

Canoe

FOCUS

Features

French midnight rodeo

Chilean venturers

Canadian DoE Awards x 2

Big boys in Spain

and more...

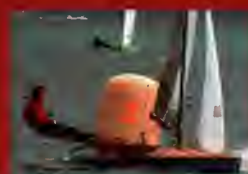
Italy's Sorba Slides

7 pages of
jobs in this
issue

October 2005 (No. 157) £2.00



Competition:
Polo European
Championships...
More gold!



Competition:
International Canoe
Sailing World
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The BCU vision is to:

enable our members, partner
organisations and the wider
paddling community the best
available opportunity to achieve
their potential in all aspects of
paddlesports.

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

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

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THANKS

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Front cover photo: Tom Sibbald – Provider of paddlesport expeditions
coaching and qualification courses www.canoeoaching.co.uk

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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@canofocus.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.

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Comment

by Paul Owen, Chief Executive

Peter Begent

1934-2005

I knew Peter personally for 32 years. He was unconventional I didn't always agree with him, however, he was a great man, a good friend, and he made an enormous contribution to our sport. To read extracts from the eulogy given at Peter's funeral, which gives but a brief glimpse of his very full life, turn to page 12.

What a busy couple of summer months! There have been lots of events over the summer and plenty to report on. We are also continually working to improve the benefits you receive as a member.

Members

New website

The BCU has launched a new website, replacing the previous with a more up to date one. For Canoe England members, the website includes a member's login area, where amongst other things you can view the current member benefits available and amend your address.

If you don't receive an email from the BCU with details of your login and password, go to the 'Create Login Password' tab which is under, 'Membership' in the Canoe England part of the site. Here you will be able to enter your details and create your own password.

If you have any difficulty in logging into the members' area of the new website, you can email:

memberlogin@bcu.org.uk

Visit the new website at www.bcu.org.uk. It would be great to get your feedback, so if you have any comments about the website, email chloe@bcu.org.uk.

Cotswold supports youth paddling

Cotswold Outdoor has teamed up with the BCU to save you money whilst supporting a worthwhile cause. In addition to the 15% discount to BCU members, Cotswold will donate £5 for every £100 spent by members in their stores or on-line.

This gives you a valuable discount on an extensive range of quality outdoor clothing and equipment and, at the same time, help raise money to create and develop opportunities for children to participate in this fun and healthy sport.

So it's a great deal for you and a great deal for the paddlers of the future.

MBNA credit card

The BCU has linked up with MBNA to offer you a platinum credit card with great benefits.

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Each time you spend money using your credit card 0.25% of all money spent will be donated to create better canoeing

opportunities for children. You will find an application form enclosed in this edition of Canoe Focus. Simply fill in the form, it takes five minutes, and return to MBNA free of charge.

Volunteer survey

Thanks to those who have taken the time to fill in the volunteer survey that was recently on our website. We are currently collating the results and the process is nearing completion. Congratulations to Hailsham & Eastbourne CC and Ian Pitchford who both won £100 of Cotswold vouchers.

BCU news

BCU Equity Symposium

As part of the BCU's commitment to achieving the 'Generic Equity Standard for Sport', Canoe England will be hosting an Equity Symposium at the NWSC on Saturday 26 November 2005. The event will include the launch of the new BCU Equity Plan as well as a mix of keynote presentations and discussion opportunity. The day will also include an opportunity for discussion on specific priority groups: women and girls, people with a disability and people from ethnic minority communities, all of whom are underrepresented in the BCU. The overall objective of the day will be to develop the BCU's Equity Action Plan.

For more details and to register your interest in the symposium contact Richard Ward paddlesport4all@bcu.org.uk

Medallists

Marathon Europeans

GB Canoeing celebrated when double World Champion, Anna Hemmings took gold in the women's singles K1 class at the Canoe Marathon European Championships in the Czech Republic on 23rd July.

Marathon Worlds

The Marathon World Championships are taking place in Perth Australia on 7-18th October. The marathon team was announced after the National Championships. The full marathon team includes; Anna Hemmings (**Senior women K1**), Joanne Bates / Nicky Taylor (**Senior women K2**), Steve Baker, Ben Brown (**Senior men K1**), Paul Slater / Paul Prestwood; Paul Wycherley / Ben Farrell (**Senior men K2**), Louisa Sawers (**Junior women K1**), Andrew Daniels / Allen Spencer (**Junior men K2**).

Polo European Championships

The women's Great Britain team stormed to victory and won gold in the sixth European Canoe Polo Championships. The men's GB team also proved their ability by winning the silver medal. see page 20.

Sailing World Championships

Great Britain dominated the International World Championships and stormed to win gold, silver and bronze medals in the IC (International Canoe) class. See page 16.

Slalom World Cup 3

In the Senior World Cup 3 in La Sue d'Urgel, Spain on 22-24th July, David Florence won bronze in the C1 category which ensured that he was pre-selected for the World Championships.

Slalom World Championships

The GB selection event took place on 29-30th September (and was filmed by UKTV). The racing was exciting especially in some categories where there was only one place available (Stuart McIntosh & David Florence were already pre-selected for the C1 category). The team is as follows; (**K1 men**), Campbell Walsh, Neil Buckley, Richard Hounslow; (**K1 women**), Kim Walsh, Laura Blakeman, Heather Corrie; (**C1 single**), Stuart McIntosh, David Florence, Dan Goddard; (**C2 doubles**) Stuart Bowman/Nick Smith Tim Baillie/Etienne Stott Andrew Roden/James Roden

The GB team's final preparations on the 7th September were captured by the media and they achieved lots of regional coverage. The World Championships will be well underway in Penrith Australia, by the time you read this Canoe Focus.

The event is from 28th September to 2nd October. Remember, you can watch this key event on Grandstand on the 9th October at 12.30pm.

Surf World Championships

Are being held in Costa Rica from 22-30th October. The British Championships were postponed due to poor surf conditions, the event was re-scheduled for the 24th September. Results not available at time of print.

Wild Water Senior and Junior European Championships

The junior men and junior women's teams took the limelight and established their potential by winning bronze at the European Wild Water Racing Championships in Chaux, Dijon, France, held on 23-24th July. The men's junior team consisted of; Jamie Oughton, Ben Oakley (17) and Daman Davies.

The women's junior team consisted of; Sandra Hyslop (16), Jessica Oughton (16) and Olivia Churchill (16).

We have a promising future ahead for the wild water team.

GB Canoeing on target at World Championships

The GB team's performance was on target at the World Championships in Croatia. The team set themselves the challenge of reaching three finals, including two in the Olympic disciplines of 500m and 1,000m. The team accomplished this and got boats into all three of the men's K1 finals.

Ian Wynne finished 7th in the men's K1 500m, Peter Almasi, 8th in the 1,000m and Ed McKeever 9th in the 200m. All the pair's boats, of Wycherley/Farrell, Cox/McKeever, Coulson/Hardy and Lawrence/Train made the B finals, with Lawrence/Train the highlight in the C2 finishing in second place.

Access

Ashley Charlwood was appointed new Access Development officer for the WCA/BCU was appointed in August. See page 36.

Improving club facilities

Canoe England has been allocated a total of £1.1m by Sport England and the Department of Culture, Media and Sport. Clubs have been asked to indicate interest in receiving a proportion to spend on club facilities. If your club is interested please reply by the 8th October. See page 10.

As you can see July and August have been packed with many top level competitions.

Many clubs and volunteers have also held plenty of their own events, whether they are domestic competitions, 'come and try it sessions' or fundraising events. So I hope you have all enjoyed a great summer and many thanks to all of the volunteers who make paddling events work and so enjoyable for beginners, amateurs and professionals alike. **Happy paddling!**

Fluid in Europe

Fluid kayaks are now available to buy in various European countries. For the last year, the only country which has had an official Fluid dealer network has been the UK. This is now changing with retailers in France, Sweden, Austria and Ireland selling the boats.

As well as the Flirts, the new Solo creek boats are also available. The hull shapes on the Solos are semi-planing hull and the soft chines let you take the basics of playboat paddling and use them to hit the steepes.

Pete Cornes, Fluid's European Team Manager, said 'It's great that our boats are finally getting a wider audience. Our designs are right up there with the very best and our construction's super-solid. It's just the idea of a new brand that's been putting people off.

For details of dealers visit www.fluidkayakseurope.com

Annual consultative meeting of ERDT-East

Will be held on Monday 14th November at the University Athletics Ground, Wilberforce Road, Cambridge, 7.30 for an 8.00pm start. Bar available.

Agenda items: Standing Orders, Election of Officers – Chair and Secretary – including Minute Secretary.

To be followed by a speaker.

Other Agenda items signed by two full Regional BCU members may be submitted at least 14 days before the meeting to: May Block, 27 Gilbert Road, Cambridge CB4 3NX.

Apologies and requests for maps to: Minute Secretary, address as above. Tel. 01223 311715, FamilyBlock@aol.com

New website

Seapoint Canoe Centre based in Folkstone has a new web address www.seapointcentre.com

PADDLE THIS

Herts Canoe Lifeguards at the London Triathlon



This year, once again Herts Canoe Lifeguards (HCL) have had a very successful London triathlon which took place over the weekend of 6/7th August, looking after the safety of the swimmers during the first leg of the event. Almost 8,500 triathletes took part in the event, which used BCU lifeguards, canoeists and powerboat personnel, RLSS and SLSA to ensure the safety of the many swimmers. Many of the swimmers were grateful that there were trained people around to help when they were in need of assistance; this may have been to sort goggles out, undo wetsuits or just to let them catch their breath. During the course of the event many swimmers retired due to tiredness, cramp or injury with the assistance of HCL who were on

hand to assist in any way. Many of the swimmers, medics and London triathlon crew commended HCL for their great work on the water and many swimmers' families thanked them warmly for looking after their loved ones.

There was sadness during the event however when a lifeguard from HCL was alerted by a competitor to an unconscious swimmer. The lifeguard, who acted efficiently and professionally, left his boat, swam to the swimmer and began giving Expired Air Ventilation (E.A.V.) whilst other lifeguards from HCL and RLSS assisted in getting the man to shore to be treated by paramedics. St. John Ambulance transported him to hospital. Sadly, the gentleman passed away the following day.

Race directors from the London Triathlon also commented on how proud they were of the response and commented that they were satisfied that all emergency procedures followed were both correct and highly professional by all involved. Despite this incident on the afternoon of Saturday's races all lifeguards and safety personnel continued to do an outstanding job throughout the rest of the weekend.

If you were at the event and had dealings with Herts Canoe Lifeguards, wish to know more about what we do or would like to pass on your comments please do so by e-mailing enquiries@hcllifeguards.co.uk or visit our website www.hcllifeguards.co.uk where we will be glad to hear from you.



Honouring Albert Woods

Albert Woods was awarded an Honourary Degree of Master of Science (MSc) in recognition of his prominence as a sportsman, organiser and administrator.

Albert was an athlete in the British Canoe Slalom and Wildwater teams in the 1970s and competed in two world championships in Italy and Switzerland. He was British team manager for canoe slalom from 1973 to 1986. Today he is a member of the National Olympic Committee and the British Olympic Association, President of the BCU and President of the European Canoe Federation.

Albert said: "When I was approached about this Honourary degree I was taken aback because I was not expecting recognition for my activities in sport, which I have thoroughly enjoyed now for 38 years. My sporting life provided me with a great experience and has involved me travelling all over the world, meeting new friends from many different cultures."

He added: "It is very gratifying to hold my positions in sport, the most exciting of which is as vice-chairman of the British Olympic Association. I have the honour of attending all the summer and winter games and witness all the young athletes achieving their personal bests and winning Olympic medals."

PGL buy-out

PGL Travel Ltd has been acquired by its management from the family of founder, Peter Gordon Lawrence, in a deal valued at £42m. Based in Ross-on-Wye, Herefordshire, PGL takes more than 250,000 children a year on school trips and multi-activity holidays, operating over 20 centres in the UK and Europe.

Known affectionately as "Parents Get Lost", PGL is recognised by all the major activity organisations, including the BCU, and is licensed by the AALA as appropriate. It is a founder member of the British Activity Holiday Association.

Chief Executive Martin Davies, who was appointed by

Peter Lawrence to take the company through to its next phase, said, "When Peter died in August 2004, a management buy-out was the obvious route forward and agreement was eventually reached".

Davies added, "Peter Lawrence's contribution to outdoor recreation and education has been immense. Several generations of children have benefited enormously from his achievements. Thousands of young people have entered careers in outdoor education, childcare and other professions through employment at his centres.

Female teenager award



On the 26th August just one month after her 18th birthday Cassandra Slater passed her recreational Coach Level 3 award and become one, if not the youngest coach with this qualification in the country. Cassandra is also a qualified Level 1 Canoe Polo and Slalom coach and spends her

spare time voluntary coaching pupils for her old school Hungerhill and members of Green Star CC in Doncaster.

As well as coaching, she is an active participant in K1 Div 1 slalom, canoe polo, freestyle and also the freestyle representative and Health and Safety Officer for Green Star CC along with being a member of the BCU National Canoe Polo Committee and being co-organiser of the BCU Canoe Polo Club Championships – quite an achievement for an 18 year old.

Cassandra's next ambition is to complete her Coaching Processes Course and do her 5 Star Training and Assessment to become a level 4 coach. With this sort of enthusiasm she has become a role model for many new paddlers in her area taking up the sport.

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Tiso	Leith, Edinburgh	0131 5549101	www.tiso.com
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Up & Under	Cardiff	02920 578579	www.upandunder.co.uk
West Midlands	Walsall, West Midlands	01922 479279	www.wmcc.co.uk

Teva supports GB rafting team

Teva, has again confirmed its commitment to the watersports industry by supporting the men's Great Britain Rafting teams at this year's World Championships in Ecuador.

The seven member men's team will be kitted out in their Teva's as they prepare for the competitions during a tough training schedule and as they compete in the four day World Championships from 12-16 October 2005.

Teva will be supplying the GB team with footwear from their "Hydro" and "Originals" collection. The GB Team will be up against the best in the world at the Championships with 26 men's teams from 26 countries competing on the Quijos River. The GB team will be competing in events over three disciplines consisting sprint, slalom and downriver.

Team GB Captain, Lawrence Harris said of Teva's support: "We consider Teva to be the leaders of their market and the number one choice of the team. We are very grateful for their support and hope that our association with the brand is a winning one, not just at these championships but at future events."

Further information on the Teva footwear range can be obtained from the Teva website at www.teva.co.uk. Call 01475 746000 for details of the nearest Teva stockist.

Bournemouth Canoes burgled

A large number of Immersion Research Cags, thermals, Palm Cags, Yak Cags, and CSR wetsuits have been stolen, and some budget/intermediate kayak paddles. Please be aware of any suspicious activity, or anyone trying to sell you equipment.

If you do encounter anything please contact Bournemouth Canoes on 01202 625256 or Poole Police on 01202 667766.

PADDLE THIS



EuroJam 2005

EuroJam was the biggest Scouting and Guiding Event in Europe for ten years. Twelve action-packed days of new challenges and new friends from 29 July to 10 August 2005 at Hylands Park, Chelmsford.

There were participants from 67 countries, including all but one from the European Scout Region. With over 10,000 people on-site, the event was an experience of a lifetime.

Splash!

Based at Alton Water in Suffolk, Splash! was formed as a multi-national Instructor team with members coming from all over Europe and even as far as Mexico and Canada! It's task... to entertain over 1,000 Scouts and Guides a day who travelled from the EuroJam main site.

The Splash! venue was split into three key activities:

- Paddlesport (Kayaking, Canoeing, Bellboating and Rafting),
- Sailsport (Sailing and Windsurfing),
- General Activities (Science Zone, Mountain Biking and Water Zone).

Paddlesport

The Paddlesport team came together a few days before the Scouts and Guides arrived at Splash! – A mixture of experienced instructors, trainee instructors and keen paddlers – Its task was to offer a fun eight days of adventure and exploration!

All of the Paddlesport instructors had chance to test out each activity during the training days. Bellboating proved popular amongst most who had never helmed before, as did raft building with the Pirate division of the Paddlesport! Kayaking worked on the principle of one lead instructor and one assistant per ten kayakers. Although the more senior instructors took the lead at the start of the week, assistants were able to rotate around groups and observe several different instructors and their teaching styles. By day three we had such a good group of assistant instructors they actually took the lead of groups and led fantastic two hour sessions on the water! Canoeing sessions ran slightly differently from the kayaking groups. 60 participants in 30 Canadian canoes came together to play games and learn strokes while under the watchful eye of experienced instructors.

Instructors were able to train in the evenings with people gaining cross-discipline awards including: Canoe Safety Test training, Kayak 1-3*, Canoe 1-3* and Bellboat Helm training. Other evening activities included sailing evenings, stupid activities on mambo's (sit-on top kayaks), and Bellboat racing.

EuroJam, Splash! and Paddlesport was a huge success but it was a trial run for the World Jamboree in 2007 where over 40,000 Scouts and Guides will attend! With 120 kayaks this time, we can expect close to 300 kayaks a session!

www.eurojam.org Steve Newton (Gonzo)



Making a wish for children

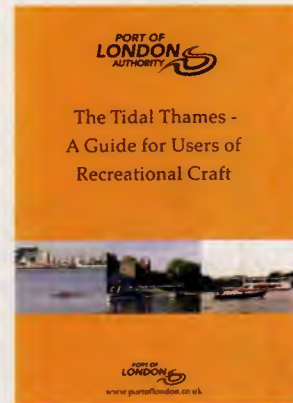
27-year-old Cypriot born Christos Pishias braved the English channel in a sea kayak to raise £4,467 for Make-A-Wish Foundation UK, the charity that grants wishes to children living with life-threatening illnesses.

The crossing from England to France took place on 10th June starting at 11am. Says Christos, "After two and half hours of continuous paddling I had what turned out to be the biggest scare of the entire trip. A Chinese sea container passed in front of the escort pilot, added to the existing sea swell and caused a capsizing. After a ten minute team effort to empty the water from the kayak, fix some boat problems that the capsizing caused, the boat was back in the water and once again, I was paddling towards France.

"The fifth hour of paddling was by far the most painful yet rewarding part of the crossing. What started at the 15th mile as a line in the horizon, changed to mountain shapes, to colours to cars, and to the landing point at Cap Griz Nez beach in France. After 21 miles and 5 hours and 36 minutes of paddling I landed on French sand and for the first time was ever so happy to see land from the sea rather than the other way round!

A big thanks to all those who sponsored, supported the challenge and raised a great amount for a great cause. Also big Cypriot thanks to Dr. Adrian Watt for the months of training, nutrition and sponsorship support."

New Thames safety guide



A new guide for recreational users of the tidal Thames is now available. The booklet is written for anyone who uses a private leisure vessel on the River. 'The tidal Thames – a guide for users of recreational craft' is available free from the Port of London Authority (PLA). The 30-page booklet explains the key rules that apply on the tidal Thames

and outlines basic safety procedures. The guide covers the entire tidal Thames from the estuary all the way to Teddington in west London, some 150 km (93 miles) in all.

Amongst the contents featured are:

- safety advice
- navigation rules
- radio and emergency communications
- water sports regulation

For a free copy of contact Martin Garside on 020 7743 7915 or email: martin.garside@pola.co.uk



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It's a surprise

Ex-students from Plymouth University Canoe Club travelled from all over the country to give Pat McCarthy a surprise retirement party on the 3rd September. Pat who has coached students for seven years is retiring due to a kayaking injury sustained whilst in the line of duty.

Everybody who knows Pat wishes him well in the future.

Royal CC awarded

On a rainy summers evening last week the Mayor of Richmond (Cllr Robin Jowit) presented Royal Canoe Club with the Sport England Clubmark and BCU Top Club awards.

The awards recognise clubs that have worked hard to improve their club and have proved that they meet standard criteria across sports to provide a "quality" kite mark to offer safe, effective and child-friendly opportunities for all youngsters.

Over 20 of the clubs junior members watched the presentation before going out to join 30 other paddlers participate in the club's annual Paul Gilbert Race which remembers a member of the club who drowned training for the DW race 11 years ago.

Royal Canoe Club is in fact the oldest canoe club in the world dating back to 1866. It received Royal patronage from Queen Victoria whilst Prince Albert was Commodore of the Club during that period.

Below: His Workshop the Mayor of Richmond Cllr Jowit, Dave Lawrence Club Commodore and Sue Hornby BCU Young People's Programme after the presentation with some of the junior members.



PADDLE THIS

Special Olympics GB Summer Games



Glasgow, July 2nd-8th

On Friday July 1st paddlers from 4As Heather Osmond, Kathryn Smith, Richard Wood and Christopher Mills with their coaches Jon Hopkins and Victoria Hunt left Leamington by minibus Olympics Great Britain Summer Games in Glasgow.

Saturday saw the group at the sprint kayak venue of Strathclyde Park practising for the forthcoming events. There were teams from England, Scotland and a guest team from Poland. That afternoon they joined the other 2,500 athletes for the opening ceremony.

On Sunday the Games began in earnest and the morning session was taken up with time trials over the 200 metre course. All four 4As paddlers excelled themselves and put in great times.

The organisation for the day included having electronic timing and photo finishes for all the races and the many Games volunteers and officials from the SCA gave the whole event a very professional atmosphere.

The results for the 200 metre races were:

Heather Osmond - Bronze Medal Kathryn Smith - Silver Medal
Richard Wood - Silver Medal Christopher Mills - Bronze Medal

Monday was a rest day so Tuesday saw everyone returning to Strathclyde Park for the 500 metre Races. As on Monday the morning session was for the paddlers to get qualifying times with the finals in the afternoon.

After the morning session the paddlers were entertained by Shaun Baker and in the afternoon the paddlers had their 500 metre finals races where, once again, the 4As team all won medals. The results were:

Heather Osmond - Gold Medal Kathryn Smith - Bronze Medal
Richard Wood - Gold Medal Christopher Mills - Silver Medal

Shaun Baker presented the medals for both the 200 metre and 400 metre races at the end of the afternoon.

Friday saw the closing of the Games with a big party on Glasgow Green and the team returned to Leamington on Saturday. Thanks must be recorded to the paddlers who made such a fantastic effort. Thanks also to the coaches without whom the team would not have been able to go at all, to the parents who were a great cheer leading crew and gave strong support, physical and vocal to the paddlers throughout. The parents also played a significant role in the fundraising so, finally, thanks to all the parents and sponsors who helped to raise the funds necessary to pay for the event.

The World Summer Games are to be held in Shanghai in 2007 and the team are hoping to qualify for a place in the GB squad that will go to these Games.



Improving club facilities

Canoe England has been allocated a total of £1,100,000 by Sport England and the Department of Culture Media and Sport to be spent on improving club facilities in the financial years 2006/7 and 2007/8.

Canoe England has, in addition been invited to submit applications together with 16 other sports for a further £2,000,000 pot of money for Multisport projects, which as its name suggests is for projects where more than one sport is involved.

It is envisaged that Canoe England will be able to support applications for one grant of up to £250,000, one of up to £100,000 and four of up to £50,000 in each year. The secretaries of all English clubs have been written to by the Access and Facilities Department asking for a return of an indication of interest. It is sufficient for now for clubs to simply tell us if you have a project for which you would like funding, and if so, what it is and roughly what you think it will cost. The money can be used for buying freehold land and buildings and for the buying out of a lease and any other facilities purpose.

Unlike Round 1, the Community Club Development

Programme (CCDP) which helped 13 clubs to help themselves, Canoe England will be introducing successful applicants to a recommended firm of consultants who will help and guide them from concept, through design to planning permission, on to tender and build. Canoe England will help you develop a business plan, a sports development plan and will help you plan to achieve 'Top Club/Club Mark' if you are not already part of that programme

Clubs should be aware that they will be expected to raise approximately 50% of the cost of your project yourselves and you must either own your site or have a tenancy agreement in excess of 25 years. Both of these items do not have to be in place right now. But both have to be in place before a grant offer letter can be issued.

The Canoe England CCDP Panel will be sifting applications in October with a view to the finally selected clubs going forwards as part of the Canoe England portfolio to Sport England at the end of the year.

Further details are on

www.bcu.org.uk/news/communityclubdevprog.html

For further information please contact:

Chris Hawkesworth, Access and Facilities Manager
chrish@bcu.org.uk or 07802 352815 or 01423 711563



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Slalomist short-listed

Peter Hall from the North West has been short-listed for the OCS Young Sportsperson of the Year Awards 2005.

Peter aged 16 from Ormskirk, most recently finished second in the J Pan Celtic Cup in slalom canoeing in class one. The GB team, of which Peter is a member, finished second in the Pre-World Championships and the European Championships. Peter's ambition is to be ranked in the top 20 in the world by 2010 and to win gold at the 2016 Olympics.

The regional winner will receive their cheque for £2,500 at a ceremony hosted by Denise Lewis on 25th November at the Brit Oval in London. The overall OCS Young Sportsperson of the Year will also be announced - this youngster will collect an additional £8,000 sponsorship and a cheque for £2,500 for their school, college or club.

The search for the nation's top young sportspeople was launched by leading property support services group, OCS, eight years ago to recognise and support sporting potential and achievement throughout the UK.



OBITUARY

Peter Begent 1934 - 2005

The following is taken from extracts of a eulogy given at Peter's funeral. It only gives but a brief glimpse of his very full life. To see the full eulogy please visit the news and events section of the BCU website.

In 1949 he joined Richmond Canoe Club and around this time his involvement with the Devizes to Westminster canoe race began. Peter did canoe but he preferred administration and boat building. He built a number of eight seated Canadian canoes and also designed self-steering gear used by his friend Alan Perkes to sail around Britain single-handedly.

He married Janice in September 1959 and had three daughters: Carole, Lesley and Adrienne. Peter's DW role varied over the years and included that of timekeeper, chief umpire and chairman. Peter continued to be involved until a couple of years ago - his commitment to the race stretched over 50 years.

It was through this race that his immense knowledge of the Thames developed - he spent months each year travelling the length of the race and speaking to the various authorities involved and to the lock keepers, some of who were quite resistant to the race. But he used his natural charm to good effect.

All three girls enjoyed his interest in sailing but only one, Adrienne, took up canoeing. In 1995 Adrienne successfully completed the DW canoe race and with great pride Peter gave her her medal. In the summer of 1999 Peter achieved his life long ambition of paddling the Thames - from Lechlade to Teddington, with Adrienne in a Canadian Canoe, with Janice supporting.

Peter was a tolerant person. He set himself high standards of behaviour though he was very tolerant of others not meeting similar standards. He never complained when he got sick, but got on with his life making light of his illness by cracking jokes about his hair falling out. He was greatly loved and many will remember his warmth, strength and generosity.

Peter William Begent died on 30 August 2005

Want to learn?

After two years in the making Kayakojacko beginner's DVD is ready. We teamed up with award winning 2aT to produce the ultimate 'Learn to Kayak' DVD.

The DVD allows for quick progression whilst identifying all the key elements to encourage a fun and safe experience. It is laid out in logical chapters identifying and breaking down the key strokes and is presented in a light-hearted manner to make it more watchable for everyone. Between strokes there are interludes showing the main kayak sport disciplines to advance towards. It also comes with a 'take to the river' booklet to assist learning and jogging memory.

They have also included an extras section with footage from other film projects 2aT and Kayakojacko are involved with. Look out for 'On the Rocks' and 'The Race'. 'On the Rocks' shows the adventures on one of Kayakojacko's whitewater Scotland weeks and the race sees a kayaker challenge a mountain biker on a descent down a steep creek with bone crushing consequences.

Kayakojacko coach all levels of canoesport to all ages and all around the world, from beginners to world champions. Using all that experience in this DVD they identify the key fundamentals to allow smooth progression. Whether a beginner, a coach looking for some ideas or a club wanting an excellent beginners resource - this video offers it all.

Available at all good canoesport retailers. 'Learn to Kayak' is also distributed through System X - www.systemxkayak.co.uk

John Hewitt (Big Bad John)

John who passed away on Sunday 7th of August first appeared at Westel Canoe Club after we had met him during a paddle on the Medway where he was shepherding a group of youngsters.

He then applied to join, sending in a very full CV - the first we had ever received and for nine years. We enjoyed his company, right until his last paddle on April 17th after his cancer operation. We occasionally had to oppose some of his plans, such as when he tried to find a berth for his mighty Lettman two-seater in the restricted space of our club boathouse; but it was finally resolved. He was a wonderful organiser and after finding that I had run some tours in the South of France many years ago in a hired Transit minibus he dragged me round the holiday firms section of the combined canoe exhibition, until we found a firm that would hire us a 12 berth cabin cruiser on the Canal du Midi at reasonable rates. The cruiser then accompanied us on the water with the non-paddlers and supplied food and beds for those not camping. The following year was similar on the Rivers Sarthe and Mayenne further north, then the cruiser was dropped and we relied on Transit and trailer for a series of canals and rivers sorted out by Andrew Wallace in Southern Brittany. In 2004 John decided that as there had been complaints about the fact that we didn't go in school holiday time, he decided to run it on the River Wye a month later and apart from some non members it was the same group that took part.

You can't win them all. Apart from the French holidays John also organised many runs on different rivers and canals in this country and some have not yet been tried. He took over the West Sussex Rother tour and straightened out misunderstandings with some riparian owners and made a great success of it; becoming the Rother access officer. Some people found John very hard to get on with, his ebullient nature not being to every ones taste, but love him or hate him, he was big hearted and never refused to help anyone in trouble of any sort if it was within his capability.

Jeff Simmons, Westel Canoe Club

New CC at Trentham

After years of neglect, the Trentham Gardens and parkland designed by Capability Brown, are benefiting from millions of pounds of redevelopment. As a community gesture, Trentham Leisure, have allowed two community sports coaches to develop canoeing and rowing on the lake. In 2007 a shared clubhouse is being built next to the lake with boat storage and changing rooms.

As part of the BCU's initiative to hook people on canoeing a canoe club is going to be set up. As there is already a strong river-running club, Potteries Paddlers, and slalom club, Stafford and Stone, in the area the aim is to focus on placid water. The mile-long lake is ideal for sprint and marathon training, whereas the sheltered bays and islands make a good venue for those wanting to learn placid water skills. Clubs with their own coaches could affiliate to the club to use the lake for training or beginners sessions.

Another exciting venture on the lake is outrigger canoeing. This incredibly stable canoe, originating from the Polynesian islands, can seat six people. An ama (float) attached by iakos (beams) are lashed to the hull to give it stability. John Court, along with Strathmore College, took the boat to the Special Olympics where it was a demonstration event. There is a disabled team, who always welcome new members, training for the outrigger sprint championships in New Zealand next March.

If anyone is interested please contact Ruth Holdway on 07815768360 or email ruthholdway@hotmail.com

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The holiday started on July 24th when we took an overnight ferry from Hull to Zebrugge followed by a long ten hour journey from Zebrugge down to Lyon.



We stayed at the family Trenz Campsite on the Isle De Sur white water course where we met up with friends Tom Turner and family. There we had a good five day stay by the river playing on the course which is suitable for beginners but with a nice top play hole where cartwheels and some loops were possible but with the price of losing precious plastic from the bow of the boat.

On the Wednesday we headed off to Hawaii-sur-Rhone where after many failed attempts we managed to get on it. With low waters the wave was near impossible to catch and only the best paddlers were able to pull moves and it was whilst we were there we met Rodeo Rick Longly who gave us some well appreciated tips on how to catch the wave which really helped.

On the Friday we headed up to the Alps through Grenoble where the an overheating car made the drive painfully slow. At seven in the evening we set up at the camping 'Cariamas' in Chateroux Les Alps just above the Rabioux on the river Durance.

This year there has been much talk about the Rabioux wave and the levels of the rivers in this area and I can say that they were very low, but still ok to paddle. We had an evening play on the Rabioux which was no longer a nice wave, but more a hole where cartwheels, splits and cleans were all possible and we watched the locals attempting loops and tricky woos.

Saturday morning brought with it some more paddlers: Ben, Dom and family, so as a holiday starter we had a paddle from the Rabioux Wave down to Embrum which is a grade 2-3, a gentle paddle with a few rapids,



without being challenging. The following days were spent paddling the Ubyre Racecourse, an Alps Classic, the rest of the Durance and also the Guil including the Chateau Queyas, Triple Steps and the Middle Guil. Due to new landslides on the Middle Guil, some of the rapids had to be inspected and with a large group ten plus and limited eddies this became awkward, so this section should only be run in small groups for safety.

We spent many nights down at the Rabioux wave/hole but not without its events. On the first night, Tom Turner snapped the front of his Dominatrix whilst cartwheeling, but at least one of the last moves was a loop – the move which has made him a bit of a hero at local clubs (how many 13 year olds do you know that can loop a six foot kayak?). Dom also found a big crack in his Crazy88 along the edge which we think was a result of the Rab. Meanwhile, Dan Brayfield snapped the blade of his paddle which working the hole and finally Ben burst his beloved Sharon (his beach ball overthrustrer)

With a new week starting we decided that we wanted to go and paddle the Triple Steps and Chat. Q. which we had paddled earlier, except this time we all decided to take different lines, some a bit more successful than others. We also headed up to the L'Argentiere slalom course where we played in the top holes. We had the chance to see Tom pulling some cool moves in his shiny new Kingpin, Ben getting some outstanding space between his boat and the water whilst trying loops and I took the opportunity to try some big pop-outs in my dad's larger boat which Dom and Ben found amusing.

On one of the final evenings we all headed down to

the Rab where we built a fire and paddled under the flood lights. With a few crates of beer, lots of sausages and steak haches we were sorted for the evening.

With the end of July coming, the organisers of the Rabioux River Rodeo arrived and started to set up all the equipment for the event. Due to best water levels being from 9pm onwards, large lighting rigs were set up on either side of the river. With no bridge to the far side of the wave, the rigs were taken across on a raft, where on the first attempt the rafters paddled the raft right into the hole and nearly got flipped which greatly amusing all the by-standers.

Semi-finals for the juniors started at 10pm and realising that the judges (it was their first time) were scoring high for 'spectacular' moves which excited the crowd, going big was the only way to get through to the final. On my first run I managed to get a big loop right at the start which brought me third place and took me through to the final. Another Brit, Andrew ripped the hole with vertical ends and got through the quarters to the semis. The knockout finals were held at midnight with live music, after two good runs and a third with a failed entry loop I was placed in third position. Andrew did well beating most of the French locals and just missed out on the finals coming seventh.

So with nothing else to paddle and after everyone else had returned home, it was time for us to go home where as expected – it was raining! 🌧️

Jonny Noble

World Sailing Champs

Results

5-12th August

Weymouth and Portland National Sailing Academy

IC Race results

1st	Mark Goodchild	GBR	14pts
2nd	John Ellis	GBR	24 pts
3rd	Simon Allen	GBR	38 pts
4th	Oliver Moore	USA	38 pts
5th	Phil Robin	GBR	41 pts
6th	Hayden Virtue	AUS	44 pts
7th	Ola Barthelson	SWE	48 pts
8th	Max Tollqvist	SWE	65 pts

New York International Challenge Cup

GBR team

Simon Allen, Mark Goodchild, Phil Robin

USA team

Willy Clark, Oliver Moore, Karl Wittebel

AC Race results

1st	Robin Wood	GBR	13pts
2nd	Anders Petersson	USA	14 pts
3rd	Alisdair James	GBR	32 pts
4th	Paul Patrick	GBR	44 pts
5th	Colin Brown	GBR	48 pts
6th	Rob Bell	GBR	48 pts
7th	Stephen Bowen	GBR	53 pts
8th	Gareth Caldwell	GBR	63 pts

The International Canoe Class holds its world championship very three years with the honour falling to the BCU in 2005.

Weymouth and Portland Sailing Academy having just received the 2012 Olympic bid were keen to show the canoeing world its fabulous new facilities with racing scheduled on two courses, one inside the harbour and one in Weymouth Bay. Frank Newton was joined by Richard Stevens as principle race officers.

IC Race Report

After two days of scrutineering, which resulted in various sailors having to find lead to bring their boats to the minimum weight, plus final preparation in the boat park, where the main incident was a collision between a canoe and a non sailors VW Polo, with the boat coming out of it unmarked and the car with a large dent in the bonnet and front wing – try explaining that to the insurance company! The competition began in earnest.

The practice race was held in almost non existent wind in Portland harbour with Simon Allen leading all the way, followed by Colin Newman who was subsequently disqualified for being OCS. Mark Goodchild was well down the pack, keeping his powder dry.

Following lunch the fleet sailed to Weymouth Bay in search of wind. The very light wind eventually settled to allow the race to start in late afternoon. Massive gains were had from going inshore and Phil Robin lead at the windward mark pursued by Manuel Radek of Germany and Alan Powell. Phil

was eventually overhauled by Sweden's Ola Barthelson, but both were overtaken by the following pack who tacked inshore at the leeward mark, with Mark Goodchild showing the sign of things to come by taking the gun, followed by Australia's Hayden Virtue and John Ellis, with Ola finishing fourth.

Day two arrived with clear blue sky producing a light south westerly breeze that enabled the race to start in Portland Harbour. Mark Goodchild led from start to finish, once again hotly pursued by Hayden Virtue and John Ellis, the same finishing order as race one.

Race three was sailed back to back, but the breeze had increased to 11 knots. Mark Goodchild once again showed his liking for the conditions to record his third victory in a row. Hayden Virtue slipped down the leading pack to finish seventh, being overtaken by John Ellis to take second with the USA's Oliver Moore third and Simon Allen in fourth.

Day three looked like a repeat of the day before with the start again postponed to allow the sea breeze to kick in. Hayden Virtue showed that his challenge for the world title was still alive by recording a win, with Simon Allen starting to show his form to finish second and Mark Goodchild slipping to third. Race five was sailed back to back with the wind building slightly to allow even the heavier sailors to hike from the end of their sliding seats at least during parts of the race. Simon Allen lead at the first mark but was overhauled by Mark Goodchild who rounded the first mark third and John Ellis. Both boats had a close tussle throughout the race but by the finish, Mark had built up a commanding lead and was starting to look like the favourite to take the title at the halfway stage. Simon Allen finished third, with Colin Newman showing good speed in the lighter conditions to finish fourth. The challenge from the Australians started to wane as Hayden Virtue was over the line at the start and subsequently retired when it was clear he was not going to get back through the fleet. However, with four races left and one discard allowed, Mark still has to keep a clean nose to take the title.

The IC fleet sailed to Weymouth Bay in search of steadier winds and race six eventually got away in a very light northerly breeze. Ola Barthelson led at the first mark followed by Hayden Virtue. By the leeward mark, Phil Robin had moved up the fleet to third and these positions were maintained to the finish, in an ever decreasing breeze that finally swung through 180 degrees about 100m from the finish, as the sea breeze established dominance.

After a wait of nearly two hours as the wind oscillated between gradient and sea breeze, race seven was started, but was abandoned after one lap as the fleet became becalmed as the sea breeze kicked in once more. At least it maintained sufficient strength for the sailors to hike off the end of their sliding seats for the long sail back to Portland.

Three races were scheduled to catch up with the programme on day five. Fortunately the sea breeze had established itself early and gradually built during the day. Race seven started in a gentle wind with Colin Newman reaching the windward mark first followed by Frido Beers of Germany. As the race progressed, Simon Allen and Mark Goodchild sailed to the front of the fleet to finish in that order followed by Colin Newman in third and Ola Barthelson in fourth.

Only a disaster could now prevent Mark from winning his first world championship, with two races to go but in race

NYCC race 2 start



NYCC Race 1 windward mark



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Above: The New York International Challenge Cup

eight, he demonstrated his intent by establishing an early lead that he kept to the finish, after a close tussle with John Ellis, who showed blistering boat speed in the increasing wind, with Oliver Moore taking third and fellow American Karl Wittnebel in fourth.

By the start of the last race, the sea breeze had built to a steady 15 knots, allowing even the heavier canoe sailors to hike from the end of their sliding seats, for the

first time during the championship. Oliver Moore led at the first mark from Phil Robin and Hayden Virtue. Oliver and Phil swapped positions on the reaches and back again up the next beat, with Oliver sailing into an unassailable lead following a capsize by Phil during a tack. They maintained these positions to the finish with John Ellis climbing through the fleet to take third and second overall in the championship. With the championship already secure and no doubt somewhat relaxed, Mark Goodchild sailed to eighth place, his worst position of the week.

The championship was characterised by light winds and bright blue skies, with a stronger wind only kicking in for the last race. After American domination at the previous world championship held in 2002 in Rhode Island, the UK team gained sweet revenge by taking gold, silver and bronze medals. Mark Goodchild was the convincing winner, followed by John Ellis and Simon Allen (who won the bronze medal on a tie-brake from American Oliver Moore. Albert Woods presented the medals.

New York International Challenge Cup

The UK team received a challenge from USA for the New York Cup, a team race with three boats in each team. This trophy, a magnificent silver jug, was first won by the USA in 1886 and is the oldest international yachting trophy after the America's Cup. The Cup is awarded for the best of three short races comprising a sausage-triangle-sausage course.

The young American team were put under some pressure during pre-start manoeuvres, and in the 18 knot wind, two American boats capsized enabling the UK team to get a clean getaway to lead the race from start to finish with Mark Goodchild taking the gun followed by Phil Robin and Simon Allen.

Race two saw a close start with American sailor Oliver Moore, probably the fastest sailor in the conditions, being sailed to the left hand side of the course and beyond the layline, by Phil Robin, which allowed team mate Simon Allen

to lead at the first mark. Oliver rounded the leeward mark just after Simon, who kept a close cover on him up the next beat. The race was effectively decided at the windward mark, when Phil Robin just crossed Oliver on Port tack approaching the mark. Oliver had to put in a tack to make the mark, and in his haste capsized, immediately followed by Phil capsizing as he fell out of the boat as he tacked for the mark. This allowed Mark Goodchild to sail into second place and although American, Karl Wittnebel pushed hard, he was unable to challenge and was overtaken by Phil before the finish, giving another one-two-three to the UK. With two races won, the cup has been defended by the UK until the next challenge, which will take place at the next world championship to be held in Melbourne, Australia in 2008.

AC Race Report

The practice race was the only race to be held side by side with the IC's in the harbour. Robin Wood amped his authority very quickly, Robin elected to retire at the end of lap one and possibly fearing the same omen, Anders Petersson of the USA followed his lead to hand first place to Alisdair James.

The AC's enjoyed the shorter trip out to the harbour race area, were the light winds caught out many of the established stars. Rob Michael got away cleanly to lead at the windward mark followed by Anders. The positions reversed at the end of the second lap were Anders miss heard the shorten course signals, setting off on a third lap. Rob followed but quickly returned when he spied local Ben Evans stand on to snatch victory from Rob and Paul Patrick slipping across the line ahead of a fast returning Anders. Past World Champion Robin Wood, could only manage 11th having pulled steadily through the fleet from his last place start. Further down the fleet Phil Allen rode a 60 degree shift to ghost past six boats in the space of ten boat lengths to claim 19th.

The next start caught Robin Wood OCS, and only a Ben Ainslie style fight back could give him any chance of a medal. The beat favoured staying left in the circular tidal flow, Peter Barr used this expertly and picked up third behind Anders Petersson and Alistair James. Race 3 and 4 were sailed back to back, Anders Petersson was masterful in these conditions leading Robin Wood home in both races. Alisdair James recorded mediocre results, in what has become a very mature fleet storing a 12th in race four. Paul Patrick started to find his feet with two third places.

Day 3 had the AC's out in the bay again in almost identical conditions. Race 5 saw Robin Wood set about the job in hand, scoring his first bullet with Alisdair James getting in the mix in second to keep the championship alive. This time it was Richard Oswald who suffered at the cruel hand of the 'I' flag, adjudged OCS. Anders Petersson hit straight back winning race 6.

Day 4 had the fleets revert to the opposite race courses, the IC's seemed very happy to go out in the bay even though it would take them five hours to finish one race. Leaving the AC's the short sail in the harbour. Its funny how fate plays its hand, letting the AC's get in two races in the light breezes. Alisdair James won race 7 followed home by Robin Wood and Anders Petersson. Life was starting to look better for Robin Wood as Alisdair James followed him home in race 8, spoiling the party for the American.

Day 5 and again the AC's switch back to the bay course with the sea breeze building nicely up to 15 knots. Anders Petersson nailed another first but Robin Wood was close behind in second. The championship would go down to the wire – Robin Wood had to win and Anders had to finish worse than second. Robin Wood took the gun in race 10, followed by Stephen Bowen, Rob Michael and Germany's Tobias Kunz. Leaving Anders with a fifth and trailing Robin Wood by one point. ●

Andy Biden

PADDLE THIS

Observations

The International Canoe has once again proved that physical size has very little bearing on the results. Skippers ranged from twelve to seventy three years with weights from 60 to 125kgs, Heights from five feet to six foot three inches. So effective is the sliding seat and U shaped hull sections at carrying different statures that in one light wind race, crew weight differed by over 40Kgs between the first two boats, finishing a few yards apart.

Boats tended to be of carbon construction with five out of the six leading boats over three years old. Masts were all carbon with Superspars and CST's used by the sub 80Kg and Proctors for the heavier crews. The British crews dominated with their Morrisons, Orange or Hydes, however three boats in the top ten used home made sails, notably Anders Petersson and Colin Brown.

Recent developments have tended towards simplifying the already complex control systems on board, however three boats used clever automatic halyard controllers to aid recovery of the asymmetric. One boat sported a very neat narrow daggerboard with trim tab that proved very difficult to live with upwind.



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Canoe Polo European Ch

Results

9-11th Sept

GB Senior Women Gold
Germany Silver, France Bronze
GB Senior Men Silver
Germany Gold, Netherlands Bronze
GB Under 21 Women 3rd
Germany 1st, Poland 2nd
GB Under 21 Men 4th
Spain Gold, France Silver, Poland Bronze

Senior Men's team
Alan Vessey (Captain)
Danny Bowles
Nick Archer
Neil Edmunds
Peter Meakin
Martyn Williamson
Stuart Moffit
Paul Hammond
Barney Connel
Coach Paul Brain

Senior Womens Team
Zoe Anthony
Kate Bridge
Elle Bridgestock
Ginny Coyles
Sharron Derrick
Lianne Grayson
Pip Grayson
Kathryn Grieves
Caroline Hollies
Kirsty Sutcliffe
Coach Dave Brown
Coach Nicki Ward

Under 21 Men's Team
Tom Baston
James Bowers
Alex Dutton
Rob Lineham
Richard Longley
Andy Petrie
Mike Petrie
Dan Robson

The Under 21 Ladies Team
Paul Lineham (coach)
Aaron Fear-Ross (coach)
Claire Mitchell
Jemma Murray
Sarah Kirwan (c)
Prudence Blyth
Jenny Adams
Jo Marshall
Claire Griffiths
Katie Sweeting

Squads Managers
Andy Petrie & Peter Mitchel

Article by: Danny Bowles, Nicki Ward,
Rob Lineham, Paul Lineham
Photos: Glenn Summerball

Madrid, Spain

Senior Men

As always GB never takes the easy route and instead of a well honed unit fresh from the last tournament we were nursing a player with broken ribs and another who spent the previous week in hospital having his elbow draining from an infection. The Wednesday session started with a little nervous movement from the injured parties and a few nerves from the younger players but by the end of the one hour practice session things were beginning to fall into place. The teams' expectations were very high and nothing but a gold medal this time would satisfy.

The senior GB Men's team where drawn in a group where they thrashed Hungary and Sweden 12-0 and 10-1 respectively and beat Spain 7-4 in a well fought match. This left the men's team top of the first day's group and in a good position to avoid the first seed team, thankfully all went to plan in the other group and the Netherlands won their group, so GB would be separated from the World Champions until at least the semis and if they won the second group the final.

The second day would see the second phase group games played with GB, Germany, France and Belgium on one side of the draw and The Netherlands, Italy, Spain, and Portugal on the other. The top two teams would progress to the semi finals with the winners of each group playing the runners-up from the other.

Great Britain emerged 1-0 winners of the first group game against Belgium and then defeated their French rivals 3-1 in the second. However, Germany won the third game 1-0 leaving GB to face The Netherlands in the semi and the Germans to face the hosts Spain, with a disappointed France and Italy playing off for fifth and sixth.

So a repeat of the World Games was set to be GB's next challenge, which saw GB defeated and The Netherlands continue to win the title. Would an additional six weeks of work be enough to turn the tide in GB's favour?

The last day of the tournament arrived and another 6.15am start meant another weary meet for the men's team in preparation for the 9 o'clock semi final against the Dutch.

Lining up for the start sprint, the tension and noise from the crowd where built to fever point and a great wave of adrenaline rushed into the team as the whistle went for the start of the semi finals. GB lost the sprint but only by the narrowest of margins, the Dutch had control and started to lay massive pressure on the defending zone eventually resulting in a goal for the defending champions. Previously this may dampened a volatile GB side but the occasion carried the team through as the captain levelled the scores and another two goals were scored from open play as the Dutch pressed man on

man against a resilient side, at the final whistle a massive team effort had seen GB knock out the reigning European and World Champions 3-1. In the other semi final Germany had defeated the hosts so a repeat of the Poland European finals would see Great Britain and



Ginny Coyles

Germany fighting for top honours once again.

At the start whistle a deafening roar went up from the crowd and players as Germany came out winners of the sprint and set about controlling the game as they had in the earlier match. An incredibly disciplined German side held the ball for almost six minutes before an opportunity presented itself and a shot from just outside the defence found itself into the GB net. The scores stayed the same until the half time break, at which the GB team were told to start to push out to regain the ball if possible and prevent the German side from retaining possession. An increasing urgency to retrieve possession saw GB concede another goal before regaining the ball and attacking the German defence. Unfortunately time was against the team and the Germans regained the title beating Great Britain 2-0.

Senior Women

GB Women started their campaign at the Europeans with two games in the first round on Thursday. Having selected a squad of ten players the game against Portugal was an ideal opportunity to play two of the new players, Kate Bridge and Caroline Hollies. Not deterred by the European stage they played well helping the team to a comfortable 11-0 win.

Playing Italy the coaches reverted to the seven players who had competed in the world games. The Italians battled well and were rewarded with two goals but GB maintained control throughout the game to secure a 5:2 win.

This placed them at the top of their group to meet France, Denmark and Belgium in the second round, where they breezed past Belgium 6-1, drew 2-2 with France and beat Denmark 6-0 to go top of the group by one goal difference from France!

The semi-finals were to be played on Sunday with GB playing the Netherlands and Germany playing France. GB's first goal was scored by Zoë. The Dutch equalised and then Pip scored to take GB into the lead. Both teams battled for control of the game but GB managed to stay ahead throughout with Ginny securing the match with a paddle flicked third goal.

Once again it was to be a GB v Germany final, after the Germans beat France in the other semi.

The first half was played at a mediocre pace with both teams resistant to push too hard and make a mistake that would lose them the title. The first couple of minutes saw both



Senior Men's final: Germany v GB

Championships



teams score to make it 1:1. GB then managed to score twice and seemed to have a comfortable lead. Having controlled the pace of the game GB lost their heads a little and Germany were able to score a second goal. Could they do what GB had done in Japan and Duisburg? Score a third to make extra time golden goal a reality. The team spread out giving opportunities for safe, long passes, which kept Germany at bay. With nine seconds left on the clock Zöe held onto the ball for four seconds then passed it onto Pip who kept hold of the ball until the final whistle blew. GB had done it. They had won the gold making them the reigning European and World Champions!

Under 21 Men

Going into the championship hopes were high, after a steady improvement throughout the season. The team were initially grouped with Italy, Germany, Poland and Portugal. The other group consisting of Spain, Holland, France, Ireland and Belgium.

GB started the campaign with a 3-0 victory over Italy, then a very hard fought match resulting in the 4-3 defeat of Germany and finally a win over Poland. Having secured a top three placing, GB went into the Portugal game quite relaxed and managed a convincing win.

This placed GB in a group with Holland and Poland. First up was Poland, having played them, this led to a close hard fought game, which GB won, then on to the big shooting Dutch, where GB played some of their best polo with a great team effort, leading to a 7-1 win.

GB were matched up with the hosts (and current World Champions) Spain in the semi. With GB trailing 3-1 and chasing the game, mistakes cost dearly, leading to a 7-2 defeat. After this the team had to group together ready for a third place play off with Poland. A sluggish start saw GB losing 4-1 at half time. Yet a much improved second half led to GB scoring two goals, however, the fourth proved too elusive where it finished 4-3 to the Polish. So fourth place it was, an improvement on the sixth place gained two years ago in Ireland, but the team feeling as though a medal had slipped through their hands.

Under 21 Women

Thursday and the big day had finally arrived. The whole team were very nervous especially as this was the first major competition for all but one of the team. The first

game was against Spain which resulted in a comfortable win for GB and another confidence boost for the team.

Next up was Germany where the Germans eventually came out on top but GB put in an excellent performance. The final game of the day against Poland was not going to be easy. Going into half time we were a goal down, so GB played five-out for most of the second half to claw back the win.

The first game on Friday was against Germany, which would set the tone for our whole day. If GB beat them then the target for the day would be to get as much goal difference as possible. Unfortunately that was not something GB had to worry about as they lost in another great battle to a team who had not lost a single game so far. Against Spain, GB decided to make use of the easier game to fine tune some of their problem areas, where they came through with flying colours. The last game of the day was Poland, again GB needed to really win this game to give a psychological edge as it would be likely that they would play Poland a third time in the Semis. GB did what they set out to do and won the game slightly more convincingly than the previous day.

The final day for the U21's was Saturday. The first semi was Germany against Spain which the Germans won. The other semi started badly for GB, the team were very nervous and this showed through with the more experienced Polish going into the second half with a two goal lead. However the first half had settled the nerves and GB were up for the challenge, the team worked very hard to bring the score level with 30 seconds to go. The plan was to press the Polish back into their own half not giving them the chance to shoot before full time, trying to take the game into extra time. Unfortunately a slight lapse gave the Polish the chance to shoot with ten seconds on the clock. They scored their goal leaving GB no time to get a goal back. So it was Germany v Poland in the final and GB v Spain for third.

GB were very disappointed with this result as they knew that they didn't deserve to be in this situation. The objective was to play as disciplined game as possible and prove that the game against Poland was not a true reflection of the teams capabilities. The girls came through in fine style and really took the Spanish to pieces scoring a goal a minute the eventual score being 20-2. Germany eventually won the final in another fine display of ladies polo. ●



Under 21 GB Men v Poland



Under 21 GB Women v Germany



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The last time I surfed abroad I took my own car. We had a great time even though the four of us were a bit squashed, what with kayaks, paddles and every bit of paddling kit squeezed in or on my poor, old wagon. But never again.

It wasn't the state of the car at the end of the trip that has put me off. It wasn't even the smell or the scratches or that funny noise that now comes from the engine. No, the reason I'll never drive from home again is that it's quite simply a waste of time.

From Bude to anywhere in Europe seemed to take at least 48 hours of driving and ferry crossings and the same again to get home. That's four days of travelling when you could be surfing; we must have been mad! However back then, the thought that it would be possible, let alone easy to fly (with kayaks!) was too much for me to believe, but then an opportunity for a quick surf trip this year forced me to take a chance.

Now I'm not an adventurous sort of guy - most of us Cornish lads are the same; happy to stay at home and only crossing the border into Devon for emergencies. I'm a bit of a techno-phobe as well, so when it came to organising flights (with kayaks!) for three of us on the internet, I was in a mild state of panic. My mate Paul Hurrell assured me that it would be easy and that he would have done it himself. If only his computer wasn't broken.

"Yeh," I thought, "and what broke it? Probably trying to book flights (with kayaks!) on the internet..."

However, there was nothing else I could do. After a couple of stiff drinks I headed for the office, sat down and turned on the computer. At first everything was fine, even the beads of sweat running off my forehead didn't short circuit the keyboard. I was online and surfing. This was so easy that I even relaxed a bit. Then I hit the wrong button and the screen went blank.

Yet again, my internet prejudices began to surface and I started wondering if I had somehow inadvertently given my credit card details to a gang of internet fraudsters. However I then realised this would be next to impossible seeing as I hadn't even taken my credit card out of my wallet, let alone typed in any numbers.

I finally crawled back on the flight site and everything went well; dates were set for return flights and I even remembered the names of those flying. The price was good and I was just about to pay when that all important question flashed up on the screen, 'Are you taking any large items of sports equipment?' "Wow" I thought, "this machine must be reading my mind". Of course I answered 'yes,' thinking "this is

simple," only then to find I now had to indicate which type of sports equipment we were taking and guess what? 'Surf Kayaks' weren't on the list! Panic!

I finally ticked the box marked 'skis' as this seemed closer to kayaks than either 'golf clubs' or 'cycle' and then went to bed not sure if I'd done the right thing. My worries stayed with me right up to the moment of checking in. I kept thinking, "I've told them that we've got three pairs of skis not three enormous kayaks."

Actually, being a little concerned about this booking, I'd made an effort to keep my kit down to a minimum. I'd even brought a wave ski rather than a kayak, plus one small bag in which I'd included my split paddles. Paul and Ed on the other hand, had packed for a three month expedition down the Amazon. Their kit included two enormous kayaks rapped up in the biggest bags you've ever seen, two huge kit bags which included a wetsuit for every day, separate paddles and then their suitcases full of 'best clothes.' Were they trying to give me a heart attack?

Taking up half the airport terminal we waited to check in. Paul and Ed joked about my 'minimal approach to kit,' whilst I just stared like a rabbit caught in the headlights as the check-in girl beckoned us to her counter. "Any sports equipment?" She asked. "Here we go," I thought.

"Ten items" I mumbled,

"No problem," she replied. Had I heard right? No Problem? No Problem! Was she blind? Couldn't she see how much stuff we'd brought? I even told her that we'd got kayaks and not snow skis. "No problem". Wow!

"See, we told you," was all I got from Paul and Ed on our hour long flight to our country of destination; smug gits. I was starting to relax but not too much as we'd got the hire car to sort out on arrival and there

was sure to be problems there!

Of course we'd got a plan. The problem was that it involved several webbing straps, six lengths of pipe lagging and a bit of string. I wasn't sure what the hire car firm would make of it. As it happened they gave us the key and left us to it, which was probably a good job. The improvised webbing roof rack turned out fine (although we did dismantle it before returning the car).

I'd left Bude on the Friday afternoon and with our fly-drive journey we were surfing by 9am on Saturday morning. We had four incredible days where we surfed from dawn to dusk. Ed got the record for the longest single session of five hours and the best accidental exit on the rocks. Paul was awarded the best wipe out when he took off late on a wave that almost sucked the reef dry before hurling him over with the lip.

I had a great time. I enjoyed surfing my ski again and had the pleasant experience of finishing the trip with a swollen and septic right hand, due to too many blisters. What a light weight. But I am happy to report that I have conquered my fear of the internet.

Electronic surfing? What a doddle. ●

Simon Hammond

World Surf Kayak Champion and Author of Surf Kayaking: The Essential Guide



White surf ski and yellow helmet - Simon Hammond

Yellow helmet and natural (greenish) fibreglass kayak - Paul Hurrell

Red, White and Blue Kayak - Ed Long

Other kayaker - Chris Harvey





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Gold Coast Gold festival

Woolacombe beach, north Devon



Richard Lewis aka Spotter and Bernard Maurissen knew they were in for a big day when they paddled out for a pre-race warm up at Woolacombe beach, north Devon in June. Blue skies and perfect three to four foot surf and they had the safety cover sorted with Fistral beach lifeguard Glenn Eldridge. After cracking a

couple of waves Glenn went through a few tips for negotiating the surf in the relatively safety behind the breakers. The conversation went something like this "...okay your doing well; try and concentrate on...paddle as fast as you *@!/? can..." several seconds later Bernard got launched clean over the back of the biggest set wave and Spotter had snapped his 5.6m 18kg racing ski clean in two!

Yep you've guessed it, another installment of the now epic Gold Coast Gold festival incorporating a 10k open water race. I'm not sure how the organisers; North Devon Kayak Centre and Island Style Sport Sun Block do it but for the past five years they seem to flick the switch on the weather machine to 'scorchio' and surf to classic. The race attracted the usual rogues' gallery of weathered athletes from across the country looking for a salty alternative to grinding up and down a river somewhere. In all, the race attracted a record number of entrants commented on by race organiser from North Devon Kayak Centre Mark Ressel (Res) "what a field, we've got International surf ski representatives from as far as South Africa and Australia mixing it with some of the best ex-International marathon paddlers in the form of Simon Dark, the Maycock brothers, and ex-sprint paddler Glenn Eldridge; all mucking in with paddlers who are in it just for the crack"; it has to be said there can't be many domestic races that can boast such an eclectic field of paddlers.

The Gold Coast Gold title was as wide open as it has ever been with prodigious up and coming talent Tim

Widdershoven from Portreath Surf Life Saving club looking for a crack at the title. Early on, Res set a blistering pace on the first down wind section with Tim and Glenn hot on his heels. Struggling with the early pace, young blood Tim dropped off leaving it to the 'old boys' to sort it out amongst themselves. Heading for the longest leg into the wind, the lead changed regularly with neither paddler wanting the other to get the edge. To quote the crew of the safety boat tracking the two leaders "it looked like an epic struggle between the two paddlers with neither wanting to back down". After 5k of battering into a strong head wind the penultimate turning buoy was in sight, if a decisive break was to succeed it would have to happen here. Meanwhile, another epic struggle was developing between training partners and close friends Tim Widdershoven and Simon Garbett, a previous national ski champion, fending off respected South African paddler Howard Loftus closing in fast with Andy Maycock.

After strangely changing sides with Res earlier in the race, Glenn was now in a position to take advantage of the inside line on the turning buoy; with the finish line almost in sight and a tail wind to lift his spirits Glenn made his decisive break heading for home. Finishing the race in first place, Glenn had this to say "I didn't think I could do it Res was setting such a tough pace into the wind it was all I could do to sit on his wash. I knew if I was still there at the bottom buoy turn I would have to make my move no matter how bad I felt... I think I caught the old boy off guard (laughs)". Coming in third with only one wave to separate them came Tim Widdershoven hotly pursued by Simon Garbett and Howard Loftus. As for Bernard and Spotter, the surf seemed to get the better of them, this time. When asked why do they (as kayak paddlers) put themselves through it each year Spotter replied, "Where else can you come race on a beach with such a great field of paddlers and camaraderie, and have such stunning views as this... you just can't beat getting out on the sea." I'm inclined to agree with him. We have to say a big thank you to North Devon Kayak Centre, Island Style Sport Sun Block without whom this classic race would not have been possible. ●

PADDLE THIS

Stay tuned for further details of the first ever National Open Water Championships to be held this year during the October Isle of White White Air festival. For more details, email Glenn Eldridge at glenneldridge@yahoo.com



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Huw in kayak

Chilean venturers

Raleigh International offers a unique way to explore the land and waters of Chile's Region XI. Twice a year over 100 Venturers aged between 17-25 descend upon Chilean Patagonia to undertake one of Raleigh's youth development expeditions.



Raleigh runs expeditions in Chile September-December and January to April. Groups of Venturers with little or no experience of kayaking or wilderness survival undertake a three month self-sufficient expedition, under the guidance of competent instructors. There are three phases in the whole expedition, each lasting three weeks and containing different groups of Raleigh Venturers.

A typical trip could be like the one we undertook in February with a group of nine Venturers. This involved ferrying all kayaks and equipment on the deck of a fishing boat out to one of the few inhabited islands in the Chronos archipelago, on a scenic six-hour journey through glacial fjords against a backdrop of snow-covered volcanoes.

After intensive training in kayaking, campcraft and emergency procedures we paddled further west to Isla Kent. The 150-mile trip took two weeks. Rest days and shore-based activities were built into the schedule.

'Leave no trace' camping is now firmly a part of the Raleigh ethos. Constructing wild bivi sites and cooking and living areas became a focal point of each day. After a final tidying sweep (not so far as to straighten the grass again!) it was very satisfying to leave the site as it was found – unspoilt wilderness.

We encountered dolphins, porpoise, penguins and sea lions. Parrots, humming birds and albatross gave us aerial entertainment against a magnificent Patagonian sky backdrop, plastered with Lenticular

'UFO' clouds!

From the east, we entered a lagoon formed by a bar. After establishing our camp there and relaying our position to Field Base via HF radio, we walked over to the west side of the bar, to be greeted by the Pacific. Surfing on the Aleut's hatch covers was enhanced by the presence of dolphins cutting up the wave faces like true professionals! Other highlights included:

- Sailing tandem kayaks using flysheets as modified rigs.
- Night circumnavigation of Isla Sweat on a mirror smooth sea, lit up by the phosphorescence produced by the bows, blades and paddle drips.
- Sea lions performing underwater ballet in the clear water beneath the kayaks.
- Making a beach sauna using a tarpaulin and hot rocks from the fire.
- Star gazing; Southern hemisphere style.
- Power showers under the waterfalls.
- Crab racing on deserted beaches.
- Watching on as the Venturers rolled on cue!
- Watching locals back at start point having fun kayaking lessons from our new experts.

Venturers were given a very active role from the outset. Day leader, navigator, quartermaster, radio communications, chef and facilitator were roles undertaken by all at least once during the phase.

As staff, we did not input unless safety was an

issue.

Group dynamics and soft skills were certainly developed by all as they worked together through porridge burning, tent wetting and by salvaging floating kit from the high water mark. Numerous dead end turnings were taken early on, as the navigators got to grips with the map and GPS. Peanut butter lunches sometimes emerged if the quartermaster didn't pack the cavernous hatches in order!

It all worked out in the end. A voyage of self-discovery can be frustrating to watch, but it was felt this learning style was most appropriate given the time scale available. Venturers participated in informal reviews and progress reports. As a part of their time with Raleigh, they also undertook community and environmental projects. Progress in all three phases was then summarised and formatted into an end of expedition report. This can be used for future employment or university applications.

From a staff paddler perspective, Raleigh Chile offers a chance in a lifetime experience to access these areas of coastal Patagonia, and being part of a youth development programme, which has



measurable positive outcomes.

The whole process is fully backed up by the excellent systems in place at Field Base. They monitor progress twice daily via HF radio, and communicate relevant information to the Chilean Navy. There are tried and tested emergency procedures in place, should the need arise. Other add on benefits include

- Learning or perfecting your Spanish in a cultural environment.
- Country Director reference on your three-month placement.
- Three-month extension on your air ticket, should you wish go and explore some more! ●

FACTS : APPLYING

For details of how to apply for a volunteer position on expedition please contact staff@raleigh.org.uk or call 020 7371 8585. Please go to www.raleighchile.cl and www.raleighinternational.org for more details.

FACTS : HUW JONES

Huw Jones, 35, is a North Wales-based kayaker. He has paddled rivers, sea and surf for twenty years. Huw is 5* sea standard and level 3 trained by Nigel Dennis. When he's not on the water Huw works as a school teacher. This is his second Raleigh International expedition in Chile.

FACTS : INTERESTED?

Ideally, you should be an experienced paddler of 5* sea standard with the ability to coach level 3 sea journeying skills to younger people. Mountain leader qualifications or relevant experience would make the transition into wilderness living a little easier, and may offer the opportunity to lead on a trekking phase.

Nigel Dennis and John Ramwell run a Raleigh information and development weekend at ASSC Anglesey. The opportunity is also there to undertake a kayaker leadership assessment for a staff position in Chile.

Shared experience and wilderness survival and youth development training near Field Base with the other 40 or so staff, including International Mountain guides and coaches, is provided.

All relevant radio communication and casualty evacuation training is provided on site.

Each project is given full logistical and medical back up.

Would I come to paddle and trek with Raleigh again? See you at Terminal 3.

Meandering the Medway



Meandering the Medway - A paddle-powered voyage from Tonbridge to Maidstone

One sunny day during the summer of 2004, in a fit of enthusiasm, Sean Furey (from the Environment Agency Kent Area Water Resources department) bought an inflatable canoe to paddle the River Medway Navigation. Not having a big car that can carry a boat on the roof, a canoe that folds tidily into a rucksack is just the ticket.

Boat on back, hat on head and paddle in hand, he took the train from Maidstone West to the historic town of Tonbridge. Beyond the castle, Sean inflated



his canoe and slipped into the river using an unassuming slipway close to the railway bridge.

Going with the flow of the river, paddling past the crumbling battlements of Tonbridge Castle,

With the still Medway water and over hanging trees it almost felt like paddling through some flooded forest in the Amazon

beneath Great Bridge where resourceful pigeons cooed from their nests, portaging his canoe on his head over Town Lock, Sean watched a mute swan regarding him imperiously. Soon the town gave way to open countryside and peaceful solitude. Occasionally passing a lad fishing or a family walking their dog, from his canoe he could hear more than see, the vegetation was that lush, with orchards, hop fields and meadows edged with Ash and Oak.

Stopping for a snack shortly after Eldridges Lock, one of the ten locks that make it possible for motor cruisers to navigate between Tonbridge and Allington, Sean watched as a bright yellow-headed yellowhammer swooped down and several electric blue damsel flies flitted by.

With the still Medway water and over hanging trees it almost felt like paddling through some flooded forest in the Amazon, an illusion soon shattered by loud hailer announcements and cheering, from nearby Beltring Hop Farm, Country Park.

At Sluice Weir Lock, there was a buzz of activity; a cruiser in the lock and a shoal of young canoeists shooting down the canoe-pass alongside the weir. It was a bit steep. Our man didn't fancy getting drenched. Carrying his inflatable canoe via the footpath to bypass the weir back to the river, he paddled on under the A228 and the Medway Valley railway.

At Anchor Sluice, in the village of Yalding, Sean had to take care as children splashed in the river like multi-coloured otters, while parents watched from the garden of the Anchor Inn. Following the navigation, under the lifting bridge along Hampstead canal into the main channel where it is joined by the Medway's main tributaries (the Teise and the Beult) man and canoe headed towards Maidstone. There was much more boat traffic here, especially around Wateringbury. Then a kingfisher skimmed across the water, more welcome than the non-native Giant Hogweed also found on this stretch of river.

At Teston Lock, people had come to the country park to picnic and fly kites, but watching a boat rise up in the lock grabbed the crowd's attention. No-one seemed to notice as Sean wandered by with a bright yellow boat on his head. Passing under the medieval stone arches of Teston Bridge was amazing and seven hours after leaving Tonbridge, our man paddled up to East Farleigh Lock, the last before home.

Shoulders and arms seizing up, the lure of the railway station as the Maidstone bound train pulled in and the ease of deflating the boat, triggered a decision that 14 miles in one day was sufficient and a great way of exploring Kent.

For anyone determined to see the entire length of the inland river Medway by canoe, it is only just over four more miles to Allington Lock, where the inland waterway meets the tidal estuary. Allington lock can only be used a couple of hours either side of high tide and Environment Agency lock keepers are on hand. Too little water below the lock at other times makes it impractical for boats to pass through. There is no need to think about tide when exploring Kent by the inland River Medway which is just part of the appeal. ●

Gina Scarre

MORE INFO

If you want to know more about the River Medway, visit www.environment-agency.gov.uk/rivermedway or bring your canoe along and go exploring. BCU members benefit from a group registration.

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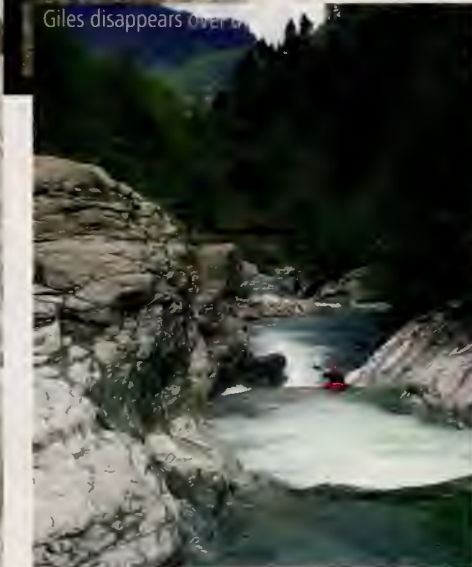
Facing fears on the Sorba Slides



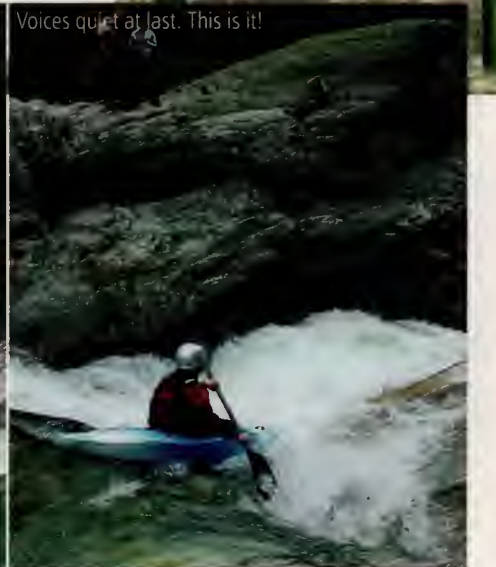
Tom on the first slide



Giles on the third slide



Giles disappears over the



Voices quiet at last. This is it!



Tom approaching the cushion

My world went white and I forgot to breathe. In my mind, the moment lasted minutes, but in reality, not a second had passed before I was out of the tunnel of water and shooting across the eddy in the sunshine, with what I knew was a huge grin on my face. I couldn't stop smiling as the boys each approached me and, for once, I was grateful for having been bullied.

Let me take you back a few steps. I was in Italy, in the Val Sesia area, with the boyfriend and some mates. I'd been looking forward to the trip for weeks, getting excited by the idea of the rivers, the time away, the sunshine, the laid-back Italian lifestyle, the whole relaxed 'start the day with a coffee in the café, go boating, end it with pizza and beer in an authentic pizzeria, and still have change for the bus fare home' freedom that it entailed. One problem, however, kept niggling: would I be able to hold my own?

Browsing the web, it appears that many boys have the problem of their girlfriends not wanting to boat, meaning that holidays have to include activities

for both partners. Mine has the opposite problem — I do boat, but unfortunately not as well as he does. Nor indeed, as well as most of my boating buddies. This means I'm often in the position of being the weakest member of the group: a comfort at times that I'll be looked after, but frustrating at others, when I have to walk bits or even miss out on whole rivers. I was well aware that there may well be runs in Italy that the boys wanted to do, that I wouldn't be up to, but the idea of flying there and not being able to take proper advantage of the trip was incredibly frustrating.

Imagine, then, my trepidation, when after a warm-up run on the Sesia, during which my paddling had not been its best, we rocked up at the Sorba

"It crosses my mind that if it doesn't go right, I may end up upside-down against the rock wall, still shooting downstream."

that I'll be looked after, but frustrating at others, when I have to walk bits or even miss out on whole rivers. I was well aware that there may well be runs in Italy that the

slides. I'm sure many people have been in the situation I was then. We walked up and down the road, with the boys picking out their preferred lines down the maelstrom of whiteness that was before us, highlighting the possible obstacles, identifying the crux moves and attempting to work out the stickiness of the holes at the bottom of each slide. Meanwhile, my mind was racing. The voices in my head were arguing again, as they often do at the top of something that appears hard. One voice told me that I was perfectly capable and could do this, that my paddling was up to standard and that I'd be fine. The other voice was less positive, suggesting that my paddling was a bit off that day, asking whether my roll would work if I went over and could I make the boofs, and suggesting that maybe leaving it until later in the week when I'd warmed up a bit, so that I didn't scare myself on the first day, would be a more productive idea.

Somehow, the negative voice always seemed to shout louder and drown out the calm, quiet confident voice, so as the boys got back into kit, I opted for the safer role of photographer. The boyfriend picked up his boat and wandered off over the bridge. One last check of lines and markers and he launched into the flow. Off down the first slab at warp 9, through the hole at the bottom and into the pool. Neat little boof off the next drop and a quick breather in the eddy, then off down the final slide, round the corner, through the huge cushion at the bottom and out. That was it. Simple. Apparently.

Not to be outdone, the other two shouldered their boats and set off to the put-in. Once there however, they didn't appear too sure. With lots of strokey-beard moments, they considered their course of action. Meanwhile, back on the near bank, the other half's trying to persuade me. He did it fine, why shouldn't I? He forgets. In my view, just because he can run something, it doesn't mean I can. He eventually bows to my judgement that it would be bad to push too hard on my first day, scare myself and ruin the rest of the week. It's amazing how persuasive that little negative voice can be.

The boys eventually run the drops, each getting their line, making the boofs and shooting out into the eddy at the bottom. It can't really be that hard, can it? But what if...?

They both emerge from behind the rocks guarding the bottom drop grinning and telling me I've got to do it. But if they took so long to be sure, how will I be ok? They confirm that, yeah, it looks quite bad but that, really, there's nothing to it. The holes don't hold you, the expected support strokes aren't needed, just start at the right place at the top and it does it all for you. I'm still not sure. The boyfriend gives up, the other two don't. They walk me back to the car and hold up my cag. I know I'll never live it down if I don't. How can I really say no?

FACTS: THANKS

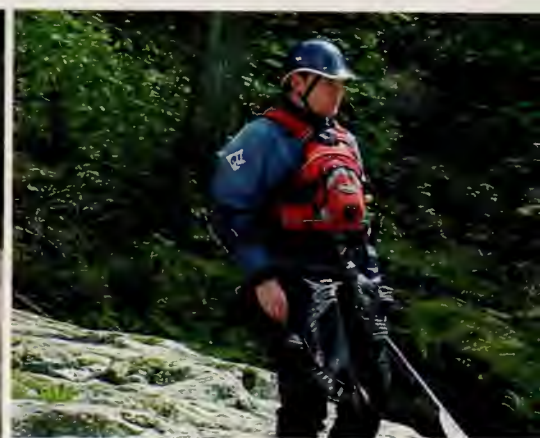
Sarah Nash would like to thank Tom Parker, Giles Brunning and Dave Fairweather for bullying her!



Sarah lining up for the second drop



Tom at the top of the third drop



I bow to peer pressure and don my kit. With boat on my shoulder, I walk off to face my fear. Over the bridge, along the path on the other side and down the rocks to the eddy. I slip over and land with my boat on top of me. Surely, this must be a sign. I do one final check of the lines – which side of that lip? Boof on the left or the right? How far right to start on the final drop? With one last look, I get into my boat, and with a thumbs-up and a smile from the other half, I launch into the flow. There's no turning back now. The heart pounds and I breathe deeply, silencing the voices for good. The lip approaches and I'm sure I'm too far left, but it's too late now. I shoot down the first slide and then suddenly, I'm at the bottom and plunging under the water through the hole. For a split second, I think it's going to hold me,



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Giles and Dave's strokey-beard moments



but then I'm free and there's sunlight once more. I stop for a second to line up for the next drop and then shoot down to the left. I find the 'eddy in a cave' that they all talked about and stop for a breather. This is it now – the final drop, the most complicated in the set. I know there's a big curling cushion at the bottom, and there might be the need for a well-timed support stroke at the corner. It crosses my mind that if it doesn't go right, I may end up upside-down against the rock wall, still shooting downstream. But there's nothing I can do, there's no way I'm getting out now. In fact, the thought doesn't even enter my head.

I get the go-ahead and, as I cross the eddyline, I

check the point on the lip that I'm aiming for. I breathe deeply again and ferry across the pool. Again, my heart races. I turn and approach the lip, focusing on my line. About a foot from the right hand wall? Check. Not too much speed? Check. Here we go!

For that second on the way down, I'm calm. I know that nothing I do will change my direction on the slab. But I don't want to change it, I'm on line, everything is just as it should be. I quickly approach the white foaming cushion and the rock wall behind it. My boat turns with the water and I think about putting in a support stroke as my boat leans into the corner, but it's too late. I'm swallowed by the water, but by the time I notice, it's finished with me and spits me out across the eddy. I'm out, I'm done, I'm still upright and I'm grinning. It's a feeling I can't describe, suddenly knowing that you can do something that worried you, that you've overcome

"Ships may be safe in port, but that's not what ships were made for"

the negative voices in your head. This is why I boat!

I once heard the phrase "Ships may be safe in port,

but that's not what ships were made for". We're the same. We may be safe on the bank, listening to those negative voices, but if we let those quiet, calm, confident ones win, we get to soar high. It just means that we just have to listen that little bit harder. ●

Sarah Nash

Pictures: Sarah Nash, Tom Parker, Giles Brunning and Dave Fairweather

Warp 9 on the first slide





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Access and consultations

The BCU will be considering and responding to:

Confirmation of byelaws relating to countryside recreation: Guidance for byelaw-making Authorities

DEFRA are seeking views on the proposals to improve procedures for confirming countryside recreation byelaws made under a number of public and local Acts of Parliament. The objective is to:

- Ensure that byelaws for regulating public behaviour are made only when other solutions have been fully explored and where it is clear that creation of a criminal offence is necessary, and;
- Where byelaws are judged to be necessary, to reduce the time taken to confirm them.

The consultation is available at: www.defra.gov.uk/corporate/consult/recreation-byelaws/consult.pdf The closing date is 21 November.

Consultation on the diversions of rights of way: (1) for the protection of sites of special scientific interests (SSSIs); and (2) temporary diversions for dangerous works.

The consultation paper sets out the Government's proposed approach to implementing the provisions in Schedule 6 of the CROW Act that insert new sections 119D, 199E, 135A and 135B into the Highways Act 1980. Sections 119D and 119E will enable a local highway authority to divert a public right of way to protect a SSSI. Sections 135A and 135B will enable an occupier to temporarily divert a right of way across their land to enable dangerous works to take place.

The consultation is available at: www.defra.gov.uk/corporate/consult/rightsofway-diversions/consultation.pdf. The closing date is 4th November

PADDLE THIS

Paddle to Westminster –



Wednesday 9th November

The paddle is planned to take place on Wednesday 9th November as this fits in with tide times and other political activities. We still have final permissions to obtain but we are getting there!

Due to the nature of the water on the tideway and the time of year it is important that you are aware of your own capabilities on moving, exposed and often, unpredictable choppy water. We are hoping to arrange safety cover but we need competent paddlers with suitable canoes and equipment. We do need to know if

you are planning to paddle. Please email us at info@riversaccess.org to register your intention of attending to receive joining information with location and timing details, and to assist with arranging car parking and car ferrying requirements by mini-bus. Also contact us by email for location and timing information if you plan to support us at the end of the paddle.

We will invite all MPs to come along to the presentation but please do contact your local MP and encourage them to come along and hear us present the case for greater access to inland rivers.

Paddling programme

Meet - Near Putney/Barnes Elms to paddle 6 miles down to Westminster. Brightly coloured banners etc being displayed. Land and await flood tide.

Then, paddle 1.5 miles back up river to land and finish at a private site near Vauxhall Bridge. Thereafter people will be ferried back by mini-bus to their cars for collecting their boats. Our aim is to provide free car parking away from Central London and the Congestion Zone charging area.

We will invite all MPs to the presentation, but please do contact your local MP and encourage them to come along and hear the BCU present the case for greater access to rivers and inland waters.

If you want to receive regular updates as to what is happening email us at info@riversaccess.org and we will put you on to our distribution list. Do also keep an eye on the website. We will put out a club mailing around that time too.

Please do be aware that with the new security measures in Westminster, plus trying to combine dates etc we may not be able to do this paddle, but we are going to try our hardest to try and get this one live!

Support us via the e-card for the Westminster paddle

If you are unable to attend please sign up for our e-card which we will download, collate and present professionally to the MPs in a book. The card is available on the BCU, WCA, Canoe Wales, RAC website.

Your support is only a click away.

When you click on the e card you will be given a 'card' which will say:

I live in (Town).....

I would like to be able to spend more time taking part in a, socially inclusive, recreational activity which has significant health benefits and enables me (and thousands like me) to enjoy the countryside.

I would like to canoe on (name of river(s)) but because of the access to water situation in England and Wales they are not available to me or anyone else.

I urge the Government to give me the same access to rivers as they have to the rest of the countryside so not only can I have the right to roam but also the right to paddle.

All you need to do is fill in the gaps... Just your name and town (no address etc) and the rivers you would like to have access to and then press send and we will do the rest.

Remember your support is only a click away.

We will keep you informed as to what is happening but in order to move the campaign on, and for MPs to realise the depth of feelings, we do need the support of all canoeists and those who feel that there should be equitable access to the waterways in England and Wales.

Unmet demand for canoeists and other water users?

In a letter received from the Department for Culture, Media and Sport (Sports Division) on 8th August 2005 it was stated that "whilst there is some unmet demand for white water and long distance routes for canoeists, for most canoeists, as for most other water users, overall supply is roughly balanced with demand." This is the same as the standard letter MPs receive when they ask the question about access of the Minister.

Well, heads must be being buried in the sand as there is a huge unmet demand for access to water for watersports! Look at the Countryside Agency – Landscape, Access, Recreation research notes Issue CRN 93 Date June 2005 titled 'Demand for outdoor recreation in the English National Parks' which states "Constraints on access to rivers for canoeists continue to cause conflicts. Access to good white water is particularly lacking for more serious canoeists and this leads to clear evidence of unmet demand in some National Parks." See www.sportengland.org/outdoor_recreation_report.pdf

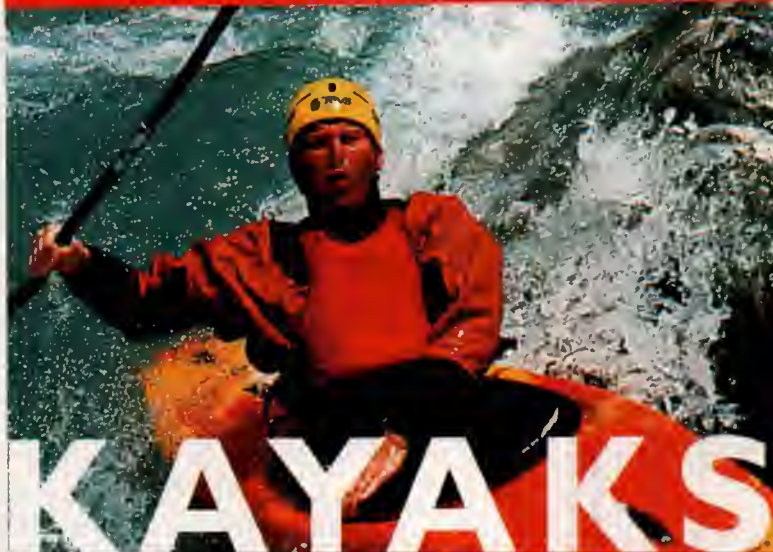
And that is only in the National Parks.

Support for the campaign has, and continues to be received from many different watersports as well as other individuals and groups who, not only feel that the situation is abysmal, also want the opportunity to use the 'blue pathways' for recreational activities, including wading in them with their families.

At the campaign office, as in other parts of the BCU, we regularly get hundreds of comments, emails etc with concerns that access to all types of water is not available and people are extremely frustrated with the whole thing.

With dramatically increasing number of individuals taking part in water sports the situation will only get worse, unless access to rivers and waterways is achieved.

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Cartoon courtesy of Andrew Quick



Typical UK access!

Natural England - draft strategy

In association with the Central Council for Physical Recreation the BCU has been invited to comment on Natural England's strategic direction and approach. Natural England is a new agency with the responsibility for the natural environment and the subject of the Natural Environment and Rural Communities Bill that has recently been out to public consultation.

Natural England will have a remit for access and recreation that the BCU is keen to see it fully takes into account access to and along water. English Nature, Countryside Agency (Landscape, Access and Recreation Division) and the Rural Development Service will form Natural England. The Environment Agency and Forestry Commission will have a memorandum of understanding as the basis of working with Natural England.

Change of Local River Advisor

River West Rother (Sussex)

Please note the LRA is Noel Humphrey, 29 Aylett Road, South Norwood, London, SE 25 4JY. Tel 020 8654 0845 email: electron@nhumphrey.freeserve.co.uk

Improving access for canoeing on inland waterways

Access study schemes

In the April issue of Canoe Focus it was reported the consultants from the University of Brighton had conducted a series of individual meetings with local BCU representatives and other users at both the Rivers Mersey and Waveney study areas. These meetings had gained information to format arrangements for access agreements.

From this groundwork the Environment Agency encouragingly report that the project has progressed. The Rivers Teme and Wear are included in the study schemes where some preliminary work has commenced in anticipation of a fuller commitment of resources in the coming months.

River Waveney: the outline access agreement issued in February for local consultation has been finalised and agreed as acceptable. The consultants are in the process finalising agreement with all parties for approximately 22 km of canoe access between Shotford Bridge and Bungay Staithe. The Agency is optimistic it may be possible to extend the agreement to Brockdish above Shotford Bridge to Ellingham Weir downstream of Bungay Staithe and provide up to 28km of linear access.

River Mersey: between Stockport and Carrington the local authorities are the major landowners and agreement for access is progressing well with these parties that covers some 30km. Section 16 (Dedication of land as access land) of the

CRoW Act 2000 will feature in the agreement. It is very likely the first instance of the CRoW Act being used for gaining access to water. In June and July BCU Access & Facilities Department and the Agency undertook a number of joint surveys and assessments of the section with particular attention to the weirs, egress and access points, portage routes and any need for signage. The results of these visits will assist in providing river information for paddlers.

Environment Agency lands are included in the agreement where access may also be arranged under Section 16 of the CRoW Act 2000. In this reporting period the Local River Advisor, Environment Agency and consultants have assessed potential portage and egress/access points from the water.

The Agency say the Rivers Waveney and Mersey projects are to timetable with planned completion dates in the period December 2005 to January 2006. Actual commencement for using the agreements could be in the following months as the use of Section 16 of the CRoW Act may require a period of notice.

If all goes to plan for the 1.6km section at Ludlow on the River Teme, an agreement could be delivered by March 2006 with a commencement date for use set thereafter. Other than the intention to commence the River Wear in the coming weeks, no timetable has been set for the 18km section that straddles Durham City.

The BCU will be meeting the Environment Agency on 6th October for a further update on the schemes and any further information will be on the BCU and Rivers Access websites.

New Access Development Officer for the WCA/BCU – Ashley Charlwood

Ashley Charlwood

From the start of August, Ashley has taken on the role of Access Development Officer; this is a joint post covering the WCA and BCU. Most of the work that Ashley will be doing for the BCU will be in the border regions covering access on rivers such as the Wye, Lugg and Teme. Within Wales, part of Ashley's work also covers facility development and the promotion of access within facilities.

Ashley has been the Local Access Officer for Dyfi area rivers in Mid-Wales for three years.

Originally more involved in sailing, Ashley started paddling on the sea to get closer to the water than he had been for a few years on yachts. After moving to Wales in 2000 it seemed to be an obvious move to start river paddling. It is something he really enjoyed, but had not given as much time as he would have liked. So he can really identify with anyone who is working up the grades! Ashley loves the fact that canoeing can include anyone on any piece of water and securing that facility for use is really important to him. Floating around on a lazy river or lake, being on the sea or trying to stay the correct way up on whitewater all makes him tick.

Ashley feels that there are so many exciting projects being worked on in paddlesport at the moment that there is something for everyone, except access to water!

The Rivers Access Campaign has his full support, it is vital that as a sport and as countries, England and Wales, work together to change the primary legislation that restricts recreational use of water.

Ashley hopes to meet a lot of the supporters of the campaign on the 'Paddle to Westminster' and around and about on his travels.

Local Access Forums

The BCU has written to all the Local Access Forums in England highlighting the access to water issue after the minister had requested water recreation was a matter to be added to their agenda.

At all of the LAFs that are being visited, a PowerPoint presentation, supported by handouts is given. Each presentation not only considers the whole of the access issue but does highlight issues locally as well.

For more information about Local Access Forums visit the River Access website: www.riveraccess.org

And if you have local information or are involved in access to water issues that would be useful for us to know about please advise by contacting access@bcu.org.uk

Have you logged your support yet?

The DCMS (Department for Culture Media and Sport) are saying that there is no unmet need to access to water for canoeists... We know they are wrong, so come and join the hundreds who have logged their support for the campaign. We all need to show that access is a huge issue. It is evident there are millions of people who are affected by the lack of access to water but we need to have proof of the numbers too.

It is easy to do... Just visit the site www.riversaccess.org and you can find the link to the petition on the home page.

Don't delay... Log on today... Pass the word around and encourage others to do the same.

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West Midlands new website

The address is bcuwestmidlands.org.uk

It will contain:

- List of clubs and approved centres
- Committee contacts
- News
- Sale and wants
- Touring info
- Forum

To have any items displayed on the site contact Mike nicholls on 0121 360 2136

Mike.nicholls@homecall.co.uk

Annual consultative meeting

30th November at Upton Warren OEC, Upton Warren, Bromsgrove at 7.30pm

After the meeting there will be a open forum to discuss matters of regional importance, please come and find out how your region is run.

Emma Surfing the croc
Photo: N.Wilkinson



BCU North West weekend

28th-29th May



Down river race. Photo: Ruth Douglas

This year's BCU North West Regional Weekend was once again held at the Teesside Whitewater Centre. Hosted by Clitheroe Canoe Club, this year's event was the most successful yet with around 220 paddlers in attendance over the weekend. The weekend offers paddlers of all ages to take part in a series of competitions on the Saturday, attend coaching sessions on the Sunday, and on both days, simply enjoy the facilities on offer.

Competition day on Saturday saw six different events: downriver race; canoe polo challenge; sprint; flat-water slalom; freestyle and the ergo challenge, each with five divisions; U13, U16, men, women and veterans (over 40). Prizes, sponsored by Nookie, were awarded, by division.

The organiser, Andy Noblett, organised some gloriously sunny weather, though competitors were in general agreement that Saturday's windy conditions made the canoe polo and slalom events challenging.

Andy was also quoted as saying "We may consider organising next year's event to clash with the Brayfield's family holiday, so that other paddlers may stand a chance of winning!" The Ergo challenge, sponsored by Science In Sport, provided some interesting results with non-paddlers taking all the places! The calibration will be checked for next year.

Coaching Day on Sunday provided an excellent opportunity for paddlers of all ages and abilities to learn new skills, improve technique, or try a new discipline. Courses

included BCU 1, 2 and 3 star tests, canoe safety test, beginners white-water skills, advanced white water skills and freestyle. The coaches who generously gave up their time on the day included Nigel Timmins, Ian Bell, Dave Renolds, Glynn and Mags Brayfield, Jone T and Danny Heyworth and the 'Free-style squad'.

As in previous years, Brookbank Canoes of Stockport were on site both days with a wide range of demonstration boats and equipment and many paddlers took the opportunity to try out boats and equipment.

Article: Neville Wilkinson/Jonathan Downing

Photos: Ruth Douglas and Neville Wilkinson

www.clitheroecanoeclub.org.uk

PADDLE THIS

Ilfracombe Kids 'have a go'!

On 23rd July a 'come and have a go' day was held at Ilfracombe Harbour in North Devon, the event was a great success with over 50 local children taking part in the day. The weather was great and groups of eight kids at a time were taken on the water to experience the fun of paddling – some for the first time.

Andy Mcauley would like to thank all the volunteers that helped make the day run so smoothly and also North Devon Kayaks, Skern Lodge and Active Outdoor Experience for support and providing equipment. To get more info on Paddling in North Devon and club opportunities please contact Andy on 07817 281 215.



YORKIE NEWS

The news that the Olympics are coming to Britain is fantastic. I wonder which of our juniors and youths will be taking part and representing not only Yorkshire but also the country. All our 12-year-olds take note. It might start here, so please make a note to go to Slenningford, West Tansfield to see the Wavehopper final on 23rd October.

This time last year our new sea section the 'salt n' shakes' was still an idea. Now it has 30 names on its register. The group plan an autumn weekend paddle-cum-social-cum-get-together, so please contact Ken Reece 01937 588786 or www.bcu.org.uk/yorkshire to find out more.

Aldwark Scout Centre (nr. Ripon) is running nine autumn courses covering both canoe & kayak star and coach qualifications, so check out courses@aldwark.org and john.lucas@flowingideas.co.uk for the details.

Coaches, please note that if you make contact with John you can register and receive coaching updates by email from the region's coaching team.

Over 40 coaches enjoyed a lot of fun and focused slalom training thanks to Bradford & Bingley CC and the efforts of Tony O'Connell & John Sturgess on Sept 4th. It was so successful that the next coaching scheme get-together will be a repeat at BBCC next spring (date to follow). Those who came to the last will remember watching two young men demonstrate a whole range of flatwater freestyle moves in the pool. Well you were watching a future European champion in the making. Congratulations to Ed Smith who won the Europa Cup in July. Very well done.

Coaches or groups travelling to the Lakes who may be short of an instructor or want to book some tailored sessions should make a note of Josh Litton on 01229 889629 (who can also provide B&B and bunkhouse accommodation if required).

Any groups who would like a pool session over the winter and can manage Sunday evenings can contact me for details of White Rose CC facilities.

The region's info line 0845 8338654 is not just for the River Washburn so please ring Norman Taylor on 01132 737393 with your events to take advantage of the service. Similarly if you want your events to be accessed via the region's website you need to speak to Kate Wright on 01132 943778 or email kate.wright29@ntlworld.com

Please make sure we have your email address. If you renew by direct debit and haven't sent in your email address to HQ for a while or you changed service providers you will be missing out. Please let Jon Dakeyne know at jakeyne@aol.com

Very soon we will need to compile the details for the 2006 yearbook so please make sure Jon has your details.

The next Yorkshire Regional Development team meeting is in Leeds on Monday 31st Oct at 6.30pm and the region's ACM is on Tuesday 29th Nov at the cricket club at Ossett starting at 7.30pm complete with pie n' pea supper. Please contact Jon if you need directions.

One change from the last yorkie news is Sheffield CC meet at the leisure pool at Ponds Forge from 8-9.30pm on Tuesday evenings.

And finally it is with many thanks we say good luck and goodbye to our PDO Len Hartley. We don't want to lose him but respect his pastures new grass is greener opportunity to do more of what Len really enjoys. Lots of the region's clubs and hundreds of us have all benefited from Len's help guidance and good-humoured encouragement. Thank you Len.

Dick. Dickconstable@canoeists.co.uk

Junior Placid Water Development

At the final sprint regatta of the season at the National Water Sports Centre, Nottingham – Sport England and the BCU were able to announce the successful funding of their Junior Placid Water Development Programme. Sport England handed a larger than life cheque for £139,250 to Albert Woods (President of the BCU) and Alan Laws (representing Canoe England and the Placid Water Scheme) whilst young paddlers raced down the course in their new junior Lightning kayaks.

The programme has been funded by the Community Club

Development Programme (CCDP) which is a collaboration between Government - the Department for Culture, Media and Sport, Sport England and 16 national governing bodies to support grass roots sport and development in England. The BCU has 13 other projects involved in the CCDP programme.

As part of the project, 46 clubs and centres across England have benefited from junior equipment – including 189 kayaks, 21 paddling ergo machines and supporting kit. This equipment is also available to the wider community to promote placid water.

Thanks go to the manufacturers supporting this project - Pyranha Mouldings, Kirton Kayaks, Marsports, Braca Racing, Lendal Products, Gul, Canoe Sport, Main Sport, Lawler Engineering, O1 Ergo and the many people involved in assisting it's progress. For more details of the Junior Placid Water Development Programme contact Sue Hornby on sue.hornby@bcu.org.uk



Sad farewells...

A big thank you to Paddlesport Development Officer (PDO) for the NW & Yorkshire region I am leaving the Young Peoples Programme to commence work in new employment, my final day with the BCU will be on 30th September. I would like to take this opportunity to thank all the many clubs, centres and individuals who have offered me great support in the post as PDO. It is with some sadness that I say goodbye as I have developed many friendships and positive outcomes with those clubs and centres that have engaged with the Youth Programme. I would also like to thank all members of the Youth Programme team who have been great to work with and wish them and the future post holder continuing success in all they do.
Len Hartley PDO NW & Yorkshire

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Wild Wabak

They also undertook a five day community project constructing a canoe portage trail in Pukaskwa National Park.

The Manx party were the first school group to journey into the wilds of Wabakimi Provincial Park and the expedition planned by Lesley Sleight from Queen Elizabeth II High School was awarded the Stephenson Award 2004 from the Young Explorers' Trust.

Both canoeing groups took a train to Allanwater Bridge where they started their separate routes.

A group led by Kierren and Angela paddled the Allanwater River passing through Brennan, Wabakimi, Smoothrock and Caribou Lakes. Take out was at end of Little Caribou Lake at the bridge on the road to Armstrong. The other group led by Lesley and Neil travelled the Flindt river system passing through Foam Lake, Heafur Lake, Flindt Lake, Wabakimi, Smoothrock and Caribou Lakes. The group canoed down various rapids up to grade 3 level.

Wabakimi Provincial Park is one of Ontario's

Thirteen young people from the Isle of Man have returned home after an extremely challenging four week expedition to Northern Ontario. During their expedition they paddled 220 kilometres in just nine days and trekked for five days, which qualified as a 'Gold Adventurous Project' for their Duke of Edinburgh's Award.

biggest wilderness areas. There are no roads into the park and access is by floatplane, train or canoe. The nearest town is Armstrong which is three hours drive north from Thunder Bay. Wabakimi offers innumerable canoeing opportunities, including over 2,000 kilometres of lake and river travel.

The following report is woven around the members of the team.

"The objective of our canoe expedition is to monitor the caribou population which is rapidly disappearing. We learned many facts about caribou, their tracks, their habits, breeding platforms. We were asked to collect fresh excrement and hair samples and were given vials and ice packs, the samples were to be sent off for DNA testing. The park staff were trying to monitor family groups."



imi

"We were up at 5.30am and on the water for 6.30am we watched the sun rise as we paddled. The sun was bright pink and bought out so many different colours in the reflection on the water, it was absolutely amazing."

"We hit a small waterfall that snuck up on us. Lesley and Katie got through fine so Tristan, Vanisha and I decided to run it We didn't quite manage it and ended up capsizing. At that point Andrew and Jo ran the falls despite being told not to and also ended up in the water. Paddles and pans went flying! Once both canoes were on shore a search was made for all the floating equipment. In the end we lost one pan, two pan lids and Jo's fleece jumper."

"Cooking at the moment without a lid is proving quite a challenge, we have tried a stone lid but taking it off upset the water over the fire and put it out. Next we made a bark lid which unfortunately set on fire, then a tripod. However, the string on the tripod melted and it collapsed, the water from the pot

dousing the fire once again. Third time lucky we used the primus stove and eventually had tea. Although we had some disasters today, it helped us all bond together."

"I loved the first set of rapids and was looking forward to the second set. Elle and Ben got stuck on a rock so we had to pull them off but this meant we were just left of the rock that we were supposed to pass on the right. We were still up stream and travelling at speed I had been draw stroking on the right but to no avail so we hit the rock bounced round and ended up running down the rapids backwards. It was mint. We ran loads of really fun rapids."

"We canoed down Lake Wabakimi and paddled about 27km. We've set up camp by some rapids. I had a quick wash and washed some clothes as I have run out of anything clean or that doesn't smell. Just sitting in the tent, winds have picked up a bit so had to rescue my washing from the trees."

"One lake we had to paddle across in a storm that lasted a good 45 minutes or so. It was probably the most exciting rain I have ever travelled through. Looking across the lake we could see 1,000's of tiny silver droplets rebound from the surface of the water which made for a spectacular and surreal experience."

"We woke to an overcast sky, paddling was good but slow. We crossed Granite Lake and the storm hit, right in the middle of a very exciting set of rapids. We tackled Big Beaver, Little Sturgeon and Big Sturgeon rapids at the height of the storm. I can never forget that edgy exciting determination as we set to ride the rapids with lightning crashing around us and thick curtains of rain making visibility difficult."

"Beaver rapids looked hard. The line was explained to us and those who didn't want to run them didn't have to. Ben was ready with the throw line, adrenaline was pumping. We went down the

right line but as we hit the second wave I got fired quite high into the air and hit my hip on the way down. This made me off balance when hitting the eddy line and so we accidentally capsized the boat."

"We pressed on through the rain. We were expecting to make camp but a sudden calm made us decide to cross huge Wabakimi Lake. We had been on the water for 11 hours before finally making camp at 8.30pm. It was still raining when we made camp and hypothermia was beginning to set in. It was dark early and the rain didn't stop, so we had fish stew and hit the bed exhausted."

"My sleeping bag was wet so I had to sleep in my clothes. Our campsite was quite exposed and wind and rain was fierce. That night we had to find big rocks to hold our tents down as the ground was very hard. It was not comfortable. We girls were very wet and cold and our tent was one big puddle. We woke up soaking wet."

"When I went to wash up I slipped on the steep rocks. All my bowl and utensils went flying into the lake but I managed to save all except my mug. I guess I'll be drinking my hot chocolate out of my bowl from now on."

"Whilst fishing quietly an otter appeared, where it did a few laps of the island and a metre from my feet it dived into a bush. It jumped out a few seconds later with a couple of fish in its mouth and swam off. I think it had a small hidden hoard and it thought we might steal them. Back at camp everybody had collected blueberries that were boiled up with sugar which made a delicious pudding. Just before we settled down for the night we heard a pack of wolves – it was a surprisingly gentle noise, not like you'd expect. It pretty much finished off a perfect day. It also reminds me how lucky I am to be out here experiencing these things." ●

Lesley Sleight



YOUTHFEST 2005 – suntastic!

Over 200 young people enjoyed eight different Paddlesport events under sunny Stockton skies at the BCU annual Youthfest on 16th July.

The BCU Young People's Programme took YouthFest to the North East this year as part of the 2005 Alive International Festival of Rivers and the Sea and the event was supported by British Waterways, Teesside Whitewater Centre and the Newcastle Gateshead Initiative.

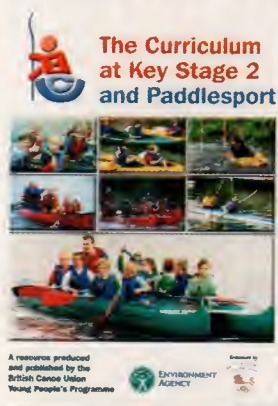
The Bellboat event, as always, proved to be an exciting focal point of the day with eager teams jostling for position. There were some close finishes but in the morning St Patrick's School managed to lead the way in the U16 event. In the afternoon it was the turn of the U11's and U14's. Melbourne AC and 5th Mansfield Sea Scouts were fielding strong teams – and in the final showdown the U14's was won by Melbourne and the U11's by 5th Mansfield.

Alongside the Bellboat racing paddlers were able to obtain certificates for the Diamond slalom challenge, Lighting 500 metre awards. There was also open canoe races, a polo 'Golden Shot' and paddling ergo challenge. Taking advantage of the Tees White Water course young paddlers were also able to benefit from top freestyle coaches helping them to hone their cartwheels. Also new to Youthfest this year was the XStream Challenge which combines skills across slalom, freestyle and polo on a timed course that included a limbo gate and 'splat'! Lucky winners of this event won great prizes donated by Palm equipment and tokens from the BCU slalom committee to enter a Div 4 slalom.

Many thanks to all the volunteers and helpers, Canoe Kayak Mag, Palm Equipment, TWWC, and British Waterways.

Next year Youthfest will be at the 2012 Olympic Regatta site at Dorney Lake, Eton, Berkshire. So put the date in your diaries now – Sunday 25th June 2006

Schools back!



Yes it's back to school time – so we thought it would be a good idea to remind you of two of our key resources for teachers and coaches working with schools.

The Curriculum at Key Stage 2 and Paddlesport

Paddlesport can meet many aspects of the Key Stage 2 Curriculum

and not just outdoor and adventurous activity. Aspects such as games, history, geography, science, technology and, importantly environmental aspects can be enjoyed more through taking the classroom onto the water. We've updated and published a new version of our Key Stage 2 guide. The booklet is packed with ideas and guidance based on the following ten lesson plans:

- Physical education, PH&SE - a four week programme
- Forces, friction and flotation
- Mathematics
- A river study
- Life processes on the river
- Paddlesport and the environment, an introduction to the paddle
- Making a paddle
- History of canoeing and paddlesport
- The weather, water and paddlesport - materials used in paddlesport

This full colour guide is available from BCU resources and costs just £10.00.

PADDLE THIS

Wavehopper River Goyt

Saturday the 3rd September was a great day for all the young people and parents who attended the Wavehopper event at the Marple home of Manchester CC.

A total of 29 young people took part - many for the first time. Shropshire CC turned out in force hoping to gain more points for the finals at Slenningford Mill Yorkshire (being held on 23rd October). This was a fantastic day for all who participated and to all the family members who added their support on the day. Many thanks to Manchester CC for hosting the event, all the helpers and parents. The picture says it all - just a few of the young people waiting for results and medals.

Len Hartley PDO NW & Yorkshire



PADDLESPORT at Key Stage 3

Our guide for Key Stage 3 shows you how paddlesport can meet the requirements of the National Curriculum at Key Stage 3 in the following areas:

- Outdoor and Adventurous Activities - plan and carry out canoe journeys. Link it to the Duke of Edinburgh Award.
- Athletic Activities - train for and try out some short sprint time trial events at school or in your local club
- Games - why not try canoe polo. A great game, for six or more people. You can play in a swimming pool or take part in a local junior league.

For a copy contact youth@bcu.org.uk or check out our website.

PADDLESPORT at Key Stage 4

Why not offer canoeing as a GCSE Physical Education or Sports Studies option? Link up with your local club to help young people to improve their performances.

We hope to have our Key Stage 4 Curriculum Guide available very soon – check out our website for details or contact youth@bcu.org.uk

Lightning Sprint Cup series



The final sprint regatta of the season – and tension mounts for the final of the Lightning Cup series. Having endured some tough conditions earlier in the season – the young paddlers were able to battle it out for honours under sunny blue skies. The overall club winners for 2005 was Royal CC for the second year running with most improved overall paddlers being Emma Hawthorne (WOR) and Gary Bennett (WOK).

Throughout the series a total of 101 paddlers have taken part from 22 clubs. Congratulations to the series winners and all the paddlers who have participated. Winners and full results are on the Lightning website www.lightnings.co.uk

Thanks to Sam, Charlie and Frances for the huge amount of work in running the series and the many parents, coaches and volunteers for supporting it and contributing. Thanks to Marpost for providing the most improved paddler prizes.

National Marathon Championships

27th-28th August

Held on the river Severn at Worcester – this was a chance for Lightning paddlers to go for the title of National Champion both in the Lightning and the new Hody K2 class and fast and close racing was the order of the day for both. Leading the way in the Lightnings for the U10 girls was Kathryn Stone from Banbury with Ryan Hunt from LOPC bringing the boys in. In the U12's Basingstoke Canal's Isobel pipped her sister to the post and Charles Welch from Wey KC winning the boys.

The Hody K2 championship was run over the same course on the Sunday with the Basingstoke twins again taking the honours just ahead of A. Hicks and Alec Baker.

The 100 mile canoe test

Welshpool to Worcester on the River Severn



I was approached by an 'all girl' youth club called 'Sugar and Spice' to guide them on a four day canoe trip. Being the sort of person who enjoys a gentle paddle – coupled with a bit of camping – I agreed. It was only later during telephone

conversations that I realised that I had just agreed to the 100 mile canoe test! My idea of open canoeing is a three mile leisurely paddle, two hour lunch break, followed by another two or three miles, I realise that all you DW veterans must think this small dice, but it seemed a long way to me.

I had only met the group at a meeting and never seen any of them paddle, so you can imagine my concern when one of the boats veered into the bank in the first twenty metres! The 'Test' is split over four days and we were paddling on day one from Welshpool to Montford Bridge. As any of you who know this stretch will agree, it's pretty twisty, that coupled with a wickedly gusty wind was giving some of the girls real problems. We managed to swap paddlers around and give some coaching to help them steer and keep the boats running straight but we were making very slow progress. This first stretch is 24 miles, we had got on the water at 10am and by six in the evening we had done 12 miles! So regrettably at this checkpoint we got one of the girls off, as she was so exhausted, then with much cajoling and very little rest we managed to get to the finish by 8.30pm. The girls were exhausted and none too happy with me for making them paddle hard, but we had completed day one. We drove back to Bridgnorth to our base camp and had a lovely evening meal prepared by our illustrious leader Iris, then retired to our tents, (I slept with one eye open, as there were mutterings about murdering me whilst I slept!)

Next day was the big one, 33 miles from Montford Bridge to Ironbridge – spirits were not high! Today the weather was much kinder, the wind had dropped and our biggest danger now was sunburn and dehydration. Everyone was paddling much better today, with timing and technique sorted, everything was coming together and the miles were slipping by. With the river meandering over the last few miles, eventually we were at Ironbridge rowing club and we had shown a remarkable improvement on yesterday's time!

Day three was Ironbridge to Stourport which started off wonderfully, with all the boats safely negotiating Jackfields rapids and no swims which the girls loved and couldn't wait for the next rapids at Eyemore, where again the boats followed perfect lines and no-one had any upsets. Feeling very proud of ourselves and making great time we even stopped for a surf at Trimpey, and even though Paul, one of the adult leaders exited his boat in what can only be described as a 'technical step-out', that didn't deter us, a quick change of clothes and we were on our way again. With the few rapids, and the towns full of people cheering us on the day went very quickly and we were soon getting close to Stourport, we really were on a roll now – overtaking the tourist 'speed boats'

Day four was the shortest distance, about 16 miles to Worcester. We managed to shoot all the weirs without a slip up, except for the very last one where one of the boats got curled by a wave and gently capsized, we were very impressed by our efforts as some of the other groups seemed

to be having quite a few swims, so we decided we could be excused one 'wet exit', we were soon on our way again and were the first group to reach the holding point, we then waited for about an hour for the other groups to catch up so that all 130 paddlers crossed the finish together.

The girls from Sugar and Spice had done it! and in pretty good time. The event was run by Leicester Clubs for Young People, if you fancy entering next year, why not drop them an email - organising_officer@lcyp.org.uk ●
Phil Hadley. Photos Steve Boden



PADDLE THIS

Reflection on the 100 mile canoe test

By Rob Bayliss

I was told about the blisters, the sore arms, sore back and the required number of pain killers but I wasn't told about the absolute euphoria of completing the 100 mile canoe test.

Training. A 2 mile and a 4 mile training session. That was it, we were ready!

Friday 27th May. Keith 'the driver' Cranmer accompanied by Fred 'the photographer' Steel drove us from Stubbers to the River Severn where we met our cook 'Berna' (this was short for Bernadette not a reflection on her culinary skills) and Lee Mcdermid at our campsite. We all put up our tents, had a game of football and cricket until dinner. An early night had by all as we knew tomorrow would be hard.

Saturday 28th May. Joined by 106 other canoeists, the 11 EABC members got into their individual kayaks and set off at 10:30 for a 24 mile paddle! I knew this was going to be tougher than I'd first thought because after five hours we had covered a grand total of 8.75 miles. Craig Stevens was the first to get wet when he capsized twice in the space of ten minutes. After 12 miles Nick Searles, Lee Cranmer and I were so slow that we decided to dump the kayaks and use a Canadian canoe, this was to become the galley (carried all the food) and hospital (resting place for tired canoeists) rolled into one. We completed the 24 miles in 10 hours exactly. Absolutely exhausted we got back to the campsite, had dinner and went straight to bed.

Sunday 29th May. Due to our late start on Saturday it was up early for our staggered start of 06:30. Today is 33 miles. The mood in the camp is one of total despair, how can we do it again? Well we did, we ventured down rapids, down weirs, supporting each other through the bad spells, singing songs, playing games and telling jokes. We were off the water in 10 hours 20 minutes. The spirit was very high and strangely the muscles weren't as sore as Saturday, it was still light and there was still hot water in the showers! Back to camp and have something to eat. At 20:00 people started drifting off to bed.

Monday 30th May. Today the team were second onto the water where paddling and teamwork was now second nature. The sun was hot after a rainy start and James Steel was canoeing like a man possessed as he continually led our group over the 30 miles. Today was Essex's day. We hit the rapids with ease, weirs although still great fun, were now comfortable and not daunting. After passing the Bolton team we were now in first place for the day, a place we kept as we finished singing "we are the champions" in an astonishing 7 hours 35 minutes. For the next few hours the pain in Grant Rowe's back, the blisters on Ian Stamford's hand were forgotten as we want to stay on the water and complete the 100 miles today.

Tuesday 31st May. "Only 13 miles to go – easy", we didn't think that we would be saying that three days ago. However, today is a real slog but the weirs are the best, Ian Stamford and Lee Mcdermid stack it on the first and the Canadian canoe stacks it at the next – this is the end of everyone's lunch as it all floats down the river. At 99.5 miles all the canoes are held to complete a mass finish. The collective singing, the pride felt by everyone and the cheering of the parents who watched is something that I will never forget.

Some of the amusing sights we saw over the four days: a cow stuck in the mud; a sheep stuck in the river; a fish that nearly jumped into the canoe; a swan that attached Jack Adams and the drunk policeman!

A big congratulations to all the boys, and a special mention to Sam Bayliss, Jamie Lindridge, Craig Stevens and Lee Mc as none used the 'hospital' once. The 100 mile canoe test is very, very hard, it hurts every muscle you have, but the euphoria and pride you feel at the end is worth every aching mile. Next year is the River Trent – put my name down.

The 24 of us aged 17 and 18, were taught everything we needed to know by numerous instructors in the following ten months. We separated into four groups of six to undertake many practice weekends and day trips and it was in these groups which we were to paddle in whilst in Canada. Poole Harbour was the first time that the paddling became particularly challenging and where we came to realise what we would be up against in Canada.

On 21st July 2004 we found ourselves aboard the flight to Toronto. We were accompanied by nine of the instructors that were involved with the practice journeys which we pursued in England. After the seven-hour flight we were greeted with a seven-hour bus journey as well as being jet lagged! We arrived late at Valley Ventures Outfitters, Deep River, Ontario.

The following day we were up at the crack of dawn to travel by floatplane to the starting point of our three day familiarisation trip. This was to be on the Dumoine River on the borders of Quebec. We were to travel approximately 30km (including portaging) with two instructors to get acclimatised to the Canadian wilderness.

After the early morning mist had cleared we were 'dropped' off after flying for about 30 minutes over thousands of trees and the many rapids that we were later to negotiate. The views were truly astonishing and there was no sign of civilisation whatsoever. It was then when we started to realise we were to do something special. Due to being in separate planes our group of six was separated after landing. After much shouting nothing was gained apart from sore throats and amazing echo's. Shortly after, the group were reunited when we found them a hundred metres downstream.

After successfully negotiating three sets of rapids that day, we found ourselves trying to pitch a tent in the dark on a sloping rock! Inevitably, some people found that sleeping was near impossible as one member of the team was in a pool of water at the bottom of the tent. This was due to a downpour, a non-waterproof groundsheet and camping on the sloping rock!

After an early start the next day, our trend of disasters took a turn for the worse. One after another, we capsized on the rapids and thinking it was due to the lack of breakfast that day we stopped for a break. But alas, our idea was wrong, as on the first rapid after our break, we were swimming again and this time we truly capsized in style, at the top of a 100m rapid! Clutching onto all of our belongings, our boat and each other, we bumped along in the shallow water. Whichever limb we stuck out got battered as we discovered later that night when comparing our battle wounds. We saw the funny side of what had happened as Catherine's Sigg bottle had gained its first dent – the sign of a true experienced camper! After everyone had capsized, we discovered that the running trend was that it was the last boat that always capsized. We then took it in turns to be at the



FACTS : THANKS

We would like to thank all of our leaders, especially Steve and Esther Finch, as without them our trip would not have been possible.

One of the main correspondences for the Canada 2004 trip was with Don and Jinty Smith who own Valley Ventures Outfitters and the Eddy Inn in Ontario. When we were not camping in the wilderness we stayed with them. They were genuinely helpful people who went out of their way to ensure the trip was a success.

Email: vent@magma.ca
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“What’s the worst that could happen?”

Canada’s huge open lakes, along with its abundant wildlife and challenging rapids were more appealing than the canals and rivers of England, so last summer, we undertook our Gold Duke of Edinburgh’s Award expedition by open canoe during a two week trip to Canada.

back, worked together as a group better than ever before and as a result did not capsize as frequently. However, two people discovered they had failed to seal their dry bags properly, resulting in dripping wet sleeping bags. Typically, that night was also the only night when temperatures were below freezing.

Once back at Valley Ventures and after a few days of food shopping and preparation, we found ourselves not only at the start of our eight day expedition, but also on the front page of the local newspaper! This was due to us being responsible for the Outfitters selling out of mosquito spray.

Our expedition was to commence in the Algonquin National Park. At 7,725 square kilometres, it is one of Canada’s largest parks and apparently larger than Wales. It is a region of lakes, rivers and

coniferous forest which provides a habitat for wildlife such as moose, bear, wolves, loons (a Canadian diver bird) and beaver. The amount of wildlife far exceeds the number of people resulting in a peaceful environment. We were to travel approximately 140km (93 miles) by open canoe, including 11km (7 miles) of portaging.

In England we had planned our route to start in the morning, but we actually found ourselves starting late in the afternoon after a trip on a surreal yellow school bus. This resulted in paddling in the dark. That night some very nice Canadians found themselves getting to know the English as they kindly let 14 of us share their small and now noisy campsite.

Thankfully the following two days were disaster free and we had a relaxing time with amazing campsites. We swam in the lakes, sang songs and were in high spirits. We saw many loons, a bullfrog and the rear end of a beaver. We filtered lake water to drink and cooked on fires which we had lit. We were definitely used to the Algonquin Park lifestyle and having a brilliant time whilst doing so.

This is why it was disappointing when we experienced the wonders of days four and five. After hiring a brand new Kevlar open canoe, you would have thought that we would have taken extra care

over it, but no! Whilst lining the rapids, two members of our group lead the new canoe onto a rock. Subsequently, we spent three and half hours repairing it with putty and vast amounts of gaffa tape. This portage should have taken us only 40 minutes! Our mood was greatly suppressed that day, until at the end of a portage we saw our first and only moose, complete with huge antlers. Fumbling around amongst our equipment, we realised that our cameras were at the start of the portage. After running back to fetch them, we found that this moose was camera shy as it had left before we had returned.

Day five was one we had been dreading since our route was established months before in England. This was the day we were to portage two and half kilometres. Listening to music and encouraging our team in true Duke of Edinburgh’s Award style was what allowed us to overcome this, making it to the end in the hope of devouring many cereal bars.

The following two days were spent relaxing as we paddled across many lakes. The evening of day seven was the last night we spent in Algonquin Park and it was unforgettable. All of the Duke of Edinburgh’s Award Canada expedition group camped on the beach of a small remote island. We lazed around in the sun, swam in the lake and played pictictionary in the sand. Later that evening the entertainment came from two team members thinking they were Ray Mears. When they said, “we’re going to start a fire, find any wood you can” we all came back with small twigs, but this was not good enough as they had to go one better and came back with a dead tree! Thank goodness this fire was on a beach. It was a brilliant last evening for our expedition.

Our trip to Canada was an unforgettable experience for us and our leaders made sure of this. Upon landing in England there was not only the usual announcements but also one congratulating us on what we had just done, with the whole plane applauding us. ●

Catriona Spence and Catherine Hind





Alan getting the sail ready before the off.

It was on a February

climbing club meet in Cairngorm when the idea of using an open boat to get to some of the more remote munro's was first suggested.

Twelve months later, on a meet in Torridon the same idea resurfaced. Simon had never been in an open boat before and only had vague recollections of kayaks from his distant school days. I reassured him that there would be loads of room for kit so we could go wild in moderate comfort.

It was another wet Monday in August when we began the long drive up to the west coast peninsula of Knoydart. It was at some point during this journey that one of us said; "It's that wet that we're taking a boat." Knoydart is widely reckoned to be one of the roughest and remotest parts of the Highlands. The road stops at Kinloch Hourn leaving an incredibly long walk into a bothy at Barrisdale. Most sensible people wishing to head for the hills in this area take the mail boat, which travels three times a week across a sea loch from Mallaig. We couldn't rely on catching the boat and wanted to claim these hills under our own steam, so the canoe became the obvious choice.

Loch Quoich runs westerly into the eastern edge of Knoydart. On the loch the wind was blowing a top end force 3, but seemed to be in our favour, so we made the decision to load up the boat and make our way up the inlet and access the situation when we reached the main body of the loch.

Simon was quickly instructed on how to make an improvised sail from an emergency shelter on the shore and after checking we had everything we took to the water. All seemed to be in order which was encouraging because neither of us had ever expedited in an open boat and we were very aware that we would be on our own if anything went wrong. Picking our way through some small islands that had formed because the loch seemed to be about four metres below its normal level, we decided that with the wind in our favour running straight down the loch that we would go for it.

Now that we had entered the full force of the wind, Simon got the sail up and I set the course. Fifty minutes later we spotted two large concrete dams, which weren't shown on the map, but we guessed

It was that wet, we took a boat

Main picture: Alan with a laden boat before the return.

Inset: Sailing in on the first day. Simon pictured holding the sail.



that we had reached the end of the loch. We found a sheltered camp site and unloaded the canoe and set up camp just as the light was fading. I had been surprised that the journey in had been so easy, I joked that the wind would change for the outward journey.

Alan looking into the distance.



west. At various points of the day we speculated viciously about what kind of person called Meall Buidhe "the beautiful hill." All that changed however when we got onto the final ridge, we even found a burst of energy to dash to

The canoe was left for the next two days, as it was now time to revert to travel under foot. Our aim for the whole trip was to climb three munros. Ladhair Bheinn 1020m, Luinne Bheinn 939m and Meall Buidhe 946m. The weather was not too hot with the cloud just staying off the tops so navigation was easier. We managed to summit Ladhair Bheinn and Luinne Bheinn on the first day, but released that there was no way that we could do Meall Buidhe, as it was becoming dark and there was still a long way to go back to our tents. Negotiating the walk-out in the dark required all the best route-finding and micro-navigation we had left. If we'd lost the path half-way up the narrow winding glen there was no guarantee we'd be able to find it again. At 11.45pm, after 15 hours, 27km, and at least 2,000m of ascent, we flopped into our tents. Two down, one to go.

There was no fixed plan for the next day but when we finally dragged ourselves out into bright sunshine the motivation returned to head back in for our third munro. We had to go two thirds of the way back up Luinne Bheinn before branching off south-

the main summit. Across shining seas to the north west was Skye with the entire Cuillin and the Red Hills in silhouette, flanked to the left by Rum and far away to the right the long isle of the Uists and Benbecula. To the north was Torridon with Liathach's serrated ridge clearly visible, and visible inland nothing but mountain after mountain after mountain with the Ben standing cloudless above them all. Does it get better than that?

On the way down we sensed the weather was turning and decided to canoe out the next day in case the loch got too rough. "Wouldn't it be so jammy if the wind changed tomorrow..." thinking of my original quip. "You'd never repeat the experience, if it did." A cool clear night with shooting stars gave way to a grey murky day. The wind over the dam wasn't enough to shift a murderous swarm of midges, but once we were on the loch, a breeze from the west just happened to spring up right on cue and an hour and a half later we were collapsing the sail and paddling back to the car. As we put the canoe on the roof it started to rain and didn't stop all day.

Jammy. Or what? ●

INFO

Alan and Simon



Article and photos by Alan Price a special needs Teacher from Telford Shropshire a level 3 aspirant coach and Simon Reed a

Church of England Vicar from Ealing London who is now convinced that munro's by canoe are the way forward.

PS May we wish our wives and families thanks for letting us have the experience.



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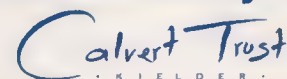
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Mill on the Brue, Trendle Farm, Bruton, Somerset, BA10 0BA
Tel: (01749) 812307 / Fax: (01749) 812706
E-mail: info@millonthebrue.co.uk

Activities Manager

required for Carrot Wood, Kent

They will be responsible for;
Overseeing all instructed activities, including training and recruitment, health & safety, managing a set budget

Barnabas Adventure requires good leadership and all round outdoor skills. Minimum L2 Kayak/Canoe, GNAS and SPA.

Barnabas Adventure is a Christian Charity and requires all staff to have a strong Christian Faith and be willing to share it with groups and other staff members through their lifestyle and actions.

Salary £18,000 - £20,000 dependent on qualifications and experience.

Multi Activity Instructors

Are you looking for a new Challenge?

Do you want to share your Christian Faith with others?
Do you want to work in the outdoors and get paid for it?
Then we have just what you are looking for!

Barnabas Adventure is looking for multi-activity instructors to instruct a wide range of land and water based activities.
Level 2 Kayak, essential.

Barnabas Adventure, based at Carrot Wood, Kent and
Whithaugh Park, Scottish Borders.

Salary £11,000 - £12,500 depending on qualifications.

Interested?

Send your CV to
adventure@Barnabas.org.uk
or phone 01732 363995



LOCATION, LOCATION, LOCATION



Hard working, multi-talented instructors required to spend the 2006 season surrounded by hills, lakes, crags and rivers. In addition to NGB awards, you will need good humour, a flexible approach and be

committed to developing your skills and career prospects. For an application package send a CV & covering letter to Graeme Chapman, Newlands Adventure Centre, Stair, Keswick, Cumbria. CA12 5UF
email - jobs@activity-centre.com
Web - www.activity-centre.com

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active 8 CARE

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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

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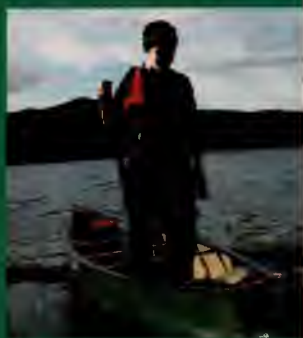
- National Governing Body outdoor qualifications and/or
- Childcare experience

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: 01 298 85071 / 01253 721457 / 07971 446775
or email: jon@active8care.co.uk web: www.active8care.co.uk



SENIOR INSTRUCTOR & INSTRUCTOR REQUIRED

From Feb 2006

Candidates must hold a minimum of S.P.A and Level 2 Coach Kayak with additional NGB's. The successful candidate should preferably have experience of assisting on Development Training Courses. Two year fixed contracts.

The Adventure Centre and Parkwood Management Centre is currently one of the leading personal development centres in the South West. It is an independent Outdoor Development Centre set in 10 acres of land. In close proximity to the Centre can be found rivers, climbing crags, sheltered quarry lakes, orienteering courses, high ropes course and Dartmoor National Park.

For an application form please send your CV and covering letter

to: Tim Wiggans, Commercial Manager

The Adventure Centre, Tavistock, Devon, PL19 0HY

Tel : 01822 813130

E-mail: wigganst@kellycollege.com

Check out www.theadventurecentre.co.uk



Instructional staff 2006

Senior instructor March to October £14-16K per annum

Instructor May – October £12-£14k per annum

Instructor Summer Holidays £12-14k per annum

Freelancers All year £80 per day (lots of weekends)

Drivers with SPA and BCU Level 2 Minimum

Pref L3 Kayak, SRT, (MIA a bonus)

Mostly adult and corporate clients and some families.

CV and Refs to pete@proadventure.co.uk 01978 860605

ProAdventure, 23 Castle Street, Liangollen, LL20 8NY



THE MANOR HOUSE ACTIVITY & DEVELOPMENT CENTRE

North Cornwall
Activity Instructors for 2005

EXPERIENCED PROFESSIONAL QUALIFIED INSTRUCTORS

You will have at least two seasons experience, be qualified in a minimum of two of the following NGB's:

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

TRAINEE INSTRUCTORS

who are enthusiastic to make a start in the industry, Support and training will be given, and also help to gain NGB qualifications. No experience necessary but a desire to work with young people essential.

FREELANCE INSTRUCTORS

In order to support our full time team we require additional freelance instructors. competitive rates of pay.

Season: March – October

A Full Driving Licence is essential; PCV Licence desirable
Salary commensurate with experience and qualifications
Some on-site accommodation available

Interested applicants should send a full CV with a covering letter and passport size picture. Successful short listed candidates will be invited for an interview where you may be required to demonstrate some of your skills.

For Further Details Contact Lesley:
enquiries@manoractivitycentre.co.uk
Or Call: 01841 540346 Or View our website:
www.manoractivitycentre.co.uk

The Manor House
Activity & Development Centre,
St Issey, Wadebridge,
Cornwall, PL27 7QB



RESIDENTIAL CARE WORKERS

(Job Ref RCW 013)

ACTIVITY LEAD

(Job Ref RCW 012)

Full time permanent positions £12,725 -£15,525pa 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
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- Training towards National Governing Bodies Awards
- 2 day on - 4 day off rota
- Extensive career opportunities



CORVEDALE
Care

For an application pack please contact
Natasha Nash on

01694 724488

or e-mail: natasha.nash@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

Activity Instructors

Adventure International

MAKE A DIFFERENCE!
 WE are seeking Energetic,
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Calvert Trust

· EXMOOR ·

Registered Charity No. 1005776
 www.calvert-trust.org.uk

Calvert Trust Exmoor specialises in providing holidays with adventure to the disabled, their families and friends.

We require seasonal instructors for the 2006 season.
 Long term and three month summer contracts available.
 The trust offers competitive wages, accommodation and training.

Applicants should ideally hold at least 2 of the following: -
 SPA - ML - RYA Dinghy Instructor - RYA Safety Boat - BCU
 L2 Coach.

A current driving license with at least 2 years experience or
 a D1 entitlement would be an advantage.

For further information and an application form please
 contact The Activities Manager, Calvert Trust Exmoor,
 Wistlandpound, Kentisbury, Barnstaple, Devon. EX31 4SJ
 Tel 01598 763221

Dunolly Adventure Outdoors Activity manager

We are looking for a full time member of staff to work alongside our existing team in this medium sized, developing company. Candidate needs to be organised, enthusiastic and motivated with a commitment to providing high quality outdoors experiences to a wide variety of customers.

They should have a background of working with children and adults from a wide range of backgrounds. It is expected that the candidate will be qualified to at least level 3 kayak or canoe, hold SPA, GNAS and cycle leader qualifications. Preferred to be level 4 kayak/canoe, summer ML, with gorge and rafting experience.

The individual should have experience of managing staff and be articulate in communicating with staff from all areas within the company and with customers and business contacts. A knowledge of health and safety systems is expected with the ability to develop these on an ongoing basis.

Salary £14-18k depending on qualifications and experience. Opportunities for the right person to develop further.

For more info or an application form please call 01887 820298 or e-mail info@dunollyadventures.co.uk

Dunolly Adventure Outdoors
 Taybridge Drive, Aberfeldy
 Perthshire PH15 2BP



SITUATIONS VACANT

SEASONAL INSTRUCTORS IN OUTDOOR EDUCATION

Qualified multi-activity instructors required for April to October 2006 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 high ropes, climbing, archery, ATBs. Accommodation available on site.

£11,104 - £13,966 pa based on 37hr week, plus holiday entitlement.

FULL TIME INSTRUCTOR IN OUTDOOR EDUCATION

Qualified multi-activity instructor required from Feb 2006. RYA and BCU instructor award essential, plus at least one other skill/NGB qualification ie high ropes, climbing, archery or ATBs. Full driving license essential as is enthusiasm and a commitment to working with young people from a wide background.

£15,618 - £18,807pa based on 37hr week.

For details and application forms for above posts
 contact: Bradwell Outdoor

Bradwell Waterside, Southminster, Essex CM0 7QY
 01621 776256

closing date 1/12/05

info.bradwelloutdoors@essexcc.gov.uk

www.bradwelloutdoors.com



Essex County Council



STUBBERS
ADVENTURE CENTRE
 Upminster, Essex

Vacancies for 2006 season Instructing staff

required for a busy multi activity centre that provides for a wide range of clients.

All activities are within 130 acre site with 3 lakes. Close to London

More details on website: www.stubbers.co.uk

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

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

Or email: bob@stubbers.co.uk

Charity No. 1080941



We are a multi-activity
 boating centre situated on
 the River Thames near
 Marlow and Hurley weirs.

We are seeking staff for the

2006 season either for the full period or on a short term basis between April to the end of September.

ACTIVITY INSTRUCTORS

Competitive salary plus food & accommodation

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

For further information including application form contact:

Longridge SBC, Quarry Wood Road, Marlow, Bucks SL7 1RE
 Tel: 01628 483252 E mail: employment@longridge.org.uk
www.longridge.org.uk

Kayaking/Senior Instructor @ The United Kingdom Sailing Academy

A senior kayaking instructor is needed to head up the development of kayaking within the Academy and be responsible for training and development of career based customers.

The UK Sailing Academy requires a BCU kayaking Coach. The ideal candidate will hold a Level 3 Coach or above. Additional coaching qualifications in Surfing or Sea Kayaking or another water sports discipline would be a distinct advantage.

If you would like to be considered for this position, please apply in writing or forward your C.V to the Personnel Department, UKSA, Arctic Road, Cowes, Isle of Wight, PO31 7PQ. Tel: 01983 294941 Fax: 295938 Email: paula.jacobs@uksa.org



Wings International is a Christian based charitable trust. Established in 2002 to work in Hull with disadvantaged young people, in order to assist them to gain the best from life they possibly can. Due to recent expansion we are currently looking for two important individuals to join our team as we progress our work into a new dimension.

Outdoor Activity Instructor (2 posts)

We now require experienced outdoor activity instructors. we have two positions available which will be both full time and permanent. You will provide a challenging yet safe environment for young people, including school children, offering outdoor activities as part of their learning programme. Activities will include, rock climbing, kayaking, abseiling, walking and many more. The aim is to improve individual and group performance, boost confidences and most importantly encourage. Potential applicants will hold a D1 driving license requirement and will have previous experience of delivering/partaking in outdoor pursuits along with the ability to maintain stores and work as part of a team. It is a necessity that applicants hold the BCU level 2 (minimum) Canoe/kayak coaching qualification, Single Pitch award and/or Summer Mountain Leader certificates. Experience in rock climbing is also desirable. This is an excellent opportunity to both further a career and contribute to a rewarding charity.

To apply please send a CV with a covering letter to:
Miss Gemma Russell, Gemma Russell Recruitment Ltd, 4th Floor,
Europa House, Ferensway, Hull HU1 3UT

Hillingdon Outdoor Activities Centre Seasonal Instructors for 2006 season

Kayaking, Sailing, Windsurfing and Climbing Instructors required for a rural non-residential centre to the West of London

Contracts available from March until October
Pay from £200 to £260pw + bonuses
depending on experience and qualifications
Onsite accommodation available

Please send a CV to Neil Maddock neil@hoac.net or
HOAC, Dews Lane, Harvil Road, Harefield, Middx UB9 6JN
Visit our website at www.hoac.net Charity No. 1012242

OUTDOOR ACTIVITY INSTRUCTORS REQUIRED

Vacancies for 2006 Season

Located on the River Soar, LOPC is a vibrant centre providing land and water based activities to people from the local area and beyond, and is also the home for several canoeing clubs. We need enthusiastic, qualified instructors to join our small but friendly team for the busy summer period for our holiday schemes, group bookings of all ages, team building and corporate training.

Applicants must hold a 1st Aid qualification and at least one of the following: BCU Level 2, SPA, or GNAS. Flexible work arrangements, and great opportunities!

For more information and application details please contact Mark or Angie at:
Leicester Outdoor Pursuits Centre, Loughborough Rd, Leicester LE4 5PN
Tel: 0116 268 1426 Email: leicesteropc@btconnect.com
Website: www.lopc.homestead.com

LOPC operates an equal opportunities policy and welcomes applications from all sections of the community.



www.mendipoutdoorpursuits.co.uk

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

We require **qualified instructors** for **2006** Long and short term contracts are available

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

SPA
BCU
LCLA
GNAS

Pay from £240 / week

MENDIP OUTDOOR PURSUITS 01934 820518 fax. info@mendipoutdoorpursuits.co.uk email.

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Chief Instructors
Required -
UK and France

This could be your
chance to
DO SOMETHING
DIFFERENT



Both of these posts require a BCU level 3 canoe plus SPA qualification as a minimum. The successful candidates will have experience of working in a multi activity environment at a senior level. Experience of team management, staff training, equipment management and programming would be advantageous.
UK - this is a permanent position, based in Lancashire, ideally commencing Nov 05.
France - for the 2006 season, commencing Mar 06. Based near the Ardeche

NST
Travel Group

Please contact Lorna Stewart for more information
Call: 0845 671 1357

e-mail: info@nstjobs.co.uk www.nstjobs.co.uk



ADVENTURE ACTIVITY INSTRUCTORS

Salary starting approx £11k

(+ 35 days paid holiday, 37.5 -hour week, accommodation available)
Avon Tyrrell Activity Centre – Bransgore Hampshire

We are currently seeking two Adventure Activities Instructors at Avon Tyrrell, a busy outdoor activity centre in the heart of the New Forest. The Centre belongs to UK Youth, a national charity working with young people. You would be expected to work with a wide variety of groups including schools, youth, disability and adult groups. We offer a diverse range of Adventurous & Environmental activities including, raft building, canoeing, kayaking, ropes course, climbing & abseiling, archery, mountain biking and many others on our 50 acre estate.

The successful candidate must possess very good interpersonal skills as well as be flexible and willing to work weekends and evenings. Canoeing or Kayaking BCU Level 2 Coach qualification is essential and experience and qualifications in the instruction of some or all of the following; Archery, Climbing, Mountain Biking, Fishing and Lifeguarding is desirable. An interest and experience in youth work would be an advantage. The successful candidates will receive a comprehensive training package in all of the led activities on site and will deliver and run activity sessions and courses throughout the year.

**Closing date: 10th November 2005, interviews 5th and 6th
December for a January 2006 start**

for an application pack contact Joyce Wilford, Avon Tyrrell, Bransgore
BH23 8EE or download from www.avontyrrell.org.uk or phone
01425 672347 or email info@avontyrrell.org.uk

UK Youth is striving to be an equal opportunities employer

Registered charity no. 1110590, Registered Ltd Company in England and Wales no. 5402004
Registered Office: UK Youth, 2nd Floor, Kirby House, 20/24 Kirby St., London EC1N 8TS



ukyouth
THE NETWORK FOR QUALITY WORK WITH YOUNG PEOPLE

SITUATIONS VACANT

Want more than just a job?

We are looking for vibrant, energetic team members to work as canoe and kayak instructors at our UK, French and Spanish centres in 2006.

- Full-board accommodation
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- Excellent training and qualification opportunities

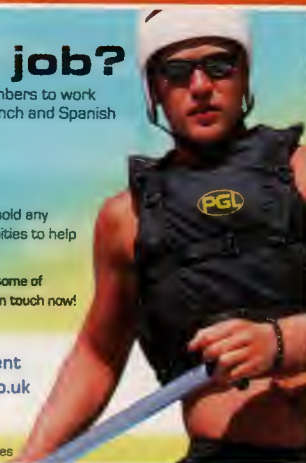
If you are a competent paddler, but don't currently hold any awards, we offer training and assessment opportunities to help you get qualified.

If you want to do something you love for a living and call some of Europe's most prized paddling locations home, then get in touch now! Positions available from mid-January 2006 onwards



www.pgl.co.uk/recruitment
email: recruitment@pgl.co.uk
call: 0870 401 4411

PGL is committed to the principle of equal opportunities



SITUATIONS VACANT



POSITION WANTED

OUTDOOR PURSUITS INSTRUCTOR/ DEVELOPMENT WORKER

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

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

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



SCOTTISH CENTRES

Experienced instructor staff required to deliver programmes February to October at 4 outdoor education centres in Scotland. Training (incl NGB awards) and accommodation provided.

Applicants should be committed to the education and development of young people.

Outdoor and/or environmental activities plus D1 endorsement driving licence an advantage.

www.scottish-centres.org.uk
jobs@scottish-centres.org.uk
01899 221115

Haven Banks OEC is seeking an experienced Senior Instructor

for their busy non residential Centre based in Exeter

This senior position requires applicants to be confident, dynamic and motivated towards the development of individuals as well as the Centres activity program.

Salary £17,937 - £20,541 Subject to Qualifications

Closing Date - 5th October 2005

Qualifications Required

BCU - Level 3 Inland Kayak Coach, BCA - LCLA Training (Site Specific), DVLA - D1 Endorsement, MLTE - Single Pitch Award, RYA - Senior Instructor, NVQ Level 3 Youth Work (Training Provided)



Please contact Ben Hedden, Centre Manager on 01392 434668

Shaftesbury Homes & Arethusia

We are a long established voluntary child care organisation with a substantial track record of achievement and innovation in providing high quality services for children and young people.

We are currently seeking an instructor for our Venture Centre based at Lower Upnor, Rochester, Kent.

Instructor (Education and Training)

£15,074 plus allowances • 36 hours per week

We are looking for a talented and qualified individual to deliver an exciting range of adventure activities. These will include climbing, canoeing, sailing, swimming, archery, rope courses, orienteering, environmental studies and initiative games.

As an instructor you will facilitate group interaction and activities with children of different ages, backgrounds and needs, and encourage and support them to achieve their potential. Our main clients are schools, particularly KS2 and youth groups. Work is also undertaken with special needs groups, underlining our commitment to provide children with challenging and confidence building activities to aid their development.

You should have experience of working with young people in outdoor educational activities, and have at least two relevant qualifications: SPA, BCU, RYA, GNAS, life saving (Bronze or NPLQ), plus First Aid at Work. You must be at least 21 years old.

We provide excellent development support and training, working within a highly enthusiastic and committed team.

You should be available to work shifts, including weekends and evenings.

For an application pack please contact 020 8875 2356 or email us at recruitment@shaftesbury.org.uk quoting ref: INS1.

Closing date: Friday, 21 October 2005.



Trade

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ADS are posted on www.bcu.org.uk/news/newsmemsclassi.html and www.canoeocus.co.uk. It would be of great benefit to us and to the readers if sellers advise us when their items have been sold on the web.

Buy and sell your second hand gear on-line at www.getoutcanoeing.co.uk/eclassified.asp - a FREE service

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'big boys' (and girls) trip to Spain

When summer comes the British lose all sense of originality when it comes to choosing the summer destination, so along with half the population of England, the DCPS canoe club decided that Spain would be the place to go for a trip. Great we all thought, a little gentle white water paddling and the one element that had so far been missing from England this year, sun. A fact brought home to us all when Mark Birkbeck, the instructor and guide for the trip, told us that the temperature was around 35C!



Primarily being a club for Dulwich College Preparatory School for Boys, aged between 9-13 the normal paddling revolves around river trips to the Medway (or the 'mudway' as some have affectionately called it) and the annual trip to the Wye near Glasbury – little water for little boys. However, the club has now been running for longer than anyone can remember and over the years has acquired a number of boys who just don't seem to want to leave even when they move on to other schools. As a result every Sunday a posse of teenagers dutifully turn up to help out with the younger children. While this is good for their moral fibre, it does not exactly stretch them as paddlers so as a result, Mrs Vestey the head of the canoe club arranged a 'big boys' (and girls) trip to Spain, time to see how well they'd really been trained!

British Airway's refusal to carry 20 boats meant that the boats had to be (precariously) piled into the back of a van and set off at the crack of dawn to catch the early ferry for the trek across France to Spain. This road trip across France gave some the chance to practice their French and others (those not driving of course!) the chance to relax and catch up on their sleep. However, after the monotony of travelling through France the arrival of the Pyrenees mountains was the definite wake

call to what we were about to do. As the van traversed the narrowest of mountain passes dodging marauding campervans and cows, the steepness of the mountains became all too clear and after the initial worries about the van rolling endlessly down the side of one of them, it did begin to dawn that the rivers flowing down these rock spires would be a definite step up from the Wye.

We were however, comforted somewhat by the fact that we had an ex-world champion and a level 4 instructor in Mark Birkbeck to come and save us on our now seemingly inevitable capsize and swims. However, that was a problem for tomorrow as we found our hotel in the picturesque town of Sort.

We all awoke early the next day, eager to get out on the water, especially as the river, Noguera Pallaresa, run almost within spitting distance of the hotel. We all got kitted up, slapped on the sunscreen and headed off for our first day on the river and what a first day! Paddling on a section of river down from Sort, those that had been expecting the odd grade 2 rapid here and there were soon given a wakeup call as we made our way through grade 3's, perhaps not big as things go but more than enough for self confessed softies who spend all winter in the pool. Things got even more impressive when we were told to breakout and portage our boats, "why" we all asked, "oh, it's a grade 4 rapid" came the response,

"big boys" trip indeed!

Sort is a real canoeists town, so much so that the whole town came out to see a rolling competition to see how many rolls you could do in 30 seconds in a hastily constructed pool in the town centre, with free food and wine laid on it was a real party atmosphere.

The next day's canoeing involved doing two sections of the river, where the better kayakers started from Llavorsi on the proper white water. This separated the men from the boys. Stuart managed to drop into a hole and had several rolls before he paddled out. This hole was affectionally to be known as Stuart's hole by the club. However, we all made it through the holes and the wave-trains and just as we were all starting to feel very smug we came across 'The Weir'. We'd all been used to going down the weir at Yalding but this one was with a long slope and a wave at the bottom, but in for a penny in for a pound, so we all went over one by one. With the end result being, one roll and a pirouette. Thank goodness we got it all on tape because nobody back home was going to believe it!

The afternoon was a much more sedate paddle which gave us time to appreciate the stunning beauty of the Pyrenees as we paddled through the gorge at Collegats.

After a few days of paddling under our belts and with confidence growing, we decided to take on the upper section of the river again, however, as when going up against Jaws, we decided we'd need a bigger boat, so we hired a raft, guided by Mark, and took on the river. The waves that had seemed so monstrous from our little kayaks were taken in the rafts stride, mainly due to the well disciplined team paddling them, marshalled by Mark. So well drilled were the teams that even Stuart's hole would have to wait till next time to catch us out.

As we boarded the plane to go home we were all tired, but all went home with a sense of achievement and hell we might just come back and do it all again next year! Thanks Mark. 🍷

Jonathan Clarey

INFO :

www.markbirkbeck.com Canoe & kayak Coaching & Adventure Trips

Surf Kayaking The Essential Guide

By Simon Hammond

Distributed by Cordee Ltd

www.cordee.co.uk

£14.95

A great instructional book on the art of surfing. Well written, designed and illustrated, we'll leave it to the experts to describe it.

The best instructional book I have ever read. Simon's words, together with wonderful photographs, clear away the fog which shrouds those complex and seemingly impossible surf manoeuvres. This is a classic sports book which will surely set the trend for those that follow.

Paul Hurrell

Outdoor Education teacher

World Surf Kayak Champion Simon Hammond draws upon his vast experience to produce a valuable and easily understood resource. It uses great analogies to explain fundamental technique and tactic.

Den Newton and

Andy 'Jacko' Jackson

It's great to see someone who has been to the top of the surf kayaks world share their experience in such a down to earth way. Written in plain English (translated from Cornish) this book demystifies the art of surf kayaking, opening up the sport to enable anyone to experience the thrill of the wave... I'm inspired to have a go!

Richard Ward

BCU English Coaching
Development Manager

A snug fit

Vango Tempest 300

This new range of Vango Tempest tents addresses the demands of adventure seekers on a budget. There are three sizes; the 150 (one person), the 200 (two person) and the 300 (three person). We tested the 300 which was a tight fit for three – snug you might say! It is a cinch to pitch with its seam taped flysheet, groundsheet and continuous pole sleeves and if you forget – the instructions are stitched to the carry bag. It is termed as a three-season tent which means the tent is comfortable in anything except the harshest of winter weather. Although it is a little tight on the inside for three, there's plenty of storage space in the tunnel and it has an excellent weight/space ratio. All in all – an excellent tent, which with a street price of £110 is also great value.

Technical specifications

- Hytex Dura Polyester flysheet durable, totally waterproof and reliable.
- Seam taped flysheet and groundsheet, long lasting protection. No messy seam sealing.
- Tunnel design with active ventilation, excellent weight: space ratio; added comfort.
- TBS, Tension Band System, strengthened stability in adverse conditions.



- Flysheet first or pitch-as-one, quick and dry pitching.
- Mesh ventilation on inner tent reduces build up of condensation; keeps bugs out.
- Colour coded poles and pole sleeves, the correct poles in the correct pole sleeves.
- Roof vent, additional airflow for ventilation and comfort.
- External pole sleeves and clips, fast pitching in all conditions.
- Bath-tub inner groundsheet, total climate protection.
- Repair kit included.

For more information and a list of retailers visit:

www.vango.co.uk

Jim Kilkenny

Lighting up your life

Nite International, the UK based torch specialist, has announced the arrival of the updated Field Lamp LED light. With rugged build quality and a waterproof seal it offers powerful, variable illumination in a compact, lightweight

design and is a great companion for any situation be it indoors or outdoors.

Featuring a variable, ultra-bright one watt Luxeon bulb, the Field Lamp's output is equivalent to 10-15 normal LED's, allowing the user to light up tents and outdoor spaces with ease. Using just three AA batteries, the lamp has five variable light settings, from a gentle glow to overhead light (which is claimed to last 80 hours from a single set of batteries), to a bright beacon which will light a room as large as 20ft by 20ft for a claimed fifteen hours. Add in the product's compact size, light weight and durable casing and you have an excellent outdoor light, although it could do with a yellow filter cover since the illumination attracts a number of insects. It comes with a lanyard and attachable base to enable the Field Lamp to be hung from tent loops or stood upright on uneven ground. It can of course be held as a torch.

We've taken it camping twice during the summer and is such a favourite, handy and small piece of everyday equipment that it resides in the glove box of my car. It's invaluable for power cuts too! It is highly recommended with a street price of £39.00

Contact Nite International on 01202 487757 email sales@niteproducts.com or visit www.niteproducts.com
Peter Tranter

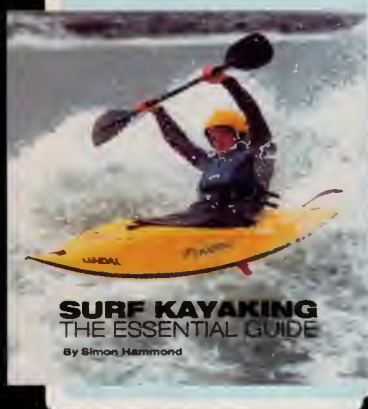
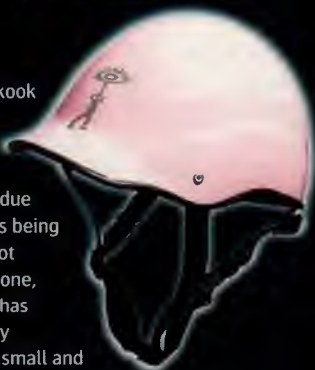


PADDLE THIS

We're happy 2b big or small!

After the successful introduction of the Skook freestyle helmet into the UK market, a few unfortunate paddlers felt left out due only to their craniums being too large or small. Not wanting to upset anyone, Happy 2b founder EJ has found time in his busy schedule to design a small and x-large version of the classic Skook. The small lid takes a 55-59cm noggin while the x-large takes a 61-65cm head. Alex Tonge, Avoncraft's Sales Manager reckons that the x-large has got to be the biggest helmet in the world, so you big-heads out there should no longer feel excluded or unloved by the kayaking fraternity anymore. A plethora of colourful Happy-2b helmets can be purchased through your local stockists.

For more information please contact Avoncraft on 01707 330000 or check out www.avoncraft.co.uk and www.happy-2b.com



**SURF KAYAKING
THE ESSENTIAL GUIDE**

By Simon Hammond

Light to the touch

Helly Hansen NSA

This is an excellent high quality performance shoe ideal for all watersports and a very secure and comfortable place for your feet to be.

The Storm grip outsole is made of superior quality non-marking gum rubber which retains grip by the waterside or hiking and is combined with a multiple fit microfibre synthetic leather, stretch mesh neoprene uppers.

Body contouring neoprene lines the interior and softens the fit in key flex areas whilst the performance based footbed is designed anatomically and blends to the shape of your foot. The insole reduces foot odour, with a quick-dry advantage in or out of the water and there is welcome arch support.

Helly Hansen have been quite ambitious with these shoes and you do get a lot of shoe for your money, though they are very lightweight. The three velcro fasteners withstand a lot of adjusting which is a definite plus for comfort and allows ease of entry even when wearing wet/dry suits. So, if you are looking for a sturdy sandal with good looks that will withstand a good deal of punishment, then this is the shoe for you!

Steve Humphreys



Stockist information:
www.hellyhansen.com

Technical specifications

- Non-marking gum rubber outsole
- Serdia™ by Clarino™ insole and footbed
- Velcro triple strap adjustability
- Anatomical footbed
- Storm Grip™ rubber outsole
- Microfibre synthetic leather, stretch mesh, neoprene upper
- Raised toe bumper

Eating the miles

Keen Targhee

I have to say these are my favourite Keens so far – I have two sets of Keen shoes (Taos and Newport) and now the Targhees. They are so comfortable with a quality cushion feel in the heel which not only gives you a spring in your step but makes you feel much taller thanks to the very thick sole. Never mind odour eaters - these shoes are mile eaters and they are very adaptable to all different types of terrain and waterproof too!

The cross-trainers are lightweight and flexible and due to the waterproofing and leather construction keep the feet on the warm side which is good news as winter looms, though they will get uncomfortable on the hottest days of next year's summer (we live in hope!). The temperature issue may also be down to the tight fit, not so much in the length but more in the width. I would go one size up on what you usually wear and you should be fine. Another feature for the darker nights are the reflective stripes that help to be seen.



Webbing pull loops on both the heel and tongue allow easy entry and exit with the padded, gusseted tongue keeping out both debris and moisture. Meanwhile the EVA footbeds are custom shaped to provide that quality cushioning and arch support. The shoe will also accommodate orthotics.

The break in time is minimal and the shoes carry the usual Keen features of their patented rubber toe bumpers which protect the foot from bumps and abrasion; TH1 aggressive Keen outsole with 4mm terrain-biting multi-directional lugs for excellent traction; secure fit anatomical design and lace capture system for ultimate fit and comfort and the ESS shank provides torsional stability. By the way – have I mentioned they are good looking too! Highly recommended for anyone who takes walking seriously.

The excellent Targhee retails from £79.99 and is available in a choice of black, shadow or insignia blue, with a supportive mid-cut model available in shadow priced at £89.99.

Tony Cornwell

Stockist information:
0800 612 9292

www.keenfootwear.co.uk

Give odours and degradation the 'Ax'

It's one of those simple ideas that have you thinking why no other company has done this before. A lot of outdoor clothing has bacterial protection built-in and an excellent job it does too by keeping the whiffs away in prolonged damp and moist conditions.

However, there are items such as sleeping bags, tents, towels or walking boots that do not offer protection and bacterial growth is accelerated when such items are stored in the damp.

To combat this problem, leading outdoor brand Lifesystems has recently launched 'Ax Antibacterial' an easy to use fabric protector, developed using the unique and highly effective HealthGuard anti-bacterial technology. 'Ax Antibacterial' works by spraying a protective layer onto the fabric that kills and prevents bacteria. The removal of bacteria ensures fabrics are protected from discolouration and degradation as well as remaining cleaner, lasting longer and of course, smelling fresher.

We've used a full container of it over the past six weeks and have been very impressed with its ability to do exactly what it says on the can.

Another benefit is spraying those items of clothing that do have protection but have lost it through repeated machine washing.

Lifesystems claim 'Ax' has been shown to stay active on clothing for two years but we'll have to wait on that one.

'Ax' is available at quality camping and outdoor shops and retails at £5.99 for 250ml. For further information on stockists call Lifesystems on 0118 9811433.



Events

The Exe factor

If you're feeling competitive and wish to prove your stamina and skill, then sign up for the 2005 Yak Exe Descent. The Descent runs along 19 miles of white water, in weather ranging from sunshine to snow and is billed as one of the UK's toughest and most competitive long distance canoe races.

Organised by Exeter Canoe Club, the Descent annually attracts nearly 500 entrants, in eight different classes, and first took place in 1968 when a handful of paddlers tackled a slightly longer course.

Over the past 37 years records have been lowered many times. Most of the current ones were set in the great flood year of 1986 and the K2 record of one-hour 42 minutes and 35 seconds, set by Paul and Mike Wells of Richmond, is still the time to beat!

This year's Yak Exe Descent takes place on the 20th November, with an invitation only Boater Cross on the 19th at Flowerpots weir. Spectators are welcome to attend both events and the Boater Cross, as last year, will also incorporate a party at The Mill on the Exe.

If you're up for the challenge then download an entry form from www.yak-paddling.com, or alternatively post a A4 sae to; Exe Descent, c/o 71 Butts Road, Exeter, Devon, EX2 5BG.

Canoe Camping Club

Thames and South East group. Autumn/Touring programme

Sunday 9 October, R Medway from Tonbridge

Sunday 20 November, R Wey Navigation, Guildford area

Sunday 4 December, Basingstoke Canal from Woking (about 6 miles)

The group welcomes guest paddlers. Trips are normally 10 - 12 miles and suitable for open canoe and kayak. A BCU sticker or navigation authority licence is required. For further details contact: Robin Hickman, Robin@hickman.freeserve.co.uk Tel 01403 267244

Surf kayak development weekend for women

October 15th, Bude, Cornwall

The BCU Surf Committee are sponsoring a surf development weekend to encourage women paddlers out of their white water and rodeo play-spots and into the surf. Simon Hammond from Shoreline Pursuits in Bude will be organising a training day on Saturday 15th October and there will also be an opportunity to try out newly honed skills in a free surf session on Sunday 16th October. Simon will be joined by England squad member Alison Taylor to provide expert coaching, skill development and advice on all aspects of surf kayaking from surfing etiquette to boat design and selection. Participants will also have an opportunity to try out different designs of surf kayak.

The cost of the development weekend is just £10 for a full day of coaching on October 15th (10 am - 4pm) boat demos and a free-surf session on Sunday will also be arranged. Please send a cheque made out to 'Shoreline' and include your name, email and phone number to Simon at: Shoreline Outdoor Pursuits, 11a Crooklets Beach, Bude, Cornwall EX23 8NE. Tel: 01288 354039. Email: info@shorelineactivities.co.uk

The Tyne Tour

November 5th-6th

Every November the quiet market town of Hexham in Northumberland becomes the focus of several hundred paddlers all keen to take advantage of the Kielder dam release on the NorthTyne and the open access to local rivers such as the Allen and South Tyne.

Originally known as The Mike Jones Rally, the event is held annually as a tribute to an outstanding canoeist - Dr Mike Jones who drowned trying to save a companion on a Himalayan river in the mid 1970's. He was a great believer in recreational white water paddling at a time when the only means to access white water was through the competitive disciplines of slalom and river racing. One memorable feat was his descent of Everest by kayak! The Mike Jones Rally was started as a recreational canoe touring event and was held annually on the River Dee in North Wales for ten years. It then moved to the Tyne which is seen as the prime location in England for the event. It has the support of local riparian owners for which we are very grateful.

Funds raised by the event support canoeing in the N.E.Region in a variety of ways, one of which is subsidising coaching courses for volunteers working in clubs.

This year's tour is hosted by Hexham Canoe Club on behalf of the region. www.TyneTour.co.uk

Bobby E.Timperley, BCU PDO N.E.Region

Avon Descent

November 6th

The event starts at Stratford on Avon and finishes ten miles downstream at Bidford on Avon with six weir shoots or portages. There are classes for K1, K2, WWR, C2 touring and racing, and touring. Handicaps are applied to even out the kayak classes. The start is at 12.15pm with late entries up to 11.30am. This is an ideal warm up for the Exe Descent or a good day trip for those looking for an enjoyable paddle.

Contact Nigel Woolorton, Mercia Canoe Club, c/o 11 Brayford Avenue, Coventry CV3 5BS, Telephone 02476 418796 or e-mail nw@nwoolorton.plus.com for details.

Burrs Open

October 1st-2nd

Water Day at Burrs Country Park, Bury, Lancashire
Events to include: down river race, polo, fun slalom, raft race and freestyle event and workshops, please bring your own equipment. Brookbank Canoes will be attending bringing a selection of boats to try. Camping or bunkhouse accommodation is available by prior arrangement. There will be a BBQ and the cafe will be open for the weekend. For further details please contact Burrs Activity Centre on 0161 764 9649 or email burrs@activity-centre.freeserve.co.

English Canoe Symposium

November 10-12th

Lakeside YMCA on the shores of Windermere.

Guest coach - Harry Rock Poling World Champion.

Guest speaker - James Raffan author of Bill Mason's biography.

Have you ever been to a symposium? So much happening, all the best bits of canoeing in one place. Opportunities to try new things and paddle new places. Sessions will be lead by some of Britain's top open canoe coaches. It's a chance to spend some time with people who think a bit like you.

What do you love about canoeing? Rivers, sailing, cruising or just lazing, surrounded by nature. All of these aspects of canoeing are covered by the symposium. A live band, doubles and solo session. An evening programme headed by James Raffan, in addition inspirational trips in Britain. For the first time the symposium is laying an U16's programme, thanks to the excellent facilities at Lakeside YMCA. And in case you thought we had forgotten, there will be coaching for OC1 paddlers and some introductory sessions for those wanting to try white water spec canoes.

Canoeists are always late to book and last year some were disappointed. Get ahead don't miss out! Info at www.canoesymposium.co.uk and www.lakesideymca.co.uk tel: 0870 7273927. Text by Tom Sibbald. Provider of paddlesport expeditions coaching and qualification courses in North England Scotland and abroad. www.canoeoaching.co.uk



Daily Telegraph Adventure Travel & Sports Show

January 13th-15th, Olympia, London

The UK's biggest adventure travel event has something for everyone - from first time adventurers to seasoned travellers. Hundreds of exhibitors can take you almost anywhere you want to go and give you expert advice on what to expect when you arrive at your destination.

Canoe Focus ticket offer before the end of October. If you call 0870 161 2122 or visit adventureshow.co.uk and quote 'October' you can get tickets for £6.00. After that, tickets are £8.00 in advance or £10.00 on the door.



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Bryan Kirk test paddling Project 52, Bu eater wave, Ottawa River, Canada. Photo: Matt Peterson

v. pro · ject (prə-jēkt) to thrust upward and outward

n. proj · ect (prŏjēkt) an undertaking requiring concerted effort



Brian Jennings, Salida, CO



WAVE SPORT

 WAVE SPORT

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