A skip will be located at Devil's Bridge to receive the bags of rubbish.

## Local Access Forums

Are you a member of thinking of becoming a member of your Local Access Forum? If you wish to assist with LAF's by either attending as an observer or seeking membership please we can give you all the information and assistance which you may need. We also have a PowerPoint Presentation which can be used to get the access message across. Most significantly, water was excluded from the CRoW Act which is essentially dealing with land. The Minister has made it very clear that access to and along water is part of the LAF's remit. It is now up to us to make the most of this opportunity.

[info@riversaccess.org](mailto:info@riversaccess.org)

## PADDLE THIS

### Barriers come down at Advie

**One of the early effects of the new access legislation has been to bring to the discussion table the managers of Tulchan Estate and a more open line of communication has now been established. Responsible access/egress will now be possible, without impediment at Advie Bridge. A small part of the obstructive fence, placed twelve years ago to prevent canoe access at this traditional launching location, has now been taken down. The padlock has also been removed from the high gate.**

Tulchan Estate has, in addition, created a new launching point approximately one mile downstream from Advie Bridge. The new location will be clearly signposted at the junction by the bridge and also at the roadside adjacent to the track leading to this very convenient riverside site. The new location, which is situated well away from any potential dangers of passing traffic, may have particular appeal to larger groups requiring to manoeuvre/park vehicles and trailers. Tulchan Estate has been good enough to lay hard standing at the site and have stated they will maintain the car park and track leading to the additional access/egress point. It would be the preference of the estate management that paddlers use this new site, however, we should be quite clear that the establishment of this new car park in no way diminishes rights of access at Advie Bridge.

The Land Reform legislation has acted as a catalyst in helping resolve the situation at Advie Bridge. However, once again it has been constructive, reasoned discussion and co-operation between the relevant parties that has finally facilitated change, progressing this matter to a workable, mutually acceptable stage in the process towards reasonable access. I would take this opportunity to thank all those who have helped improve access to the River Spey at Tulchan, in particular Cairngorms National Park Authority; SNH; Alex Sutherland, Access Officer of Highland Council and Mr Simon Clowes of Davis & Bowring, Land Managers at Tulchan Estate.

**Dave Craig, SCA Spey Adviser**



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# 'Angry' but 'Happy'

13th February

Wild Water Racing At The Burrs, River Irwell



On the 13th February 2005, at the Burrs Activity Centre in Bury, a generally happy and successful Wild Water Racing (WWR) meet was held for, mostly, young and junior Division B paddlers.

The Burrs is a WWR Sprint course, about five minutes long, over which two runs are taken and the times added together to get a result. It is usually suitable for a novice in that if they fall in there is not too much danger. WWR Classic courses are much more isolated and about 20 – 25 minutes in length. Races are for the hardy in February, but are fun.

WWR takes you to interesting and beautiful places. It is not necessarily the case that the Manchester conurbation fits such a description either physically or in terms of the interpretation of place names and dates.

The river at 0700 hrs on the 13th was significantly higher, and angrier, than usual. We, the organiser and helpers, walked along the river exhorting the River God to improve things. The wave and dogleg below the bridge were too severe for the younger paddlers so the course was shortened as a safety measure. The youngsters got some training on the bank from Div A paddlers and were taken down the course for a familiarisation trip. These trips

highlighted some issues – the drops were angrier than usual – so some additional precautions were taken.

As race time approached the river dropped, our abatement requests answered, but the snow arrived. Semi-blizzard conditions ruled until just before race start. The first run was a fine example of young people trying really hard under fairly demanding conditions. At the end of the run the times were close, the sun was out, and everybody was happy apart from one novice veteran who had taken a swim. Everyone felt they had beaten the river.

Just when all seemed to be going well the river got angry again. A young, but fairly experienced, paddler capsized on the wrong side of the river. A line was thrown, he missed it – and had a problem exiting his boat. Safety and parents went in to get him – and although badly shaken and cold he was later OK. Two or three others swam too. So the second run of the Sprint course ended with some upset and disgruntled paddlers, and more of a victory, this time, for an angry river.

Nevertheless, a review of the times revealed something astonishing. The first 4/5 paddlers were all a second apart. That they were all U14 or U16 was a great omen for the future of the sport – in that there is a strong cadre of competitive youngsters. A fix I hear you cry. Far from it I say. The sport runs under a handicap system – so boats with very different run times then get a handicap applied to their times to create a standardised table. It was after the handicap was applied that the short gap between the top 4/5 appeared. In addition two U14/U12 girl paddlers showed their metal in competing and beating boys. The U10s were also in evidence. In the open competition one teenage girl beat her sister for the first time in two years. Happiness returned.

In the end it was an exciting, angry, happy, topsy-turvy day in which the angry elements were overturned by the smiling faces of youngsters who had become themselves the River Gods by a determination to succeed. The prize giving was unique – with so many paddlers so close together. So if they can do it – so can you and me. I am a grumpy old man – so I'll keep the anger to myself – and you guys can just enjoy the fun and be happy.

**Text: Maitland Hyslop**

**Photos: David Leathborough**

## PADDLE THIS

Wild Water Racing is a very safe sport with serious incidents, fortunately, very rare indeed. Statistically (the safety statistics are on the website) it is safer than running, rugby, football, skiing, basket ball and lacrosse, amongst others. It demands a mixture of fitness, technique and 'bottle'. But if you can hold a paddle, as I have proved to myself, you can take part in this sport.

You can find out more about WWR by visiting the WWR site at [www.wildwater.org.uk](http://www.wildwater.org.uk). If you want a photo from this page you can get it from [david@focused-on-adventure.com](mailto:david@focused-on-adventure.com) If you want more information drop me a line at [maitland.hyslop@bopenworld.com](mailto:maitland.hyslop@bopenworld.com) - youngsters are always welcome at our events.





### Southwater Watersports Centre

Cripplegate Lane, Southwater, Horsham, West Sussex RH13 9UD  
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# Out of (your kayak in) Africa

After nine months of climbing outdoors every weekend and indoors twice a week I was getting pretty disillusioned. I needed to try something new, to find another way to waste my time, which is after all what life is about for me; fresh air, fun, and avoiding tedium and steady employment. After careful consideration (for about five minutes) I decided it was time to learn to paddle. I had been in and out of a few canoes, sea kayaks and river boats, in the UK, Canada and the US, but I had never had any formal coaching and this led me, like other people who don't have a clue, to think I was a natural, and would take to kayaking like the proverbial duck... in fact I was more like a frog.



I wanted to see a new part of the world, somewhere different from the mountainous northern hemisphere where I spent most of my spare time. East Africa appealed to me because of reports of the mountains, rivers, and of course, the people. I knew of Mark Savage from the mountain scene (being responsible for many of the modern classics on Mts Kenya and Kilimanjaro) and heard that he operated a whitewater safari outfit. Savage Wilderness safari's offered to set up a tailored five day whitewater course, and I thought what an excellent way to see a bit of the African countryside, and especially drink some water, which seems for me at least the main point to river running. After an initial night in Nairobi, I was picked up by Kris, an outgoing expat mzungu (European in Swahili). Despite coming from Birmingham, Kris had an excellent knowledge of Kenyan culture, and we shared a common interest in the wild places of the world.

Kris had paddled many of the UK's finest stretches of water, worked as a safety kayaker on the White Nile in Uganda, and ran a number of

first descents of rivers in Kenya. He is also a BCU coach. We spent our week on the Tana River, Kenya's longest river, which was still a reasonably good class III/IV level in spite of it being low water season. The five days passed in a blur of long rapids, boily water, waving children, abundant wildlife, mouthfuls of fine Tusker beer and Tana River water. Kris set me up with a fine high volume modern creek boat that kept me from too much submersion. We ran the 8km commercially rafted section of the Tana several times,

interspersed with a fair bit of flat water work. By the end I was together enough to paddle a short section of class IV... well to survive it without a swim anyway! The commercial section has a wide variety of rapids, drops and other features with

*There was very little in the way of rock bashing, even when I completely misjudged a right angled drop, went over it backwards, lost my paddle, floated down another rapid and watched the boat leave for the Indian Ocean*



Above: 30ft fall on the Tana

Below: Aerial photo of Savage Camp, Sagana

Rafting on the commercial white water run of the Tana



names that are now becoming familiar like; stoppers, holes and boily water (which I learned to really hate). There was very little in the way of rock bashing, even when I completely misjudged a right angled drop, went over it backwards, lost my paddle, floated down another rapid and watched the boat leave for the Indian Ocean. Each time something like this happened Kris was there in an instant helping me swim to the side, and cleaning up the mess. An ideal combination; scary fun paddling and the knowledge that I was in safe hands.

excellent equipment including a variety of river boats and paddles, rafts. I got to experiment with the latest Pyranha boats

(managed a good time under water trying to do tail squirts), ancient slalom kayaks and a wide range of different whitewater craft.

After five days of paddling I took myself off to the tranquil island of Lamu on the Indian Ocean coast of Kenya for some R&R with Scottish friends, after which I headed for a few days on Mt Kenya scoping out ice and rock routes while hiding from elephants and buffalo on this stunning mountain. Despite the fact that it snowed on the mountain (it was cold season in Kenya) river temperatures were still very comfortable, and I can also testify to the potable nature of Tana River water, despite drinking pints of the stuff I was never ill; the locals drink it straight from the river and are careful not to put any waste back in, If only we could manage that in the UK.

**By Mark Raistrick and Kris Collyer**

We saw a variety of wildlife. No Hippos or Crocs which are very rare on the section we were on, but many birds; pied, pygmy, grey headed and the rare giant kingfishers. Huge hammerkopfs nests, golden weavers, eagles, the odd snake and even a grey duiker (similar to a small doe). Every day while on the river we stopped to chat to the local kids, women washing clothes and the ferrymen that carry people and there possessions across the calmer sections of the Tana.

The Savage Camp at Sagana (about 95kms from Nairobi) was comfortable and secure, with fine food, company, Tusker beer (a theme of my Kenya trip),

**KRIS'S THOUGHTS**

An excellent course which I hope has got Mark hooked on paddling! So now you heard it from a client's perspective, why not try out Kenya? It has something for everyone...from beginners to the Steve Fischers of this world with everything in between, whether it's whitewater, touring, open canoeing or sea kayaking. Nairobi is also only ten hours from the awesome White Nile in Uganda and both destinations can be easily explored in a single trip. East Africa is fast becoming a world class kite surfing destination for those who want to try something new. Savage Wilderness Safari's are the oldest and biggest adventure sports provider in Kenya. We operate throughout the country with modern serviceable equipment. You can even try out some of the latest range of Pyranha whitewater kayaks. For the more adventurous a 200ft bungee tower is now in operation at the camp. You can do a two week trip for just a couple of hundred pounds more than the Alps. More information can be reached at [whitewater@alphanet.co.ke](mailto:whitewater@alphanet.co.ke). Also check out our 2004 updated website [whitewaterkenya.com](http://whitewaterkenya.com) and or [adventuretrippin.com](http://adventuretrippin.com) for some cool 2005 Kenyan first descents information.

## PADDLE THIS

## Youth freestyle series 2005

This year all young white water and freestyle paddlers are invited to take part in a new series of events up and down the country.

At each event there will be the opportunity to:

- Get free coaching on river safety, river skills and freestyle
- Meet and paddle with freestyle stars from the GB team
- Compete in a fun freestyle competition

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the best three events count.

**Llangollen River Dee:** April 2/3

**Nottingham:** May 2

**Boulters River Thames:** August 6/7

**Nene:** August 20/21

**Teeside:** September 11

**Dartmoor:** October 22/23

For more information email [matt@bcu.org.uk](mailto:matt@bcu.org.uk)

## PADDLE THIS

## Top Club and Club Mark Awards

## Congratulations to Burton Canoe Club and Salford Watersports

Both have recently been accredited for the BCU Top Club and Sport England Club Mark award. They join 11 other clubs to receive the award.

The Club Mark and Top Club awards recognise clubs that are safe, effective and child friendly and there are currently 69 BCU clubs and centres working towards the awards.

Full details of the awards and how to register are on the BCU web site [www.bcu.org.uk/youth](http://www.bcu.org.uk/youth)

## Accredited Clubs include:

Tandridge Canoe Club  
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Halifax Canoe Club  
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Leighton Buzzard Canoe Club  
Macclesfield & District Canoe Club  
Kingston Kayak Club  
Shropshire Paddlesport



# Alan Ward

## Junior Mens Freestyle World Champion 2005

It's been a good start to 2005 for young freestylist Alan Ward. Following on Great Britain's history of success on the World Freestyle Circuit, 18 year old Alan fought it out down under, with the leading kayaking nations to become the new Junior World Champion, the second time the title has gone to a Brit in the last five years. I caught up with Alan at his local spot Hurley to find out how he won.

### Congratulations Alan. What was it like to be competing at the world championships?

It was both exciting and nerve racking at the same time, it was cool to be paddling with some kayaking celebrities. I really enjoyed watching some of the other international paddlers.

### Did you learn anything from the experience?

I spent a lot of time watching other paddlers on the water and the way that they were using the feature, I learnt from them. I also learnt how to keep a steadier nerve!

### How did you prepare for the competition?

I was preparing for two years! I entered as many competitions as I could, learning and getting experience from competing. 2-3 months before the competition I was eating healthily, so no Mac Donald's. Then over the Christmas holidays just before I went to Australia I was paddling every day here at Hurley.

### What's next for Alan Ward now that you have a World Championship Gold Medal?

I'm going to spend the next two weeks relaxing! Then this summer I'll start the Euro-cup freestyle series and tour Europe then I might go to the States to paddle out there.

### How did you get into kayaking? Where did you learn?

I started at Marlow Canoe Club. My dad taught me to roll and took me on my first river trip when I was 11. I started paddling freestyle when I was 13.

### What do you think is the best thing about kayaking?

The best thing is paddling with friends and meeting friends at different competitions, kayaking competitions have a really friendly atmosphere and allow you to travel to different places. I also really enjoy the thrill of competition.

### Do you do any other paddling other than freestyle?

At the moment I just paddle freestyle, but I also enjoy free riding, playing the river as I paddle down, the course at Nottingham is good for that. I would in the future like to paddle on some bigger rivers.

### You are taking A Levels at the moment, how do you fit in Kayaking with your school work?

Well, school work comes first, that's what my parents tell me! But I try to fit it all in. My school is understanding and have let me have time off for training.

### On an average day what would you eat for breakfast?

Usually 2 bowls of cereal and toast, also lots of drink its important to stay hydrated. I try to eat good foods all the time.

### Are there any people who have had an influence on your kayaking?

Jacko, who has been coaching me for some time, also German Ollie Grau. I have been on two training camps with Ollie I really enjoyed them. Ollie and Ingrid (Schlot) have a really good outlook on life.

### What would you suggest to young paddlers wanting to paddle freestyle? Any tips?

Don't give up!! Don't take it too seriously always make sure you are having fun! Join a club where you can paddle freestyle and get some good coaching.

### Wise words. What are your long term goals in kayaking?

To win the worlds as a senior! It might be a few years though I am too old to compete in juniors now. Australia was my last chance as a junior so now I'll be competing in the men's class.

Watch this space...! Thanks Alan - good luck!



# Jenny Chrimes

## Junior Ladies Freestyle World Champion 2005

It only seems like yesterday that Jenny broke onto the freestyle scene, since then Jenny has racked up an astonishing number of wins and high ranking results. Some people know of Jenny as Richard's (Chrimes) little sister, however Richard is not the only Chrimes with international talent in the blood stream. Jenny has proved that she's also got the minerals and now has the most prestigious honour of all – a World Championship medal!

**What was it like competing at a World championship?**  
Competing at the world championships was an exciting experience for me, but also proved very stressful at times, especially when moves weren't working and competition was looking tough. But overall it proved to be a quality time in Australia with loads of different kayakers from around the globe.

**Did you learn anything from the experience?**  
I suppose I learnt that goals can be achievable even if they seem far fetched.

**How did you prepare for the competition?**  
I had some great mental and physical preparation from the team coach Pete Catterall, team managers Dave Newport and Terry Best, and not forgetting Jeff Grainger the team physiotherapist who help me a great deal with my shoulder. I took some time before the competition to relax and listen to some Oakenfold, which seems to work a treat.

**What's next for you, now that you have a World Championship Gold Medal?**  
Once my studies are over I plan to do a bit more travelling in preparation for the next world championships as a senior.

**How did you get into kayaking? Where did you learn?**  
I think it was watching my brother in thousands of competitions and me being cold and bored watching from the bank that made me jump in a boat and try it for myself. I

remember getting one of the raft guides to stand in the middle of the lake at HPP until I had mastered rolling, and from there George Oliver helped me a great deal getting on the white water.

**What do you think is the best thing about kayaking?**  
The social side to Freestyle is a real plus, and I think you can go so much further if you have good support and help from friends and family. Kayaking takes you to some of the most exotic places in the world where you get to experience some awesome white water, different cultures and you get to meet some amazing people.

**Do you do any other paddling other than freestyle?**  
Not at the moment, but before I had my hand in Freestyle kayaking I used to be a sprint and marathon boater and went to Sweden with the GBR dragon boat racing team.

**How do you fit in Kayaking with your studies?**  
I don't really, I disappear around the world somewhere have a good time and worry about the consequences when I return.

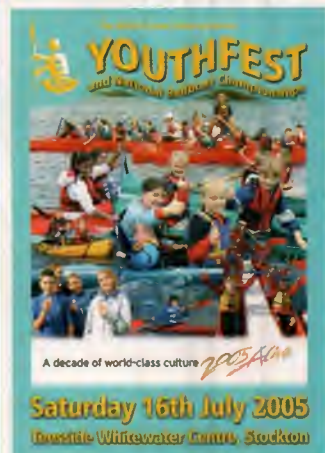
**On an average day what would you eat for breakfast?**  
Anything that's available.

**Are there any people who have had an influence on your kayaking?**

I look up to Dicky, my brother, as where I would like to be with my kayaking. And it's the people like Mark Birkbeck, at [markbirkbeck.com](http://markbirkbeck.com) canoe and kayak coaching, and Pete Catterall the team coach who are really helping me to get there. Not forgetting George Oliver and Chris Jones for their help when I first got on the white water. Also Nookie extreme sports equipment and Robson paddles have been fantastic over the years keeping me dry and well equip for any conditions.

**What would you suggest to young paddlers wanting to paddle freestyle? Any tips?**  
To go and have fun, that's what it's all about at the end of the day.

**What are your long term goals in kayaking?**  
To become as good as I possibly can be, to carry on enjoying Freestyle and experience as much as I can. Simple.



### Youthfest 2005

**Teesside WW Centre, Stockton  
Saturday 16th July 2005  
Come and join us for a day of fun and excitement!**

This year we are in the North East joining in the 2005 Alive Festival as part of Stockton's Waterscape weekend.

There are lots of Paddlepower events to take part in alongside the Bellboat National Championships and the whole event promises to be a cracker! Events include:

### National Bellboat Championships

**Crews of 8 racing head to head Slalom - Diamond Slalom Challenge** – try for one of the Blue, Bronze, Silver or Gold certificates – plus coaching from GB paddlers

**Xstream slalom** – try your boat skills this great new challenge

**Racing** – Lightning and Open Canoe Sprint Regatta and mini marathon – GB coach support

**Fun challenge** – Ergo Paddling Machine Challenge – 100mts timed runs – go for bust and beat your mates!

**Try a boat** – lots of different boats to experience with coaching  
**Polo "Golden Shot"** challenge your shooting and ball handling skills.

**Freestyle** – coaching and demos – flat water and on the Tees White Water course!

**Entries** – are restricted so get your entry in early!

Closing date: 6th July 2005

For details go to

[www.bcu.org.uk/youthfest/html](http://www.bcu.org.uk/youthfest/html) or email [youth@bcu.org.uk](mailto:youth@bcu.org.uk) with your address and we'll send you an entry pack.



**Top honours and prizes went to the following:**

**Under 18 Boys**

- 1 Danny Ward (Div 1)
- 2 Dan Robson
- 3 Semir Ahmed (Div 1)

**Under 18 Girls**

- 1 Sarah Green (Prem)
- 2 Samantha Hayes (Div 1)
- 3 Sophie Britton (Div 2)

**Under 15 Boys**

- 1 Jack Robson
- 2 Daniel Hyman
- 3 Cai Cheal

**Under 15 Girls**

- 1 Emma Noakes
- 2 Rebecca Bettenelli
- 3 Georgia Thomas

**Under 12 Boys**

- 1 Oliver Gee-Howes
- 2 Gavin Collier (Div 3)
- 3 Jamie Thomson

**Under 12 Girls**

- 1 Aimee Robson
- 2 Rebekah Cohring
- 3 Lucy Fry

## Ton up at youth slalom

Sometimes when the days are short cold – it’s pleasant to be able to paddle indoors, so not surprisingly January saw the welcome return of the Crystal Palace pool youth slalom with over 100 youths participating.

The pool at Crystal Palace is a 50m Olympic sized pool with plenty of room for sprinting around in a slalom boat. Identical courses were set in two lanes with paddlers racing head to head, through the six gate course, spinning around, then sprinting back through the same gates but in a different order.

After the course was set and team managers briefed it was time to get the racing underway. 11-18 year old paddlers were to race in their own age categories representing teams from: Islington Boat Club, Barking & Dagenham, Splash Dolphins, Shepperton, Tandridge, Chiswick Pier and Meridian. The racing commenced with the under 18 boys first. Some of these paddlers are already ranked in slalom racing so it was unsurprising to see some clean and very fast runs. In fact it’s fair to say that throughout the age ranges some boys and girls were demonstrating some great racing style.

First runs over and the judges were allowed a brief respite then straight back to the pool for the second runs. In their second runs racers used a different lane to their first to iron out any perceived advantages. Again cheered on by friends and fellow club members some good racing was demonstrated by paddlers, along with some lung burning feats of speed.

With both races complete, no one was any the wiser as to who had gained what position, and paddlers were left anticipating the announcement of times and positions. Finally the scores went up (left). Well done to you all!

Thanks must go out to all the volunteers who worked tirelessly to help the event run smoothly, the team managers for organising their club teams and bringing them to the event. Islington Boat Club for loaning the Fox slalom boats and paddles, and finally Perception Kayaks for donating the prizes.



## Freestyle fun at the Nene

On February 27th, the BCU and Liquid Logistics held a successful event for young paddlers at the Nene White Water centre. Despite freezing temperatures and snow in the air, around 30 youngsters turned up to learn the basics.

Under the expert guidance of Liquid Logistics’ coaches, a whole range of abilities were catered for. Some worked on squirts and cartwheels, whilst others were happy just to remain in their boat! Regardless of their ability, all paddlers left with big smiles, high expectations and specific plans for the future. This event was a first for Liquid Logistics, with additional events already in the pipeline.

For further information on this event or opportunities for your club, contact [james@bcu.org.uk](mailto:james@bcu.org.uk) or visit [www.liquidlogistics.co.uk](http://www.liquidlogistics.co.uk)



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 web site <http://www.arrowmcc.demon.co.uk>

# How did you get to work today?

West to North West 5 to 7 the forecast said as I stood over the TV at 5.15 in the morning in a pair of green 'y' front leggings and little else. It could have been better but with a five-week-old baby boy, I was up anyway so what the heck, lets go for it. My mind drifted back to the previous week in the kitchen at work.

'It's 'leave your car at home day' next Wednesday, an environmental awareness day with prizes for the oddest way of getting to work' a colleague explained.

There in the comfort of the kitchen, surrounded by fellow adventurous I proceeded to puff out my chest and explain how I could walk the 2km from my house on Portland with my sea kayak, abseil down the 70ft rock face with my boat, Paddle 12km to the Weymouth's inner marina disembark and walk the remaining few hundred metres into work. Great the boss exclaimed, Ed you go along and take some photos, so there it was, a sort of plan.

Although no fossil fuels were allowed, no one mentioned lard, so at 05.30 we tucked in to double sausage, eggs and beans in good spirits for the morning's adventure. With the sea kayaks on trolleys, I clawed memories of old physics lessons placing the load closest the pivot and the

The boss stood there smiling and stated that we were late and this wasn't an efficient alternative method of getting to work

effort (that's me) furthest away. We trundled off down the road under the cover of darkness. The 2km walk was really straightforward, we received a few strange looks from early dog walkers and delivery vans as we passed the Co-Op and continued towards the crag.

Having practiced the abseil at the centre the day before, I was confident; as it turned out, I was too confident. I set up the ropes with the sea kayak balanced horizontally and connected straight to the abseil device so that it was suspended above me. I clambered over the edge and dragged the kayak with me. The first few metres were slow and steady, and then I got cocky.

"This is easy", I called to Ed as I began pushing out away from the face with bounding commando jumps. I had witnessed this complacency thousands of times before with the children I took abseiling at this very spot and it always ended badly. My experience was no exception and as I reached the apex of my third and largest bounce the kayak began to rotate and I found myself swinging toward the cliff holding what now resembled a large yellow battering ram. What can I say? When you joust against a cliff, the cliff wins. The bow of the kayak dug into a horizontal crack and stopped suddenly. There I stayed for a second until over balanced and swung backwards against the cliff still clutching the boat. Witnessing this mis-adventure, Ed opted for the slow and steady approach and there we were, on the boulder beach.

We launched at 07.40 and began raving about the calm water, increasing following wind and beautiful daybreak. We glided down the east side of the isle and headed across to the Portland harbour wall. As we left the shelter of the island we began to feel the full force of the 5-7 north westerly and it was closer to the 7 than the 5. The seas were lumpy with peaks that broke over our beam as Ed had the most trouble as his kayak had no skeg but we battled on towards the protection of the sea wall. Two gentlemen in a rather powerful looking RIB whizzed past enquiring after our well being. It is comforting to think that fellow water users look out for each other;



it was only the week before when Ed and I had assisted a kite surfer to the beach when his equipment failed.

When we reached the outer harbour wall it was like a millpond. We followed it swiftly to the next harbour entrance where we once again had to battle the wind and seas. Once we crossed to the mouth of the river the waters calmed and we found some shelter from the head wind.

We cruised under town bridge and clambered out over rocks at the side of the inner marina. We strapped the boats back on their trolleys and completed the short journey to arrive at our place of work – the Weymouth Outdoor Education Centre at 10.30. The boss stood there smiling and stated that we were late and this wasn't an efficient alternative method of getting to work. I must confess that although it's uplifting to enjoy each dawn with a mini adventure – I couldn't do it every day.

**Paul Hurrell**



Ed Long



Paul Hurrell



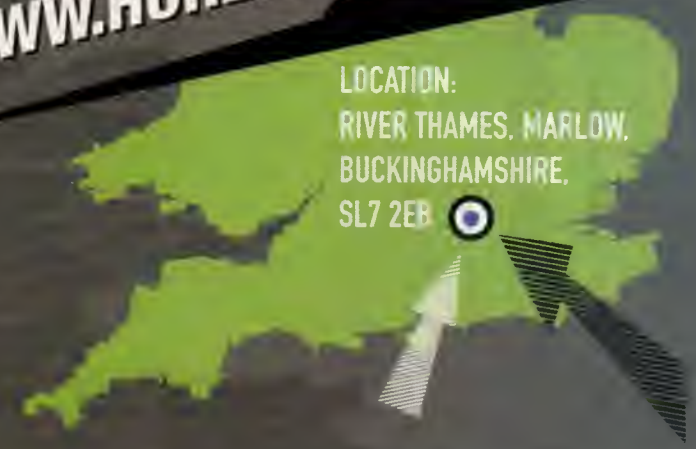
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**Pyranha 56 200.** Green, 8 months old, very good condition. £400. Brighton area. Email Chris: chris.is@ntlworld.com  
**Pyranha Stunt bat.** it comes with two air bags I am selling it for £180. My name is Ruth and my contact number is 07811 867733  
**Rainbow Vector Kayak.** £225 ono Orange. 3 years old Little used. Suit beginner/tourer. Phone David 01904 471933 or Email david@ddwillinkson.freemove.co.uk  
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**Riot Booster 55 in black.** Good condition with ratchet thigh braces, Yxtec construction £300. North East based contact brahamuk@yahoo.com.  
**Riot Tekno** playboat in speckled green. Good condition, with alloy ratchet fittings. Peak UK spraydeck and fins inc. £380. ono. I live in Lincoln but can arrange a demo at H.P.P. or deliver to Teesside or Bala areas. If interested, contact Kevin Elliott on: 07843 683926 or keve.elliott1@ntlworld.com  
**Robson Pogo Paddles** lost on the upper dar/loop on the Sun 23rd Jan. Much loved and easily identified. If you have any information please contact me on 07765 432479.  
**Roft Cross Bars for Renault Laguna Estate,** (latest model), £40 ono. Could be delivered almost anywhere in SW. 01392 811458.  
**Roofrack for Volvo 440.** Paddy Hopkirk kit which comes with 2 roof bars, 4 foot units, & the complete fitting kit. Padded & in vgc. £30 ono. Contact chris\_burnham@rocketmail.com or 01733 241006 or 07050 241006  
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**Savage 'Maniac'** playboat similar to "Whiplash" American boat airbags, padded seat & hips. Good condition. £250. Chesterfield 01246 62904. Phone 07904 543253  
**Slalom boats.** Pyranha prem 2, low volume, light kayak, sparkle gold deck, carbon kevlar hull, suit smaller paddler as a starting boat. Probably 15-20 years old but still good condition. Got me to Div 1. £65 - P8H slalom boat. Carbon kevlar construction, green and white deck, foot rest. About 10 years old. Needs some nose TLC - hence £70. Able to deliver around country attending most Div 1 slaloms Contact rl.graves1@virgin.net  
**Topo Spud,** purple, good condition, ideal boat for a first venture into creeking, drain plug fitted £200. New Wave Strobe, versatile green plastic kayak with a flat hull, ideal all rounder for river running and surf. £175. Pictures available on request. South Devon. 01626 888886 or email g4kpp@hotmail.com  
**Valley Skerry RMX,** red plastic, fore and aft hatches, declines, drop down skeg, vary sound, OIRO £425. Lying off M6 Jct 15. Relocation and wedding so need to rationalise the toys. Tony Ball 07968 036251  
**Van Roof Rack.** A pair of very heavy duty galvanised commercial roof bars and feet to fit Ford Transit, Renault Traffic or similar, quater fitting van. Adjustable in height and width. In excellent condition as never been used. Padded & will easily carry 5 kayaks. £50 ono. Contact chris\_burnham@rocketmail.com or 01733 241006 or 07050 241006  
**Wavesport Big Ez** £250 very good condition, used as general muck-around boat, never done heavy river time. no deep scratches includes Lendal Mania paddle and two airbags - excellent beginner playboat/river package. Dorchester area. Tom Owen - 07977912145, skullfish@gmail.com  
**Wavesport EZ.** Steel Blue. All original fittings. Good condition. £400ono. e.s.bayne@ncl.ac.uk 07709 113379 (North of England)  
**WWR Mission K1 Race Boat,** built by Double Dutch. Carbon Kevlar, very slight glitter orange deck. £700. Contact Nigel Jones 07766504752 nigel.jones@ntu.ac.uk

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**Very cheap sea kayak.** Any condition, anything considered. Please call Dave on 01865 552935 or mail dave.mountain@eng.ox.ac.uk

**Lost**  
**12 Feb.** R.Dee, Mile End Mill. Langloffen. Lendal Mania paddle. Carbon shaft, plastic blades. If found please call Alan on 01760 721552 or e-mail thecharlesworths@tesco.net  
**Lost on the (upper) North Esk** on 8/01/05, 1 x Werner paddle, White blade, black shaft. Contact Malcolm 01771 624 595.


**Stolen**  
**On the night of Wednesday 16 February,** Forth Canoe Club's boathouse in Edinburgh was broken into and several items of equipment stolen. **Boats:** 2 x Double Dutch Screamer surf kayaks (new - yellow), 1 x kayak (black plastic), 1 x sea kayak **Paddles:** 1 x Lettman wing paddles RH - marked J Riddell, 1 x Double Dutch river runner paddles blue blades LH marked Kelso Riddell, 1 x Double Dutch asymmetric paddles LH black South African manufacture) - Kelso Riddell, 3 x Wing paddles blades only - black - South African - in bubble wrap, 1 x ski paddle bag (Cynthia Berry), 3 x wing paddles RH (Cynthia Berry) **Gear:** 1 x blue competition buoyancy aid - marked R Kelso Riddell, 1 x red expedition buoyancy aid - marked Kelso Riddell, 1 x Wetsuit boots Titanium - marked on heels with K, 1 x Wetsuit boots - marked on heels with K, 2 x Dark Blue Thermals, 1 x Light blue Koggy double seal scagoule - marked Kelso Riddell, 1 x Black YAK scagoule - marked Kelso Riddell, 3 x Neoprene Spray decks - Bushsports - marked K Riddell. If you are offered of this equipment or you suspect equipment you are offered may have been stolen, please get in touch with Kelso Riddell via the SCA office or mobile phone 07836 240197. kelso@riddell.demon.co.uk



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## 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](http://www.stubbers.co.uk)

Applications with CV to Bob Edwards (Centre Director) at:

Stubbers Adventure Centre, Ockendon Road, Upminster, Essex RM14 2TY

Or email: [stubbersac@aol.com](mailto:stubbersac@aol.com)

Charity No. 1080941



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](mailto:sylva@lakesideymca.co.uk)

A Registered Charity No. 212810



## RESIDENTIAL CARE WORKERS

(Job Ref RCW 013)

### ACTIVITY LEAD

(Job Ref RCW 012)

Full time permanent positions £12,725 -£15,525 p.a.  
dependent upon qualifications and experience

This is an exciting opportunity for you to work in one of the most respected childcare organisations in the UK directing outdoor education as a means of raising young people's self esteem. You could be working in one of our residential care homes located in Shropshire /Mid Wales or be based in our activity lead crisis care centre in South Shropshire

- Free NVQ III and IV Care training
- The broadest available AALA Licence
- Training towards National Governing Bodies Awards
- 2 day on - 4 day off rota
- Extensive career opportunities



For an application pack contact  
Debbie Pender, HR Manager on

01694 724488

or email [debbie.pender@corvedalecare.net](mailto:debbie.pender@corvedalecare.net)

All applicants must be over 21 years of age, hold a full driving licence and will be police checked. Corvedale Care is an Equal Opportunities Employer and welcomes applicants from all ethnic minorities.



SITUATIONS VACANT

# HORSESHOE LAKE

## Join our team for 2005!

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

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

Season runs April 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](http://www.watersport.freeuk.com) to see what we do!

Interested? Contact us:

e-mail: [watersport@freeuk.com](mailto:watersport@freeuk.com)

phone: 01252 871808

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

## Activity Instructors



To apply visit  
[www.girlguiding.org.uk](http://www.girlguiding.org.uk)  
email: [hr@girlguiding.org.uk](mailto: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



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

Visit our website at: [www.delphiadventureholidays.ie](http://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,               | <a href="mailto:hr@delphiscape.com">hr@delphiscape.com</a> |
| Ireland                   |  |

## Windsurfing Instructor required

Bosworth Water Trust is a RYA Centre located in Warwickshire in the Midlands. We require a Windsurfing Instructor for the coming season, May-Oct. Sailing/Kayaking certificates advantageous. Live in Accom a possibility.

For an Interview please phone Nigel Smith, Watersports Manager, on 01455 291876

SITUATIONS VACANT

## INSTRUCTORS IN OUTDOOR EDUCATION



Enthusiastic multi-activity instructors required for the May to September 2005 season at a busy outdoor centre situated on a hill surrounded by woodland and heaths in Essex. BCU kayak instructor award preferred, plus at least one other skill/NGB qualification to include high ropes, climbing, archery, obstacle course, mountain biking.

Salary £10,162 to £12,781 for 37 hour week depending on experience.

April training course available for suitable candidates. Candidates will need to be 18 (and over) and able to work a flexible week. Accommodation is available on site.

We are looking for seasonal instructors to start in May, however there is some flexibility. This role could help those interested in a long term future in this exciting sector gain excellent experience.

For details and application forms for the seasonal instructor post please contact

Colin Urquhart at Danbury Outdoors,  
Well Lane, Danbury, Essex CM3 4AB

Telephone: 01245 223342

Email: [colin.urquhart@essexcc.gov.uk](mailto:colin.urquhart@essexcc.gov.uk)



## Arnfield Care Ltd

### Instructors/Care Workers Wanted



arnfield care

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

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

Please contact Paul Knowles 01457 860200

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. Minibus driving licence.

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





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## EDINBURGH

THE CITY OF EDINBURGH COUNCIL

people focused on people

**Instructors Required X4**  
**Benmore And Lagganlia Outdoor Education Centres**  
 Temporary, £20,859 increasing to £21,474  
 from April 2005 (pro rata)

These two residential centres in the Scottish Highlands are set in superb locations. Activities include sailing, canoeing/kayaking, rafting, climbing, hillwalking, orienteering, mountain biking, problem solving/ropes, skiing, and environmental studies. You will have previous experience as an Instructor of outdoor activities. You will have attained at least 4 NGBs and hold a current First Aid Award. You will be committed to the value of residential outdoor education and aware of the benefits to individuals in both social and personal development.

**Benmore, by Dunoon, Argyll PA23 8QX**  
 x3 posts, starting May/June for 11 months  
 (Ref No: 3301/S1504)

**Lagganlia, Kincaig, Kingussie, Inverness-shire PH21 1NG**  
 x1 post, starting July for 6 months  
 (Ref No: 3302/S1504)

For further information and application form for the above posts, please contact The City of Edinburgh Council, Recruitment Employment Section, Wellington Court, Waterloo Place, Edinburgh, EH1 3EG or Telephone 0131 469 3263/3264.

Please quote reference number when requesting application form.

Closing date for applications is 15th April 2005

COMMITTED TO EQUAL OPPORTUNITIES



[www.edinburgh.gov.uk/jobs](http://www.edinburgh.gov.uk/jobs)



## Are you up to the challenge?

- IF YOU ARE:**
- Dynamic ● Fun ● Caring
  - Enthusiastic ● Full of initiative
  - Looking for real adventure
  - Eager to work with challenging young people
  - Flexible and willing to work away from home

- DO YOU HAVE:**
- National Governing Body outdoor qualifications and/or
  - Childcare experience



Active 8 Care provide high quality respite and emergency care for young people with challenging behaviour. We use a variety of adventurous activities to encourage positive personal development.

All staff teams are highly mobile and operate throughout the U.K. in specialist vehicles.

## If so contact us now!

Telephone: 01298 85071 / 01253 721457 / 07971 446775  
 or email: [jon@active8care.co.uk](mailto:jon@active8care.co.uk) web: [www.active8care.co.uk](http://www.active8care.co.uk)



SITUATIONS VACANT

## 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

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

### WANTED PADDLERS



### 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](http://www.4thdimension.co.uk)

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



SITUATIONS VACANT

# Calvert Trust

· EXMOOR ·

Registered Charity No. 1005776

[www.calvert-trust.org.uk](http://www.calvert-trust.org.uk)

## ASSISTANT ACTIVITIES MANAGER AND SENIOR INSTRUCTOR REQUIRED

(2 Posts)

Salary circa £15,000 and £13,000 respectively  
(subject to experience and qualifications)

The above posts have arisen due to our expanding business. The posts require you to assist with managing our established team and to deliver activities.

Applicants should ideally hold at least 2 of the following: -

SPA ML BCU L3 COACH RYA SI

The successful applicant should also hold a current driving license with at least 2 years experience; a D1 entitlement would be an advantage.

For further information and an application form please contact

The Centre Director, Calvert Trust Exmoor, Wistlandpound,

Kentisbury, Barnstaple, Devon. EX31 4SJ

Tel 01598 763221

Closing date for applications is 22nd April 2005

## ADVENTURE

## INTERNATIONAL

### 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](http://www.adventure.uk.com) email : [tracy@adventure.uk.com](mailto:tracy@adventure.uk.com)

## 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, Owslebury,

Winchester, Hants, SO21 1EZ

Tel: 0870 9917218

[info@marwellactivitycentre.co.uk](mailto:info@marwellactivitycentre.co.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



## 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'

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ARE YOU LOOKING FOR WORK?

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For more information call Giz on 08705 133 773 NOW!

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



### Northern Ireland

#### OUTFITTING IRELAND

Canoe/kayak rental • Camping equipment • Shuttles • Guides • Skills courses 1-4 Star • Coaching courses (Level 1-3) • First aid/rescue training  
Castlewelan Forest Park, County Down, Northern Ireland  
TEL: 028 4377 0715 Email: [info@mountainandwater.com](mailto:info@mountainandwater.com)

### West Midlands

New waterfront shop  
**Canoe Kayak Trader**  
**0845 456 9533**  
[www.canoeandkayaktrader.co.uk](http://www.canoeandkayaktrader.co.uk)  
Expert advice & the best price.  
Guaranteed!  
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Full range of equipment for all aspects of the sport. Playboating, Fun, Surf, Touring, Racing.  
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### West Sussex

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For all your watersports needs!  
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[www.ukkayaking.co.uk](http://www.ukkayaking.co.uk)  
[www.southwatersports.co.uk](http://www.southwatersports.co.uk) (Training)

### Somerset

**PK**  
66 Uphill way, Uphill Village  
Weston-super-mare BS23 4NT  
Tel: 01934 613612  
Email: [performance@kayaks.co.uk](mailto:performance@kayaks.co.uk)  
Website: [www.kayaks.co.uk](http://www.kayaks.co.uk)

### Essex

**Nucleus Watersports**  
**The Essex Superstore**  
Kayaks, Canoes, Accessories  
[www.nucleuswatersports.com](http://www.nucleuswatersports.com)  
[Sales@nucleuswatersports.com](mailto:Sales@nucleuswatersports.com)  
Tel: 01255 812 146  
204 Frinton Rd, Holland-on-sea, Essex, CO155SP

### Greater London

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EAST MOLESEY, SURREY, KT8 9SQ  
TEL/FAX: 0208 941 2714

# New horizons for Perception

Perception have enhanced their range of accessible day tripping boats with the release of the Contour and Horizon for 2005.

The stable and quick Contour has been designed for adventurers, of a variety of skill levels, who wish to explore everything from their local canal to coastal waters. The carefully balanced cockpit styling makes it ideal for both male and female paddlers of a wide range of sizes.

The Horizon is a twin cockpit tandem for partners and friends to get afloat in a stable and quick kayak. The design is good for inexperienced paddlers and opens up opportunities for accomplished adventurers. Compact styling makes it ideal for exploring canals, rivers, lakes and coastal waters.

These kayaks are outfitted for comfort and control with Perception's Expedition specification. Both kayaks are competitively priced and at £550 for the Contour and £650 for the Horizon.

The Horizon is the first new rotationally moulded tandem kayak of its type to be produced in the UK for over a decade and is another example of Perception's commitment to high quality boat manufacture in the UK.

Perception have made a large investment in new rotational moulding equipment at their Sussex facility. This new machinery was commissioned in time to undertake the first production of the Contour and Horizon ready for 2005. For further details contact Perception on 01825 765892 or check [www.perception.co.uk](http://www.perception.co.uk)



# Me, the boy and the McDonald Ma

Turning up at the wedding with the sea kayak was not entirely unexpected, any chance to grab a paddle couldn't be missed. Waking up in the morning in my van with a sore head and still wearing my kilt was not a good start, so it was a slow drive to Skye and a early night.



I was told N.W. Skye was well worth a visit so it was off to Bracadale, where after parking the van at a small jetty was informed by a local character that it was foolish to be going out on my own. I assured him I had done a little before and said I would be back in three days. The forecast was good, but the wind was blowing from the N.W. and it started to rain.

There are lots of interesting islands in Loch Bracadale and it was very quiet as I headed to the steep cliffs of Idrigil Point and McDonalds Maidens. I had seen them marked on the map and was intrigued. I have climbed the classic sea stacks and have always found them fascinating and the reason for there name was obvious as I came round the headland. The large figure of McDonald looming over his maidens. The coast is committing and not a place to be caught out in bad weather. Steep cliffs guard a few sparse landing areas and the view of the outer Hebrides is stunning even in the hazy light that seemed to be hanging in.

I found a pebbly beach with a large cave and decided to pull in for the night. There are many things I

like about solo paddling and one of them is you can decide when you wish to stop and enjoy the evening. You always need to allow time for set up and for moving gear on your own. My initial thought was a doss in the cave but although there was plenty of room, there was also a royal stink from the rotting seaweed.

Further exploration amongst the huge boulders found a large flattish rock on which to pitch the tent, it bought back memories of a climbing trip in India trying to climb a new route in Parbatti valley. Our second camp was on a solitary boulder on a huge glacier, three of us crammed in to a small tent at 5,000m.

In the bay I met a new mate, a boy with not much conversation but the views made up for it, the sun setting over Harris and Uist was spectacular. I woke up in the morning with a stiff back having slipped off the thermarest onto the boulder. The bay was full of razorbills and guillemots who seemed to be very tame compared to Anglesey. The shags however, were their normal nervous self – all bobbing heads and frantic fleeing.

I left after a coffee, said goodbye to the boy and headed north towards Niest Point where high pressure prevailed and I stopped at Lorgill bay for some lunch. A great place to camp with some old shielings about. There was the usual flotsam and jetsam, lemonade bottles from Chile, oil containers from Spain, litter from all corners of the world in a beautiful place. I remembered on Ulva on Mull, I found my only message in a bottle, a message from some bored lifeguards in Dublin offering a five pound reward to anybody who found it. Needless to say I never got my fiver!

I headed for Neist point and the lighthouse. It was a beautiful evening and visitors were wandering around as the lighthouse offers self catering accommodation and has stunning views. I set up my tent and settled down, whereupon a honeymoon couple came down for a visit and asked if I would like to join them for supper. I declined – two being company and three definitely a crowd in this case! I left early around the lighthouse and passed the fantastic cliffs and razorbills. I came across a couple of lads in sea boats, who had had a big day the day before so they were on schedule to get back to work.

The aim was to get back to Dunvegan around Dunvegan head and after two hours battling into a head wind that was increasing. I turned tail and ran into LochPootiel where I landed and was immediately offered a cup of tea by a lady in a motor home. She was waiting for her husband to return from fishing, crab claws and sandwiches followed, it still amazes me the kindness of strangers. Hitching however was a little trickier, even with a set of Splits in my hand. However, I eventually got a lift to Dunveginby from a German couple and another hitch got me to Bracadale and the van.

I drove back picked up the boat and decided to camp at Dunvegin. I asked the campsite owner about the local pubs and he gave me a few options including the local's local. It took a long to find and a barbecue was going on for the landlord's birthday when I eventually arrived. An unsteady hand shoved a sausage into my hand and smiling faces full of lively stories ushered me in.  
**Olly Sanders**

## PADDLE THIS

Olly Sanders runs expeditions and courses for through his company, Rock and Sea Adventures. Check the website out at [www.rockandseadventures.co.uk](http://www.rockandseadventures.co.uk) or contact [ollysanders@aol.com](mailto:ollysanders@aol.com) or phone 07816 842017

# idents



## LIGHTER THAN WATER...

## STRONGER THAN ROCK

Photo: D. Hardy - R. Kelly

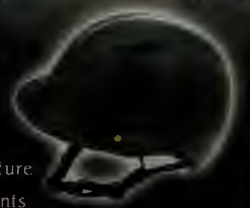
### Professional range

The blade construction is a high molecular polymer injected through quadriaxial fibres at a pressure of 3,000 psi.

Such a fantastic production process has pushed the boundaries of technology. The professional paddles offer the highest specification at realistic prices.

### NEW FOR 2005

Skid lids are a new concept in the manufacture of helmets, that offer significant improvements over other helmets. The CL approval demonstrates up to five times as much shock absorbancy in multiple impact tests.



## From Budget to Pro range Sea - Canoe - Whitewater

*Ainsworth*

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

## Peak UK jackets for 2005

The X3 Deluxe long sleeved dry top has been updated for 2005. This new piece of apparel features the most freedom cut yet. Combine this with a three layer breathable shell with super tough Ballistic shoulders, back of neck and elbows makes this the top dry cag for 2005. The Combi short sleeved jacket is a unique new concept. Imagine a jacket for most occasions, cold morning, hot daytime, cooler evening. This jacket covers it all. It's a shorty, with double latex / neoprene arms, a single comfy neoprene Aquatuck neck plus a set of detachable titanium neoprene arms! Slip them on and off as the conditions change. These flash arm warmers come neatly stowed in the jackets very own pocket. Both jackets feature a totally new waist design allowing superior tensioning and a light weight inner, making for less bulk around the middle. The X3 Deluxe sells for £185 and the Combi £125.



Tel: 0115 9813222  
[www.kayakstore.net](http://www.kayakstore.net)

# Breaking the ice



## Skin200 Merino lightweight underwear Skin260 Merino midweight bodywear

I'm wearing the garments right now as I write this. In fact, I've rarely had them off my back for nearly a month now as I get into the grind of my first weeks training for a triathlon in the late summer. I've kayaked, run, cycled and generally just slumped around in the most comfortable garments I have worn in a very long time. Wearing the Skin200 as a base layer and the Bodyfit260 as a mid layer I have never been caught out - we feel like the best of mates.

The garments are snug, warm and very comfortable - it just feels fantastic next to the skin with no scratching or discomfort sometimes attributed to wool. It's many times finer than what we know as wool and that's why Merino feels super soft to the skin. Icebreaker has labelled it the 'miracle fibre' and I have no reason to argue. The garments are made from 100% natural merino wool gathered from sheep living in the mountains of New Zealand.

The merino wool as well as being extremely comfortable, never smells much. I have had these garments on and off my back now for nearly two weeks and haven't washed them in that time. However, I can honestly say there is no sign of the whiffs. Merino has an excellent ability to regulate temperature and whilst when totally saturated it does take longer to dry than synthetic fabrics - it stays warmer as it does. I forgot all about it - it simply did its job.

Icebreaker merino is a complex protein based fibre made from keratin, the same constituent protein as found in our skin, hair and nails - natural and renewable. It is green and totally eco friendly, unlike synthetic fabrics which are petrochemical based.

The Skin200 Long-Sleeve Crew (£39.95) comes in a colour called Storm (blue/grey) or black with the leggings in black (£38.95).

The Bodyfit260 Long-Sleeve Crew looks stylish in its two tone charcoal/black combination (£49.95) with the leggings also in black (£49.95).

Although the Icebreaker gear seems expensive at first glance - there is no doubt they are worth every penny. I cannot recommend them highly enough.



### Summary

- No Odour: Icebreaker is naturally anti-microbial so it does not become smelly like synthetics.
- Moisture management: Warms and cools the body by absorbing and releasing moisture.
- Insulation: Millions of tiny airpockets in the fibre trap more air to keep you warm when you need it.
- 100% Natural: Icebreaker is made from 100% natural merino wool.

For more information contact Simon Bennett at Ocean First Ltd on 01752 829362 or visit [www.icebreaker.com](http://www.icebreaker.com)  
 Peter Tranter

## PADDLE THIS

### Cha Cha Charleston

The Charleston from Dagger bridges the gap between easygoing recreation kayaks like the Blackwater 10.5 and the more expedition orientated models such as the ExodusX sea boat. Coming in two sizes this touring design is ideal for use on Estuaries, lakes, canals, or slow moving rivers.

At 14' and 15' the design is quick through the water and the inclusion of a drop skeg as standard keeps you true tracking - ideal for those developing their skills or when you want to push it a bit. With a wide centre beam and flared side walls the hull offers good stability and lets you easily manoeuvre. Should the going get a little more exciting the raised bow and rounded deck reduces wash from chop.

Like most other models in the Touring line it comes in a range of specifications centred on the inclusion of bulkhead sealed dual density hatches. But what's impressive about this boat is the number of standard features you get for the price. Try: padded seat and backband with cam lock adjustment, adjustable thigh braces, front and rear decklines, cockpit operated drop skeg and keeper adjustable foot braces

Prices range from £399 for a basic version up to £499 for the Expedition spec. Call Dagger Europe on 01275 798 100 for a free poster and sticker; or look on the web at [www.daggereurope.com](http://www.daggereurope.com) for your local stockist.





# A watch to be seen anywhere

## Nite GX30

A camping trip at the weekend should put this watch to the test I thought and indeed it proved itself very well. With plenty of darkness and water it didn't stretch the watch to its limits (no 200 metre deep scuba dives!) but it did highlight its strengths. The key feature of Nite watches is the dial illumination system they use called Gaseous Tritium Light Sources (GTLS) – a specialised technology.

This makes the watch easy to read in low or even better – zero light conditions. In fact, Nite claim this illumination system is up to 100 times brighter than normal luminescent paint or phosphorous dial markings. This benefits you by giving the right time at a seconds glance, regardless of the conditions, without pressing awkward buttons. All the quartz movements are powered by long life silver oxide batteries.

The watch itself is a very desirable looking timepiece finished in brushed stainless steel with a midnight blue face giving it an impressive aurora. In addition, it has an exceptionally hard scratch proof hardened sapphire crystal glass face and is suitable to a water depth of 200 metres. The watch I am reviewing has the stainless steel strap which I personally would swap for the polymer option where kayaking is concerned as they are much easier to keep clean.

One very minor niggle may be that the domed glass sometimes catches light reflections in the day making the time difficult to read at first glance. However, the real beauty of this watch is you can be seen wearing it anywhere – from black tie dinners to the roughest of outdoor pursuits and you can also



see the time anywhere with no fuss due to the powerful dial illumination.

- Options: Cases and bezels come in brushed stainless steel or a titanium nitride gun metal finish over stainless steel.
- Three styles of bracelet – brushed stainless steel, black, blue or grey polymer and gun metal.
- Five dial options: Sunray Black, Sunray Silver, Solid Black, Midnight Blue and real Carbon Fibre.

The GX30 will retail from around £300 to £360.

[www.nitewatches.com](http://www.nitewatches.com) or call 01202 468866

## Nite GlowRing Safety Marker

This was a great little device to have last weekend on the camping trip. I attached the GlowRing Marker to my torch in the tent and it worked a treat for quickly finding it in the middle of the night in pitch black. Nite claim that the light can be seen from 50 yards away in complete darkness, which seems about right and that is where the strength of this little device lies - in complete darkness. When light sources come into play, this reduces the visibility as you would expect to be honest.

This highlights the fact that the GlowRing is environmentally friendly and does not use batteries as it light source, depending instead on GTLS, the same technology the watch uses. Nite claim these special light sources will glow for up to ten years and beyond, making these little devices useful for many years.

The Nite GlowRing Safety Marker is only 48 mm long and made up of an unbreakable, clear tinted polycarbonate casing. At £9.99 it has limitless uses and they are available in three colours – vibrant pink, cool green and ice blue.

[www.niteproducts.com](http://www.niteproducts.com) or call 01202 487757

Tony Cornwell



## Storm Kayaks makes a splash

Storm Kayaks have announced that they will be open for business at the end of March 2005 and will be introducing two new kayaks.

The Force 1 recreational, has a large open cockpit, comfortable moulded seat, foot rests and grab handles. Combined with a proven hull design makes for an enjoyable introduction into kayaking. At only £250. Storm kayaks feels that they are making the sport "more accessible to the beginner and the family".

The Force 3 is a general purpose kayak and based on a hull design which will make you feel confident and stable, which is important in the early days of moving water. Supplied with a comfortable moulded seat, easy access cockpit, grab handles and drain plug. Prices from £295.

The Force 3 is also available in white water specification as is the Force 5 at £355, with all the features of the Force 3, but with added foot rest, back rest and knee brace.

Storm kayaks owner Tony Hutchings said "With the Force range of kayaks targeted at the introductory market, we will also sell other branded kayaks as well as a comprehensive range of clothing and equipment".

During April buyers of any Force kayak will receive a free paddle worth £59.99.

For further details Please check out there web site at

[www.stormkayaks.co.uk](http://www.stormkayaks.co.uk) or call 01273 465406



## READ THIS

### White water kayaking

Olli Grau

This book covers all aspects of white water paddling from basic principles, choice of equipment, through signals and safety to expeditions and extreme river running. The book is richly informative through the use of graphics and images and is presented in a crisp and clear design that is a joy to read. What comes through with this book is that it is written by a paddler who is undoubtedly a great exponent of the sport.

Whether beginner or expert – this book fits all.

Palm is distributing White Water Kayaking in the UK and copies are available with a RRP of £19.99.

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



## Events

### Liquid Life Festival

**River Tummel, 28-29th May**  
Entries are filling up steadily and we have many new entrants who did not participate in last year's event which is fantastic. We have entries in all the kayak categories and there are also entries in both classes of rafting. Details about the festival including the boater X, raft races and sponsors can be found at [www.liquidlife.co.uk/festival.html](http://www.liquidlife.co.uk/festival.html).

### Saturday 16th April 2005

10am-2.00pm

Castlegate Quay Watersports has recently been taken over by Tees Active Ltd and has a flying start to the 2005 season with progression in Paddlesport and Sailing. For details on the day please call the centre on 01642 528689.

### Hereford County Canoe Club

**Sunday 5th June**

Are holding the Annual Charity Paddle on the River Wye between Hereford and Ross. It will take place on Sunday 5th June and will be in aid of Hereford County Air Ambulance. The paddle will be a leisurely 27 miles with paddlers proceeding at their own pace allowing a maximum of nine hours. Water conditions are mainly slow with occasional simple Grade 2 rapids. There are good launching, landing and recovery sites with a half way stop at a field for lunch, shower and bar facilities at the finish.

Entry fees will be £5 for each paddler. Entry and Sponsor forms available from: Jan Davies, 3 Prior Street, Hereford HR4 9LB. All proceeds will go to the Hereford County Air Ambulance.

### WEBSITE INFO



For more information on events visit the BCU website at

[www.bcu.org.uk/news/events.html](http://www.bcu.org.uk/news/events.html)

### Newark CC Open Day

9th-10th April 2005

Want to try canoeing? Want to see what the latest boats are all about? Want to be part of a fast growing club that offers something for all? Want to enhance your life and the life of your families with outdoor activities? Want to develop your existing canoeing and kayaking skills and learn from our experienced coaches and members?

If the answer to any of these questions is "YES!" then why not drop in on Newark Canoe Club? Paul Bull, Chairman of Newark Canoe Club said "Last year's event was fantastic. We had lots of visitors trying out the various canoes and kayaks that were on demonstration. We're hoping to improve on last year, and of course getting the support of Morton Boats, Pyrahna, Chillcheater and all the other manufacturers have helped our cause. Newark Canoe Club is ideally placed, with Holme Pierrepont only 30 minutes away and the quality of Thurby Lake is second to none!"

For more information please call 01636 707712, email [info@newarkcanoeclub.org.uk](mailto:info@newarkcanoeclub.org.uk) or visit [www.newarkcanoeclub.org.uk](http://www.newarkcanoeclub.org.uk)

### BCU 'silly hat' Medway Tour

Sunday 1st May 2005

Yalding-Teston-Yalding-Sluice Weir-Yalding (10.4 Miles)

Celebrate Spring once again with a casual paddle on the Medway in countryside of outstanding natural beauty. Just to get the event into the right mood we would like all participants to wear a hat... the sillier the better!

Travel to Yalding (Grid Ref 690498) where you can either park on the road just to the North of the bridge or pay for parking in the field just to the South of the bridge.

We will meet at Yalding Automatic Sluices (by The Anchor pub) at 10.15am for a 10.30am start. The aim is to paddle a figure of eight course in four stages. All grades of paddler are welcome.

The tour format has been chosen to provide you with options on distance (with the idea that it will allow juniors to join in) and to avoid shuffling cars (with the exception of the Stage 1 only option).

There will be an entry charge (on the day) of £2.00 per BCU member on production of a current BCU membership card and £4.00 for all other paddlers which provides third party liability insurance up to £2m.

At the time of writing, it is assumed that the Medway Licence arrangement will still be in place. Non BCU members can obtain Medway River licences prior to the event from The Environment Agency, Kent Area Office, Orchard House, Endeavour Park, London Rd, Addington, West Malling, Kent. ME19 5SH (Tel. 01732 875587).

For further information please contact Norman Brooks on 01634 241350 e-mail: [norman.brooks@delphi.com](mailto:norman.brooks@delphi.com)

### NW weekend – Teesside

28th-29th May 2005

As with previous years, the weekend will comprise of a day devoted to competition, and a day devoted to coaching, and on both days there will be plenty of opportunity to take advantage of the excellent facilities provided by the white water course.

### Competition Day, Saturday 28th May 2005

Downriver races, canoe polo challenge, sprint, flat-water slalom, freestyle and Ergo challenge.

There will be five divisions, U-13, U-16, men, women, and veterans (over 40). Prizes have been donated by Nookie.

### Sunday 29th May – Coaching day

The coaching day provides an excellent opportunity for paddlers of all ages and abilities to learn new skills, improve technique, or try a new discipline.

As in previous years, Brookbank Canoes of Stockport will be on site for the weekend with a wide range of demonstration boats and equipment for paddlers to try out without obligation.

The cost for the North West Weekend will be £10 per paddler per day, or £15 for both days. Spectators will be able to view free of charge, and will be positively encouraged and welcomed. Paddlers will be able to pay on arrival at the site on both days.

If you wish to book your places in advance, this can be done by contacting Andy Noblett the event organiser, on (01254) 248457, or via email at [andy.noblett@bluecarrots.com](mailto:andy.noblett@bluecarrots.com). For up to date details: [www.clitheroecanoeclub.org.uk](http://www.clitheroecanoeclub.org.uk)

### The Stackpole Sea Kayak Festival

28-30th May, 2005

The National Trust Wales and the Welsh Canoe Association are working together to present a brand new event on the annual sea kayaking calendar for 2005 – The Stackpole Sea Kayak Festival. It will be a chance for sea kayakers from all over Britain to come and enjoy the fantastic coast and islands of southern Pembrokeshire.

The event will be part of SeaBritain05 a celebration of Britain's maritime heritage since Nelson's time. Stackpole is an appropriate place as it was thought to have been one of the last places he spent shore leave before Trafalgar. What's more, Lady Hamilton is believed to have been involved too!

The event will be based at the Trust's residential Centre at Stackpole, ideally situated just half a mile from the NT's Stackpole Quay and Barafundle beach (voted Britain's best, last year). The Centre will provide fully catered accommodation for £100 or just camping based at £50 for those on a tighter budget. Day tickets will be available too.

The theme of the week will be "Paddling lightly..." meaning enjoying the superb surroundings whilst appreciating and caring for its local wildlife. There will be island trips, coastal journeys, beginners' sessions, rolling clinics, interesting talks, good music, barbeques and hopefully lots of good company! We hope to have a clutch of level 4 and 5 coaches on hand to guide the paddling.

For Bookings or further information contact: Gez Richards N.T. Centre Manager on 01646 661464 email: [gez.richards@nationaltrust.org.uk](mailto:gez.richards@nationaltrust.org.uk)

### "Have a go day"

16th April

A/S Watersports are hosting a "Have A Go Day" Exeter Devon

Have A Go Days are a great opportunity to try different styles of boats from open canoes, sit-ons and touring kayaks.

Supported by all the major suppliers this event will be held on the Quay in Exeter, site of the South West Canoe Show, a pleasant canal venue with waterside cafes, restaurants and convenient parking.

The event runs from 9.30am to 5pm and is open to all that would like to have a go at paddling a range of recreational kayaks and canoes to help them decide which boat is right for them.

For further information see [www.aswatersports.co.uk](http://www.aswatersports.co.uk) or phone 01392 219600

# access for all

Support the Rivers Access Campaign



**FACT: Over 98% of rivers have NO access rights to the public.  
The River Access Campaign's aim is to secure greater access  
to rivers for all users.**

**[www.riversaccess.org](http://www.riversaccess.org)**

British Canoe Union, John Dudderidge House, Adbolton Lane, West Bridgford, Nottingham, NG2 5AS  
Tel: 0115 - 982 1100 Fax: 0115 - 982 1797 web: [www.bcu.org](http://www.bcu.org) email: [info@riveraccess.org](mailto:info@riveraccess.org)

# TSUNAMI

A REC BOAT THAT THINKS  
IT'S A TOURER, OR THE OTHER  
WAY AROUND?



IT HAS BEEN OUR CUSTOM AT WILDERNESS SYSTEMS TO SELECT BOAT NAMES THAT SHOW OUR RESPECT FOR WATER — ITS BEAUTY, ITS DIVERSITY, ITS POWER. OFTEN, THE NAME HELPS DEFINE THE BOAT'S STRENGTHS AND CHARACTER. WE INTRODUCED THE NEW TSUNAMI FALL 2004 WITH THE SAME INTENT. BUT DECEMBER 26, 2004 CHANGED THAT. IT IS ONLY FITTING THAT THIS BOAT, THE TSUNAMI, ACKNOWLEDGE NOT THE AWESOME FORCE OF NATURE, BUT SHOULD MORE RIGHTLY HONOR THE HUNDREDS OF THOUSANDS OF VICTIMS IN SOUTHEAST ASIA WHO LOST THEIR LIVES, THEIR HOMES, THEIR LOVED ONES TO ITS DEVASTATING POWER. FOR EVERY INDIVIDUAL WE SELL THIS YEAR, AND NEXT YEAR AND FOR AS LONG AS WE MANUFACTURE THEM, A PORTION OF THE PROFITS WILL GO TO AMERICARES, FUNDRAISED TO HELP THE SURVIVORS REBUILD THEIR LIVES.



The all-new Tsunami. Fusing rec boat stability with touring boat outfitting and performance. Easy for beginners to master. A go-to day tripper for more experienced paddlers. Available in easy-to-manage 14- and 14.5-foot models, with hatches, bulkheads, deck rigging, performance Phase3 — and a very cool price — standard. Landing at your friendly Wilderness Systems dealer this fall.

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