

# Canoe

## FOCUS

Features

Access Westminster paddle

Source to sea: Thames

A weekend at PYB

Hot lakes of NZ

Rainforest tigers

Nelson's last voyage

Interview with  
Anna Hemmings and more...

Nine pages  
of jobs in  
this issue

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**The BCU vision is to:**

enable our members, partner  
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available opportunity to achieve  
their potential in all aspects of  
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The BCU's mission is quite simply  
helping and inspiring people to  
go canoeing.

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we can all achieve more.

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## THANKS

### We would like to thank the following for their articles and photographs:

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Sue Hornby, Simon Hammond and Mike Devlin.

**Front cover photo:** Paddlers taking part in the Westminster paddle and  
Anna Hemmings at the Marathon World Championships in Australia.

**Anna Hemmings picture:** Mark Watson

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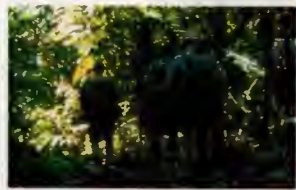
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## YOUR CONTRIBUTIONS MAKE CANOE FOCUS HAPPEN.

The quality and variety of news, articles, reports and photographs depend on the submission of material from you. Very few contributors are professional writers and photographers, so don't be put off writing because you have no experience! Canoe Focus is all about canoeist to canoeist dialogue: a paddler's magazine written by paddlers. **Technical Information:** Contributions preferably as a Microsoft Word file, which can be emailed to peter@canofocus.co.uk, or mailed to 2b Graphic Design, 49 Greenfields, St Ives, Cams 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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# Still making waves

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The year's most exciting show for canoe and kayak fans is back. Canoe 2006 is the place to get inspired, get involved and check out the latest kit.



**Peak UK Freestyle Championship**

The Indoor Peak UK Freestyle Championship will take place in a purpose built indoor canoe pool in an event that's become a regular fixture on the British circuit, attracting international competitors.



**Watersports Theatre**

Listen to top speakers sharing their knowledge and experiences of diving, canoeing and kayaking including top Olympic canoeists. More experts will be on hand with professional advice in the British Canoe Union's members lounge.



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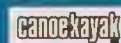
The place to relax and enjoy a refreshing drink and soak up the atmosphere of the show before planning your next activity!



**The British Underwater Image Festival**



The first British Underwater Image Festival, brought to you by *Dive Magazine*, *SportDiver Magazine*, National Geographic Channel and BsoUP. Underwater videographers and photographers of all levels – from hobbyist and amateur to professional – will bring the underwater world to life.



**Canoe Pool**

The Canoe Pool will also be open to adults and children wanting to have a go. Professionals will be on hand from Peak UK to provide tips and advice. On the lakeside outside the exhibition halls, you will find manufacturers lining up their latest boats and paddling equipment for demonstrations.

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# Comment

by Paul Owen, Chief Executive

## Welcome to the December issue of Canoe Focus

What a month November has been for the Rivers Access Campaign! November has been a great further step in a journey to clarify rivers access legislation for England and Wales.

On Wednesday the 9th November over 70 paddlers set off by kayak or canoe along the River Thames from Barn Elms (Putney) to Festival Pier Steps near The Palace of Westminster. The aim was to:

- Deliver and present the Rivers Access Campaign Manifesto to MPs and the Minister for Rural Affairs, Jim Knight and
- To raise awareness of the limited access to rivers in England and Wales.

Over 30 MPs met paddlers and attended the presentation in Portcullis House; they spoke to paddlers and Rivers Access Campaign and British Canoe Union representatives to learn more about the situation.

The aim and the only way forward is to achieve primary legislation and The Rivers Access Campaign will continue to push for it. An Early Day Motion (EDM Number 957), backed by John Grogan MP, titled 'Rivers Access For Non-Powered Craft' states

"That this House urges the Government to extend legislation on access to the countryside to allow canoeists and users of other non-powered craft the same access rights as those provided for walkers; acknowledges that the most successful Olympic canoeing nation, Germany, requires land owners to tolerate the use of non-powered craft on their waterways; and appreciates that with increased access to waterways, there will be greater participation in canoeing leading both to obvious health benefits for the nation and to increased chances of future Olympic success"

At the time of print, 58 MPs have shown their support of the issue by signing the EDM, this is a solid step in building on the existing work of raising the awareness of the Rivers Access Campaign and to put it firmly on MPs agenda. You can back the campaign by

asking your MP to support the EDM.

Following the 9th November presentation, we have had overwhelming media interest, including amongst others: BBC Breakfast TV, The Guardian Newspaper, News 24, Leeds Politics Show, BBC Devon Radio, Three Counties Radio, Meridian TV, Radio Berkshire, BBC South Today TV, BBC London TV.

A big thank you to all volunteers, paddlers, athletes and Canoe Clubs (Reading, White Rose, Maidstone) who have helped to support the campaign.

You can read the Rivers Access Campaign Manifesto and find more information about the by visiting the website: [www.riversaccess.org](http://www.riversaccess.org)

## ICF Marathon World Championships, Perth, Australia

Anna Hemmings

Huge congratulations to Anna for winning the World Championship gold medal. This is the fourth World Champion title Anna has won - three K1s and a K2 with Helen Gilby. It is a fantastic achievement for Anna who has made heroic progress after bravely overcoming Chronic Fatigue Syndrome. Hemmings, from London, has had a good year, clinching gold in the Women's K1 event at the European Canoe Marathon Championships in July. The Elmbridge based athlete has made a truly remarkable comeback into the limelight of international sport.

Hemming's success has recently been recognised by the public; the World Marathon Canoeing Champion, recently won the Champions Award Category at The Sunday Times Sportswoman of the year Awards, at a star-studded Sunday Times Sportswomen of the Year Awards in London on 16th November. The prestigious awards, now in their 18th year, honour outstanding achievement at every level of women's sport in ten different categories, nine of which are adjudicated by a panel of judges, in addition to a public vote for the overall 'Sportswoman of the Year'.

Congratulations Anna for your brave comeback to international sport. (see pages 24-25 for an interview with Anna Hemmings)

## Daniels and Spencer

The GB Junior K2 pair Andrew Daniels and Allen Spencer won a silver medal at the Canoe Marathon World Championships, Daniels and Spencer were just one second from winning gold. It has also been a successful year for this promising duo who won a silver medal at the Marathon World Cup event in Crestuma on 26th June, this year.

## Surf World Championships

The World Championships were held in Costa Rica between 22-30th October (see page 28).

Darren Bason won a gold medal in the Men's International Class, James Hawker won silver in the same class and Jonny Bingham also returned as World Champion in the Men's Open. Other notable results include; David Speller won a gold medal in the Junior Men's K1, Christopher Hobson won silver medal in the Junior Men's K1 and Martine Law won a bronze medal in the Women's K1.

These are great results for British surf, very well done to you all.

## Future events

Bala Wild Water Racing World Championships, Wales

The Wild Water Racing World Championships in Wales in May, have been cancelled due to shortfalls in funding for the event. The event will still take place but is likely to be held elsewhere in Europe.

## Correction

In the August issue it stated that Gareth Marriott gained the first canoeing Olympic medal at the 1992 Olympics in Barcelona. This is correct except it was a silver not a bronze medal. He also competed in the 1996 Olympics at Atlanta finishing in a creditable fourth position.

## The Outdoors Show

17-19th March, 2006

It may seem like a long way off, but the most exciting show for canoe and kayak fans is back; the International Canoe Exhibition (ICE) will be here shortly. The Canoe Exhibition will be held in The Outdoors Show at the NEC Birmingham between 17th and 19th March, 2006. Canoe Focus readers can save money by booking their tickets in advance, see advert in the magazine (facing page) for details.

## Website

The new British Canoe Union website has been launched in order to deal with the numerous hits the site receives. We have been experiencing teething problems with the site. In order to help us make the website more user friendly, if you have any comments, we would like to hear from you, just email [chloe@bcu.org.uk](mailto:chloe@bcu.org.uk)

We are delighted to see that Canoe England members are using the classified advertisement section.

Thank you for your patience.

Canoe England members will need their membership number and a password to be able to log in to the Canoe England member's area.

Following feedback from members we will be developing a facility whereby members can retrieve their password from the website by entering a few security details.

This is intended to ensure that Canoe England members find it easier to access the area.

**Wishing you all a happy Christmas and New Year, see you in 2006!**

**Happy Paddling.**

## Product Safety Check Oct 2005

We have identified an inconsistency with the webbing fitted to the chest harness on a number of our Whitewater PFDs. While it does not affect every one, Palm prides itself on a high quality standard. Therefore we would like all product equipped with the chest harness to be returned for further inspection.

The PFDs are as follows: Axis Extrem, Extrem II River Vest, RT Whitewater, Rogue Whitewater, Viper Extrem and the Optional fit BA350 Chest Harness.

The PFD will be inspected immediately and, if necessary the webbing will be replaced.

Once the inspection has been completed the PFDs will be returned to you. Please send your harness (if part of a removable system) or the complete PFD (if sewn in) to: PFD Check, Palm Equipment International Ltd, Kenn Business Park, Kenn Rd, Clevedon, N. Somerset BS21 6TH.

Please ensure you include: Your name, return address, point and date of purchase where possible. We would like to apologise for the inconvenience caused. If you have any questions relating to this matter please do not hesitate to contact us – tel + 44 (0)1275 798 100.

## UK tour

Peter Meredith, expedition specialist is currently doing a tour of the UK providing an introductory slide show and premier of the 'The Longest River' a 90 minute feature documentary film for National Geographic.

Visit his website for details and booking information.  
[www.liquidlife.co.uk](http://www.liquidlife.co.uk)

## PADDLE THIS

# Canoe 400 trip success



Thirteen year old Alec Jeddere-Fisher, accompanied by his father Ken, paddled the 400 miles, from Godalming to a few miles outside Kendal, during the first three weeks of August 2005, to raise money for Sue Ryder Care (see June issue). Ken sent us his account of the trip.

We had very mixed weather which on the whole improved during the trip. On a couple of days we got very wet and during the first two weeks persistent headwinds made the paddling hard work and probably added an hour to each day on the water. As we got fitter the extra effort seemed to be less of a burden.

During the trip we met with many small kindnesses, including: a fisherman who abandoned his rod and ran after us with a donation, giving the lie to the supposed enmity between canoeists and anglers; a lady on a narrow boat who offered an early morning cup of tea as we packed the tent by

the side of the canal; a free meal and a number of discounts at pubs and B&Bs that we stayed at and help from a cyclist when thorn clippings caused 10 punctures on the portage trolley.

We saw some wonderful countryside and wildlife (including an otter, water voles, numerous kingfishers and a terrapin) as well as many interesting relics of the industrial revolution. Overall it was a very enjoyable and interesting experience but not without its challenges.

We had a hard time passing through Manchester, where the expected awkward portages of an urban stretch of canal were made much worse by barriers designed to deter vandals and cyclists. Although the trip down the tidal River Douglas and up the Ribble were a delight, getting from the Ribble into the Lancaster Canal was not. The new Ribble Link Canal could not have been any worse if it had been deliberately designed to be impassable by canoe (that was the day of the ten punctures).

So far we believe we have raised about £3,000 for the Sue Ryder Care Nettlebed hospice. To learn more about the work of Sue Ryder Care, please visit their web site at [www.sue Rydercare.org/](http://www.sue Rydercare.org/). From here you can follow the Hospice Care links at the bottom of the welcome page to find out about the Nettlebed home.

**Ken Jeddere-Fisher**



## Splash Camp drives children out on the water

This time a year ago it was only those in the boating world who had heard about the British Marine Federation's (BMF) pioneering new initiative Splash Camp. Billed as the first reality TV show with children for children, Splash Camp was an action-packed ten part series on ITV1, on at peak time, funded by the BMF to encourage watersports participation and help bring boating to the mainstream. Now, after the first series, millions of youngsters all over the UK know about it and over half a million (570,000\*) are giving it a go.

The series was a great success and independent research shows that 20% of all 8-16 year olds have heard about Splash Camp, which equates to 6.7 million children across the UK. In some areas of the UK, such as the West Midlands, the figures are even higher with over a third (34%) of all youngsters knowing about the programme.

In a testament to the BMF's aims and aspirations for the programme, 64% of viewers claim that Splash Camp has inspired them to try a watersport.

As well as the weekly TV programme, Splash Camp had



children can get involved.

The BMF is looking for major sponsors to be involved in the next UK series of Splash Camp and for brand licensing representation. If you are interested please contact Hayley James at the BMF on [HJames@britishmarine.co.uk](mailto:HJames@britishmarine.co.uk)  
\*Broadcast market research was carried out by the British Market Research Bureau (BMRB)

its own interactive website. In addition to gossip and additional insights in to life at the Camp, the website had facts on each of the watersports from the programme, advice on how to get started, and details of clubs around the country where



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## Nottingham Trent University

In the October issue Canoe Focus highlighted that Albert Woods was awarded an Honorary Degree of Master of Science (MSc) in recognition of his national and international prominence as a sportsman, sports organiser and administrator. We forgot to mention that the degree was awarded by Nottingham Trent University.

## Bear Creek Adventure goes mobile

Bear Creek Adventure has just launched their mobile roadshow which is available to clubs and groups. Based from their mobile showroom, Bear Creek Adventure's experienced and qualified coaches, can provide demo boats and free coaching at club meetings and events.

The well stocked showroom can be seen at many shows and exhibitions throughout the year and is available for club meetings and events across the country.

More information can be gained by phoning Bear Creek Adventure on 08700 508203 or emailing them at:

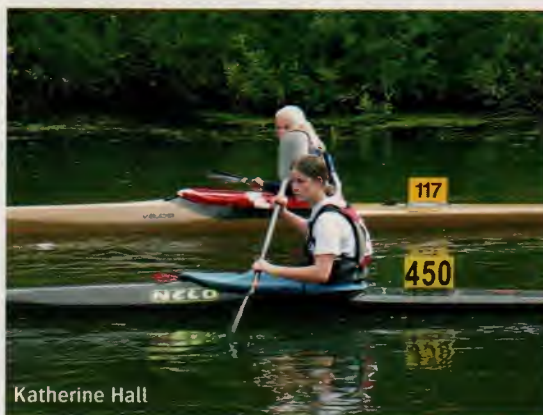
[info@BearCreekAdventure.co.uk](mailto:info@BearCreekAdventure.co.uk)

## East Midlands Regional Access Officer

Thanks go to Martin Cope who has had to step down as the RAO for East Midlands Region due to work commitments. In addition to general canoe access work, Martin has assisted the Rivers Access Campaign at Local Access Forums. The time he has given to projects is much appreciated.

## PADDLE THIS

# "Be prepared for anything"



Katherine Hall

This was the message given to the 15 athletes selected to represent Great Britain at the Tour de Gudena 2005. The season-closing marathon in Denmark covers 120km over a weekend, complicated by four-foot waves and thick fog. Armed with this advice in mind, the team travelled with everything from neoprene spraydecks and paddle mitts to racing vests. In the end, the winter gear wasn't needed as the weekend saw near-perfect weather.

Seniors and U18s started together at Skanderborg with a 30km stage to Ry. From the early stages, Harriet Farish established herself in the lead group of ladies K1s, and the Junior K2 of Fay Lamph and Lizzie Broughton managed to get in with the lead seniors. As they

portaged onto the 10km-long Mosso lake, Fay and Lizzie broke away from the other K2s. Becky Schofield's race was going well until the Mosso, where a swim put her back in the field.

The stage stop at Ry gave long enough to eat and change for the second, 17km stage to Silkeborg. Paddlers re-started 30 minutes after stopping the previous stage, maintaining the gaps in each race. Here unfortunately, Hayley Blackwell was forced to retire with a torn back muscle.

In the Saturday U16s race from Ry to Silkeborg, Ben Haynes took second place. Tim Pendle, Tom Bridge and Rob Poole finished together in fourth to sixth positions, a minute back on Ben. Kathryn Hall came in third and Emma Dougal seventh in the U16 Ladies K1.

By Silkeborg, Fay and Lizzie had built a huge nine minute lead to take into the second day of the Ladies K2. Harriet finished third in the Ladies K1, with Becky following in seventh. Ben Bradshaw and Gary Rowell in the K2 were holding sixth place against the Seniors, while Matt Guy and Bernard Maurissen held fifth and sixth in the Junior K1.

The second day was particularly hard for the U18 Men. Starting at Silkeborg, they raced three stages of 33, 24 and 16km. For Ben and Gary, Matt and Bernard racing against senior men, the 7.30am section to Tange used up any energy they happened to have left after day one.

The Ladies re-started on Sunday at Tange for two more stages. At the final stop at Langaa, Fay and Lizzie, Harriet and Ben Haynes had maintained their positions, while Kathryn in the U16 K1 had moved up to second, Emma had moved up a place to sixth, and the U16 boys had worked together to remove the competition for third in their class.

The finish at Randers spanned several hours, Fay and Lizzie crossing the line for their gold medal three hours before the U18 men arrived. Harriet had secured third in the Ladies K1, Katherine silver in the U16 Ladies K1, Ben Haynes had won silver and Tom Bridge had taken the all-GB race for bronze in the U16 Men. Thirteen boats had collected five medals and the first GB senior title for 20 years, an excellent team performance.

James Smythe, BCU Marathon Committee  
[james.smythe@tiscali.co.uk](mailto:james.smythe@tiscali.co.uk)



## UK youth projects share canoe race proceeds

Youth projects throughout the UK are set to benefit from an epic canoe race that raised more than £8,000.

Teams throughout the UK competed in this year's Endeavour Canoe Challenge recently, raising £8,516 for Endeavour Training, a national educational charity based in Chesterfield, Derbyshire.

The race, which is now in its 39th year, involves canoeing in relay 50 miles along the Shropshire Union and the Staffordshire-Worcestershire canals, beginning in Market Drayton. However, it was the Chesterfield-based RAC Auto Windscreens team that emerged as the victors of the gruelling relay race winning not one but three trophies - the Class 2 trophy race winners, the Spirit of Endeavour Award and the Highest Individual Sponsorship Total.

In addition to winning three trophies the RAC Auto Windscreens team also broke its record for completing the course by three minutes, setting a new best time of 8 hours 38 minutes 38 seconds.

Commenting on the team's victory, RAC Auto Windscreens team captain, Roger Kendrick said: "This was a great achievement for the RAC Auto Windscreens team and best result we've had in the eleven years we have been competing in the Challenge. Our race did not go without its drama or two and it was fitting that the team won the Spirit of Endeavour Award for enthusiasm, team spirit, work rate and coping with adversity."

Endeavour Training helps and supports young people experiencing problem in their lives. It provides challenging problem-solving outdoor projects for the young people, including canoeing, abseiling and rock climbing, to help raise young people's self esteem and sense of achievement.



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West Midlands	Walsall, West Midlands	01922 479279	<a href="http://www.wmcc.co.uk">www.wmcc.co.uk</a>

## Thanks Vince!

For as long as most people can remember Vince Lamph has been associated with Yalding Weir Slaloms and Marlin Canoe Club. Nearly everyone in the South East has paddled at an event organised by Vince and we're sure that all will want to join us and thank him for nearly 20 years of hard work and dedication.

During Prize Giving at the Kent and Sussex Open and Div 4 on 30th October Steve Bishenden of Marlin CC fame, proudly presented Vince with something to remember Yalding Slaloms by. Although standing down as organiser Vince will still be found at Yalding helping out whilst Hastings and District CC find their feet. From everyone who's paddled at Yalding thanks Vince for all your efforts and time, and we look forward to seeing you in April.



## Mike Jones

I am a university student who has to undertake a presentation. I am looking for information on Mike Jones and or the Mike Jones Rally. I would appreciate any help you or your readers can give me in relation to this matter. I have already managed to get a copy of his book *Canoeing Down Everest*, as well as a video of the expedition to the Dudh Kosi, Blue Nile, Orinoco.

Old copies of reports on the various expeditions or general reviews of the man himself would be most helpful. Thank you for your time and effort in relation to this matter.

Ian Harvey  
Mountaingoat66@hotmail.com  
Tel: 07793 609682

## PADDLE THIS

# Queen of kayak



## Hemmings crowned champion at Sportswomen of the Year Awards

World champion Marathon Canoeing Champion, Anna Hemmings lifted the 'Champions' Award at the star-studded Sunday Times Sportswomen of the Year Awards in London.

The prestigious awards, now in their 18th year, honour outstanding achievement at every level of women's sport in ten different categories, nine of which are adjudicated by a panel of judges, in addition to a public vote for the overall 'Sportswoman of the Year'.

The award marks the climax of an incredible year for Hemmings, 28 who, two years ago, was diagnosed with Chronic Fatigue Syndrome and told by medical experts that she

may never race again. Having discovered a treatment called 'Reverse Therapy', Anna was able to resume full-time training in April and has since gone on to reclaim her British, European and World Marathon Canoeing titles, including her fourth world gold medal.

Anna commented: "What a fantastic evening and I'm absolutely thrilled to have won this award. I may have received a few canoeing medals in my time but never anything quite like this - it's a real honour. This has been an amazing year for me and winning gold in Perth was a particularly emotional victory. I'm so grateful to everyone who has supported me and especially to Pindar who have stood by me throughout my illness."

European Eventing Champion Zara Phillips was crowned overall Sportswoman of the Year. The Awards evening took place at Old Billingsgate Market in London where guests included, James Cracknell, Mike Tindall, Kirsty Gallacher, Gabby Logan and Lord Sebastian Coe.

Anna Hemmings website: [www.annahemmings.co.uk](http://www.annahemmings.co.uk)

## Kayak Cop to paddle around Iceland solo

Following on from his successful record-breaking 4,500-mile solo circumnavigation of the UK and Ireland in 2004, Sean Morley, a 40-year old police officer from Cornwall is planning his next challenge, a solo circumnavigation of Iceland by sea kayak.

Whilst the estimated distance is much less at around 1,500 miles, the conditions he is likely to face around the land of 'Fire and Ice' could be much more extreme.

Sean says: "I am tremendously excited about this expedition. It will be about much more than achieving a world 'first'. Iceland is an incredibly beautiful country and the Icelandic people are known for their hospitality. The greatest challenge will be the south coast beaches where huge dumping surf pounds the black volcanic sand incessantly. I will need all the stamina, skill and experience I gained from my journey around the British Isles if I am going to complete this expedition."

Sean adds, "The difficulty presented by a solo expedition is simply that of logistics - carrying all the necessary kit in just one 18ft kayak and getting that heavily laden kayak safely ashore at the end of each day. I enjoy the freedom of being out on the ocean alone in my kayak, just me and the elements, where what you do each day is determined by wind and tide and the strength in your arms."

Iceland was first circumnavigated by sea kayak in 1977 by Nigel Foster and Geoff Hunter, but no-one has managed to complete the circumnavigation on their own.

Sean begins his next adventure in May 2006 and is seeking sponsorship and asks that anyone interested in becoming involved in the project contact him through his website [www.expeditionkayak.com](http://www.expeditionkayak.com) or email [sean@expeditionkayak.com](mailto:sean@expeditionkayak.com).

## Brite Water(y) future for slalom sisters

Cumbria based Brite Water UK is sponsoring sisters Cassandra and Heather Slater next season.

The two girls will be competing in Div 1 K1 slalom at most of the UK events and also will be competing in some of the UK freestyle events. They are also active canoe polo players and Heather played for the Great Britain U21 squad this year. In addition they join the Brite Water coaching team as qualified BCU coach's and will be working with schools, youth groups and clubs to promote paddlesport in the UK and to encourage younger paddlers to participate in the sport. Cassandra is a qualified L3 recreational, L1 slalom and L1 polo coach whilst Heather is a L2 recreational and L1 slalom coach.

Brite Water UK has a wide selection of paddling equipment and boats available either on-line or by personal shopping. Coaching and courses can be arranged for groups and individuals throughout the UK by fully qualified experienced coaches. For a full profile of the girls and updates on how they are progressing over the year visit the Team page at [www.brite-water.co.uk](http://www.brite-water.co.uk)





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## Quotable quotes

Some Quotes from some of the 30 plus MPs who took time out of a very busy and important day in Parliament (Terrorism Bill Debate and vote) to come and find out about the access to river situation.

### John Maples, MP, Stratford-upon-Avon:

"I'm surprised access is so limited and I certainly didn't know that only 2% of waterways could be accessed. Canoeing is environmentally friendly and creates no pollution so I don't know why there are any objections. I'm keen to help as much as I can."



John Maples MP with Michael Duncan Sinclair

### Adam Alfryie, MP, Windsor:

"This is a great campaign and the issue needs to be raised. With the passing of the Natural Environment and Rural Communities Bill, there is an opportunity to include the issue of water access in this debate. I'm delighted that Alex and Fran got in touch and I have listened intently to what they have had to say."

### Andrew Smith, MP Oxford East:

"I am very concerned to learn the difficulties we have to get access in Oxford, especially when it comes to youngsters wanting to use the water. I will be pressing government to take legislative steps to get safe access to our waterways. Canoeing is a popular and growing sport that helps people of all ages grow in self esteem and it should be encouraged."

# Paddle to Westminster

## 9th November 2005

Delivering the Access to Rivers Manifesto

MPs IN COMMONS BRAWL... read the London Evening Standard's headlines as we passed them in our minibus on the way back from Portcullis House to our cars but it was nothing to do with us!

On Wednesday 9th November a group of some 70 canoeists set off from Putney to deliver the British Canoe Union's Manifesto for Access to Rivers (see page 16). The age range of the participants was from 13 (Duncan Sinclair) to 80 years and they were a mixture of non-BCU and BCU members. Despite the earlier weather predictions the day was just perfect with beautiful clear skies and sunshine. For November 9th, so late in the year, it could have been a very different story.

The paddlers set off in small groups and collected together along Chelsea Reach so that they would all come as a group under the last remaining bridges before Festival Pier and go in a large group past the Palace of Westminster.



Phillip Dunne MP with Lee Pimble

The participants came from far and wide including Yorkshire, Cumbria, Cambridgeshire, the Midlands, Wales, Kent, Oxfordshire, Surrey, Berkshire and London to paddle down the Thames Tideway.

### So why paddle to Westminster... and why on a Wednesday in November?

The lack of access to rivers in England and Wales is dreadful. We needed to meet with MPs and show that the situation is

### Peter Bottomley, MP (middle) Worthing West:

"The pleasure the canoeists gave paddling past Westminster is the same pleasure canoeing can give on every other waterway in this country. It was an anomaly that river access wasn't included in the Right to Roam legislation. We're not talking about the right to camp, just the right to use the water."



# minster

not acceptable to canoeists and other waterway users. This includes those who think the situation is unjust, even though they have no desire to canoe, wade, swim etc in the rivers. At weekends MPs are not in London so we had to go to Westminster when they were there in order to present our case to them. We also had to fit in with when the House was sitting and with the tide times.

The paddle down the Thames to Festival Pier was beautiful. As we left Putney we were joined by the St John's Ambulance Marine Division with Cliff Brown and crew on board. They were acting as safety cover for the day. London seen from a canoe puts a whole different perspective on the city! At Festival Pier we were greeted by the Chief Executive of the BCU, Paul Owen, along with other BCU staff. We knew where we were landing as huge access banners had been clearly displayed for all to see.

Not long after we had arrived and virtually as soon as we had beached the canoes, Peter Bottomley MP and Tim

and has been known to go out racing in the canoes too! Peter also came back to meet us again in Portcullis House.

John Leech MP and Tim Farron MP also went out in canoes with us. For Tim it was the first time he had been in a canoe but he thoroughly enjoyed the experience. Andy Clifford, the BCU Local River Adviser for the River Lune took him out in a Canadian. The MPs had specifically come down to Festival Pier to meet their constituents who were part of the flotilla. Phillip Dunne MP meet with Lee Pimble from Shrewsbury Canoe Club and John Maples MP met up with Michael and Duncan Sinclair.

From the Pier many of us loaded up our boats and went into Portcullis House where a meeting room had been booked for the formal presentation. We went in wearing a variety of attire, many wearing their canoeing kit, well after all that is who were are! We thought we might set a new trend for MPs! Donald Swan looked particularly fetching in his wetsuit!

It should also be noted here that the room was booked for us by Gareth Thomas MP (Parliamentary Under-Secretary of State in the Department for International Development.) who is extremely supportive of the cause for greater access to rivers and has been so for several years. Gareth is a member of a London Canoe Club and several members from the club were part of the flotilla that came down to Westminster. However, Gareth has little time to canoe these days. He not only enjoys the sport but recognises the benefits it has to those who participate in it as well as all the social and economic benefits it provides. Gareth did come to meet us at Portcullis House and was kind enough to take his canoe club members for a quick tour of the Palace of Westminster.

## Tim Farron, MP (middle) Westmoreland & Lonsdale:

"We need a fair balance for all - anglers, canoeists and other water users. There needs to be a presumption of access, but responsibility at the same time. One of the biggest problems this country faces is getting people, young and old, involved in sport and recreation and canoeing can help us to achieve that aim. We're extremely lucky in our area (Cumbria) and are blessed with so many opportunities. We just need to take advantage of them."



Joiner, a Director of the BCU and Lord Mayor of Westminster arrived. Peter Bottomley bounded down the steps rolled up his suit trousers, took off his shoes and socks and was out in a canoe in seconds. He, along with Tim Joiner and Paul Toomey, from Reading Canoe Club, paddled the Canadian up towards The Palace of Westminster. Outside Portcullis House Peter Bottomley got out his mobile 'phone and called his office then frantically waved to them as they watched out of the window. Peter was a terrific sport. He was greeted by applause from all of us on the beach.

Peter is the only MP to have logged their support for the campaign via the 'Log your Support' section on the Rivers Access website ([www.riversaccess.org](http://www.riversaccess.org)) He was extremely supportive and understanding of the diabolical access situation. Peter sails but also owns a couple of open canoes

The others who were not joining the Portcullis House meeting had a serene paddle back up to Putney. They were very kindly met by Roger and Rosemarie Green from the Canoe Camping Club who provided them with hot drinks and biscuits. A most welcome sight! We were not able to get refreshments in Portcullis House so we were all desperate for a cup of tea when we got back!

The presentation explaining why Primary Legislation is the only way forward and highlighting the social, economic and health benefits that canoeing offers was given by Paul Owen and Tim Joiner. The presentation started with a video clip of Helen Reeves at the Olympics in 2004 on her final run and ended with a clip from the new Paddlesport DVD. Both are extremely motivational pieces of footage. We know that voluntary agreements are not sustainable and do not work

## Quotable quotes

Some Quotes from some of the 30 plus MPs who took time out of a very busy and important day in Parliament (Terrorism Bill Debate and vote) to come and find out about the access to river situation.

### John Leech, MP Manchester & Withington:

"People should have as much access to safe water as is humanly possible. We're lucky in South Manchester where we have lots of open space. I've been involved in many fund raising activities to get kids to try out canoeing and all of them have loved it. Canoeing is a good healthy activity."

### Roger Gale, MP Thanet North:

"I want to see fair compromise between riparian land owners and those wanting access to rivers. No-one wants irresponsible users on the water, but equally saying no to any access is quite ridiculous. We need to work towards a much fairer understanding."

### David Liddington, MP Aylesbury:

"I have learnt a lot today. I came open-minded and am leaving with a lot of sympathy to the BCU's objectives. I want to do some more thinking about whether primary legislation is the way forward, but it is clear that we have an issue that needs further discussion."



Westminster group  
with the manifesto



Donald Swan

long term. We have also been trying for 50 years to make voluntary access agreements work and they simply do not. There are still hundreds of thousands of us who cannot canoe on our local rivers and have to travel miles and miles to go paddling. The lack of access simply means we cannot encourage participation of the sport or encourage tourism let alone put more money in to the local economies.

Jim Knight MP South Dorset and Minister for Rural Affairs: replied on behalf of the Government. "There is loads we agree about. We need to improve access to sport and access to rivers is part of this debate. But we have to reflect all parties, anglers have their message, cyclists have their message and so on and we need to reach a solution that satisfies all users of water and the surrounding area."

We, however, know that primary legislation is the only way forward and we will continue to push for it. An EDM 957 (EDM Number) RIVERS ACCESS FOR NON-POWERED CRAFT stating that "That this House urges the Government to extend legislation on access to the countryside to allow canoeists and users of other non-powered craft the same access rights as those provided for walkers; acknowledges that the most successful Olympic canoeing nation, Germany, requires land owners to tolerate the use of non-powered craft on their waterways; and appreciates that with increased access to waterways, there will be greater participation in canoeing leading both to obvious health benefits for the nation and to increased chances of future Olympic success" was launched by John Grogan MP in conjunction with our paddle.

Ask your MP to support the EDM. On the day it was issued 12 MPs signed up straight away.

We handed over our manifesto in a leather bound book along with e-cards of support, and a petition from Shropshire. (Thank you to Shrewsbury Canoe Club). It was

## PADDLE THIS

### Who came to meet us?

This is a list of the MPs who came to meet us and if they are your MP why not write and thank them for taking the trouble to come along. If your MP was down to come and did not turn up (very busy day in the House... the Whips were working overtime on that day!) write to them or go and see them to talk about what we did and the access issue. We will send them all a copy of the manifesto we delivered.

Adam Afriyie	Constituency Windsor
Rt Hon James Arburthnot	NE Hampshire
Peter Bottomley	Wotthing West
Janet Dean	Burton
Phillip Dunne	Ludlow
Roger Gale	Margate
Dr Evan Harris	Oxford West & Abingdon
Nick Harvey	North Devon
Jeremy Hunt	South West Surrey
David Kidney	Stafford
Jim Knight	South Dorset
Susan Kramer	Richmond Park
Dr Ashok Kumar	Middlesbrough South & East Cleveland
David Leddington	Aylesbury
John Leech	Manchester, Withington
John Maples	Stratford-on-Avon
Rt Hon Patrick McLoughlin	West Derbyshire
Andrew Pelling	Croydon Central
Rt Hon Andrew	Smith Oxford East
Gary Streeter	South West Devon
Desmond Swayne	New Forest West
Robert Syms	Poole
Paul Truswell	Pudsey
Andrew Turner	Isle of Wight
Stephen Williams	Bristol West
Betty Williams	Conwy
Lady Ann Winterton	Congleton
Tim Farron	Westmoreland & Lonsdale
Don Foster	Bath
Andrew Selous	S.W. Bedfordshire

accepted on behalf of the Government by Jim Knight MP.

A successful day but we need to keep up the pressure and keep the issue up the government's agenda. We will not give up until access has been achieved.

For more information and up to date news visit [www.riversaccess.org](http://www.riversaccess.org)

## THANKS

The event ran smoothly because of all the help given to us by various people. We would particularly like to thank

Cliff Brown and Mark Cullington of the St John's Ambulance Marine Division. Roger and Rosemarie Green from the Canoe Camping Club who supplied us with tea and biscuits at the end of our paddle and kindly donated it all. Jon Handley, Albany Park Canoe and Sailing Centre and his navigator who kindly meet us at Festival Pier and transported all the boats of the people entering Portcullis House back to the start. Andy Goodsell (BCU) who drove and Peter Owen, the navigator, who travelled up and down all day in a squad minibus to ensure we were where we all needed to be.

The PLA (Port of London Authority) Ray Blair who provide us with support and useful information. The South Bank Centre who enabled us to park the minibuses and trailers close to the finish. Festival Pier for allowing us to use the beach and steps as a get off point as well as a place to meet MPs. And to all who came along either on the water or on the land to support us and help present the manifesto. THANK YOU.



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Our Managing Director Reg Atkins would like to take this opportunity to wish all Canoeists Happy Paddling. Reg was the West Sussex Scouts County Canoe adviser and was Assistant Southdown County District Commissioner WA.

As a BCU senior instructor E2 he organised the Chandy Challenge long distance canoe race, which attracted 313 paddlers.

1st Burgess Hill Scout Group were the first Scout Group to organise a national ranking LD race and have a stand at Crystal Palace National exhibition as well as reaching the quarter final of the national canoe Polo competition.

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# Our mission

"Helping and Inspiring people to go canoeing"

## Some General Information:

There are over 2.5 million people in the UK that take the opportunity to go canoeing each year. These members of the public range from children on a 'come and try it' basis through to committed paddlers who paddle every day.

A recent survey conducted by the Royal Yachting Association concluded that canoeing was by far the most popular and fastest growing watersport.

Set up in 1936 to send a team to the Berlin Olympics, the British Canoe Union (BCU) is the lead body for canoeing and kayaking in the UK. In 2000 the BCU federalised to become the umbrella organisation for the Home Nation Associations in Scotland (SCA), Wales (WCA) and Northern Ireland (CANI). In England, Canoe England was set up, on a par with the other national associations, as a division of the BCU, to support the development of canoeing in England.

The BCU is responsible for leading and setting the overall framework for the national associations; including representing canoeing interests through coaching, competition and campaigning for increased access to Britain's waterways for paddlers. In the Athens Olympics, canoeing was one of Team GB's most successful sports with medals for Ian Wynne (bronze), Helen Reeves (bronze) and Campbell Walsh (silver).

Today the BCU has a membership of over 50,000, including over 500 affiliated clubs and 145 approved centres.

According to the Paddlesport Review there are an estimated two million people take to the water in a canoe each year. The vast majority do so under a watchful eye of one of the 13,000 BCU qualified coaches or as part of an affiliated organisation. For more information visit: [www.bcu.org.uk](http://www.bcu.org.uk)

## To do this canoeists in England and Wales need primary legislation to allow them to use the water.

- The problem we face in England and Wales is that the public are denied access to and along 98% of rivers. This situation is unique in the world. In Scotland there is a traditional right to roam for both land and water which has been enshrined in the Scottish Land Reform Act 2003.

### Why:

- It is currently assumed that the law dictates that whoever owns the land along the river bank (the riparian owner) also owns the property rights to the river bed.
- If a river doesn't have a public right of navigation and you haven't got consent from the riparian owner, you're committing trespass by paddling, swimming or even wading.

### Which means:

- These key assets, the natural facilities of our country are in the hands of third parties who have no obligation or plans to use them to develop access for the public.

## We believe a legal right of access to rivers will: Provide benefits for the public.

A legal right of access to rivers would provide more recreational opportunities for a whole group of people including canoeists, swimmers, boaters and gorge walkers with knock-on benefits for public health. The recreational aspects of canoeing could coincide effectively with government's recently launched 'everyday sport' and Welsh Assembly Government's 'Climbing Higher Strategy' if only river users had more access. Legally protected access would provide clarity and certainty for those visiting our rivers.

## Provide benefits for local communities.

In addition to increased opportunities for recreation, increased access to rivers would mean more money for rural communities. Research has shown that canoeing contributes about £750 million a year for the economy of England and Wales as well as supporting over 15,000 jobs.

## Protect wildlife and the environment.

The canoe itself causes no pollution, and leaves no trace of its passing. Canoeing is not a threat to environmental conservation. The canoe is an ideal craft to access the water environment and observe wildlife. Paddling gives people a better understanding of the landscape, geology, habitats and wildlife around them. We believe that the more people use rivers the more they will want to protect it for future generations. Legislation will enshrine the rights and responsibilities of those wishing to enjoy the aquatic environment.

## Help us make Britain Proud

British Canoeing has an outstanding record in the Olympic Games. Our competitors achieved three Olympic medals in Athens; we are looking for the same success in Beijing, but to alter the colour of one to 'gold'. A legal right of access will directly help to improve the UK's Olympic standing for 2012 and beyond, but we need access legislation now.

Canoeing has set out its stall for 2012. At London 2012 canoeing intends to achieve four Olympic medals including two gold.

## Please, help us to deliver the following pledges:

- We will increase participation in healthy recreation year on year by 1%.
- We will develop active canoeing clubs & communities in every district of England and Wales.
- We will increase the capacity of our workforce – coaches – volunteers – leaders to help increase participation & widen access to canoeing.
- We will continue to develop the talent pathway through to Olympic success and remain in the top three canoeing nations in the world.
- We will look to ensure the provision of good canoeing facilities within 20 minutes drive of where people live.

## So here is the how!

- We have grown participation every year by at least 3% for the past decade and are forecasted to grow by 6% over the next year.
- People connect with our sport; our clubs change people's lives! They bring adventure, responsibility, fun, social integration and responsibility.
- Our volunteers make a huge difference and have a proven track record in developing individuals. We are proud that our volunteers have successfully assisted with local community safety schemes in some of the most deprived areas.
- In 2005 alone our teams achieved 67 medals in international competition including two senior and two junior world champions.

## Facilities – now that's where you can help!

### What is the factual position?

In 2000 The Government appointed Brighton University to produce a report titled 'Water-Based Sport and Recreation: the facts' this established that:

Approximate length of rivers over three metres wide: 65,000kms. Length of these rivers, on which there is a public or a statutory right of navigation: 2,200kms.

On the basis of the report the public have access to less than 4% of the rivers in England and Wales.

Additionally, canoes and other small craft can use narrower waters, which often offer the most interesting and challenging water. Therefore the true length of navigable rivers is substantially greater and the percentage available substantially less, estimated at 2%

The report considered the eight following policy scenarios for addressing user wishes and the problematic issues associated with water-based sport and recreation:

- Minor development of current planning policy and strategies.
- Targeted purchase of services and revised funding arrangements.
- Targeted acquisition of land and water rights.
- Voluntary agreements.
- Voluntary agreements with dedication.
- Compulsory access orders.
- A selective increase in statutory rights of navigation.
- Statutory rights of navigation to all major rivers, canals and water bodies.

We believe that introducing primary legislation is the only sure way to deliver a sustainable solution. Canoeing does not need a piecemeal solution to the problems it faces now, and will face in the future without secured and enshrined access to water for manually propelled water craft.

England and Wales are the only countries in the world where such problems significantly exist.

## Some thoughts from our government:

"Our aim is to increase participation in sport year on year. Central to this is having modern, high-quality facilities close to where people live. £1.5 billion is being invested in sports facilities in every community. By 2008 our aim is that almost everyone will be within 20 minutes of a good multi sports facility"

Labour Party Election Manifesto 2005

### Conclusion:

We believe that canoeing does help to make England and Wales active and successful sporting nations.

- Through our work with schools we help to improve educational standards.
- Help in disadvantaged communities to give people hope.
- Help improve health as a lifestyle recreation.
- Make an increasing contribution to the economy.
- We can help inspire people to go canoeing by bringing our natural facilities into use with a legal right of access to rivers.



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# Cricklade to Gravesend

Eventually we all decided the dates of the trip and thought that we should sponsor charities for the trip so it meant that bit more. We chose to go right up to the source, which is in Shewsbury Mead in a very desolate field! Then take a photo and start at the navigation, which we found out was Cricklade. For this trip the only kayaks close to worthy to manage this expedition were some aging Capel Tourers that needed a little 'touching up' before we left. Dan and my kayaks were the worst for wear; as we had to re-fibreglass and re-toggle them.

**Sunday:** We started on Sunday at 1100 by visiting the source in the middle of a desolate field and went on our way to finding where we could start. As we got to the launching ramp we saw a farmer walk through the river with his dog while we looked at each other grimly, surely it should have been deeper! Though the Thames was only a foot deep we managed to start off by scraping the riverbed a bit, but we were confident. The river at this point was quite unexpected because the river was so narrow and quite speedy; being only about 10feet wide and traveling at 2mph, which was quite a pleasant speed. Today was the day that we passed through the first out of the 44 locks on the Thames; we were hoping all of the lock keepers would be as tolerant to let us pass. The three that we met that day were very friendly. The only slight problem we had was a fallen tree we had to push ourselves over, but less effort than we'd have to put in for the rest of the week. We arrived at Radcot Bridge, at about 1800 for our first nights rest.

**Monday:** We aimed for a reasonable wake up time to get on the water for 0900, but as it turned out when we started paddling it was 1030. Our hopes were still high as it was early in the week and the sun was shining. As the river started to widen, the force of the river through the weirs was stronger and caused rough water exiting the locks, but nothing major. Our first hurdle was half way through the day when my kayak started to fill with water. It turned out, where the toggles were replaced had split slightly and let water in. When I emptied my kayak I found my dry bag full of my clothes had started to leak. I threw away the heavier items and rung the others out. We managed to patch it up crudely with some chewing gum that held for the rest of the week. Luckily we were staying at the 22nd Oxford Sea Scouts' hut, where I managed to dry the rest of my clothes.

**Tuesday:** We managed to leave slightly earlier today, about 1000. There was a light mist just starting to rise from the river as we left. Around 1200 it started to drizzle; we weren't phased by this as it was quite warm and felt like it would dissipate. But it started to beat harder and started to seep into our cags and made puddles on our nylon spray decks. It seemed like we were paddling forever; we'd got about a mile past Goring and checked the map and GPS at 1930 and our hearts sank as we'd gone seven miles past our campsite! We turned back freezing cold, against the wind and the current, and we hadn't eaten since lunch-time. I don't know what kept us going as darkness was setting in, however we finally got to the river bank at 2200 as we faced a 100m walk to the campsite. No one was manning the house so we pitched our tents in the dryness of the shower blocks and made our dinner and prepared for our short rest.

In the summer, the four of us (my brother Matt and friends Dan, Andy and I) said we should give ourselves a challenge by kayaking the River Thames. Quite soon an idea became reality when we found ourselves training through the cold and the blizzards for the 193 miles of river to come.



# end

**Wednesday:** I woke up still freezing cold and drearily made my breakfast ready to give up there and then. We got on the water at a not unreasonable 0930, considering the previous day, and we set off from Bridge Villa on our 26 mile day to Henley. The day was quite strange, a mist/fog loomed the whole day, and it only slightly rained for the first couple of hours. Oddly enough our spirits had renewed themselves once we had finished covering old ground. Once we got to the riverbank 'beside' the campsite, we decided to ask the owners of the land, (the Phyllis Court Club) if we could store our kayaks for the night with their rowing boats, which they agreed to, as we had a mile walk to the actual campsite.

**Thursday:** The river had finally picked up speed again; so we left a little later because we'd only 18 miles to travel to Matt's friend's Caribbean cruiser (river boat). The only trouble we had was that because of the rain the river level had risen quite a bit so we were given warnings at the locks that the river, at points, could be dangerous. The lock keepers put up red warning boards as well to show the inconsistent water flow. We took the advice and went on with a bit more caution.

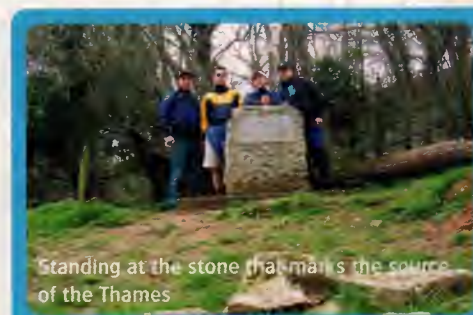
**Friday:** We departed from the cruiser at 0800 to make the last stretch of non-tidal water. It was a glorious day, sunny and no wind with, still, a nice strong current. We were still given warnings at the locks until one where the lock keeper was reluctant to let us pass. We told them what we were doing and we'd received advice but he was no happier. Finally, after hours of arguing he let us through. A while later, a boat from the environment agency again reminded us of the warnings and advised us, if we were to continue to portage the next lock. So, unwillingly we avoided the pull of the weir by walking round it. By the end of the day the lock keepers had now put up yellow boards (warning boards). We finally stopped at the Leander Sea Scout hut in Kingston.

**Saturday:** We had to get up at 0500 to make the tide for the next two days, which was very unpleasant as we were starting to feel quite drained. We left Teddington lock into the huge expanse of the vast tidal section of the river. This day was quite mentally tiring as the wind was head on and making the water very choppy. It started to get choppy as we entered the main expanse of middle London as we passed Big Ben and the HMS Belfast. Also the pleasure boats were not helping; some creating two to three feet waves. Although, despite the frustrating water conditions the familiar scenery of London was quite different when you were looking up from the water at everyone else! We had caught the tide just right but the wind started to hit us more as the Millennium Dome came into view. We stayed on the Scout training ship Lord Amory that night with the sun setting amongst the buildings of Canary Wharf.

**Sunday:** As we left the Isle of Dogs, we came towards the Thames Barrier, leaving the Dome behind us, with the sun that had just risen. We had a good idea of the protocols for the barrier but putting it into practice was slightly different as we could only make out one visible exit point. As we were passing a huge cargo vessel blared its horn to get us out of the way; but we rushed through and waited for it to pass, as there was plenty of time between us. A couple of hours later we got stopped by the police about the barrier incident but after hearing what we were doing gladly let us go on our way. By now the river was 1km wide and we still had the wind in our faces. But we knew the end was close as we were passing underneath the QEII Bridge at Dartmouth. Finally we were met a lifeboat from the Gravesend RLNI, who had come out to escort us to the Gravesend pier; where we were met by our friends and family.

This was such an achievement for all of us, though we had our few rough spots, but it was to be expected. And though the weather wasn't in our favour all of the time, it could have been worse! This I greatly recommend to a group of friends who are up for a challenge, but what we learned was to not rely 100% on your electrical equipment as we found when we went past our campsite! Though it wasn't the longest river it still leaves you with an amazing sense of achievement. ●

**Nathan Long**



Standing at the stone that marks the source of the Thames



Little more than a stream



Approaching HMS Belfast



Tower Bridge



Thames Barrier

**NEXT :**  
We all eventually plan to conquer the Grand Canyon, and if anyone has attempted any part of this it would be greatly appreciated if you could send me some handy hints. Email: [sexy.womble@gmail.com](mailto:sexy.womble@gmail.com)

# GB Freestyle selection

26th Sept

Holme Pierrepont, Nottingham



Finally, one of the most important weekends in the freestyle calendar had arrived!

It was time to select the team that would represent Great Britain in the European Championships at Nottingham in 2006. Seventy of the UK's best freestyle paddlers gathered at Holme Pierrepont to do battle against one another for the privilege of representing their country.

The weekend was the culmination of a year's worth of hard training, and boy did it show. The sky was blue, the speakers were pumping, the atmosphere was tense and the

competition tough. The three features that the event was held on brought out the very best in the paddlers, with big new moves going off in every direction.

With team places often being decided on last runs in last events, no one was going home early from this one. Huge aerial moves were being performed as paddlers tried to post an unbeatable score only to see their scores overtaken by the next paddler.

The Squirt boys and girls also excelled. With so much 'down time' that they needed a periscope. James Reeves and Molly McKenzie taking first places.

Exceptional performances abounded, but a special mention should go out to James Bebbington AKA Pringle, who made it on to the senior team at first attempt, edging out other more experienced paddlers with a display of choreographed moves.

Odds on Edd Smith Looped his way confidently in to first place in the senior men's event. Flea Jarvie and Stu Morris racked up huge scores leaving the rest of the field in their wake taking first place in the Ladies and C1 respectively.

Flick Meares and Sevan Artoonian showing skills well beyond their years won the Junior Ladies and Men's.

With the great James Weir now in retirement, it was time for a new face in OC1 with David Bainbridge just pipping Jamie Burkbeck into second place.

The loudest cheer of the day went up for young Aaron Layton as he battled bravely with the pit in the looping pool. At 13 Aaron was the youngest paddler in the competition and he shows great potential for the future.

We have now got a really strong freestyle team and with Coach Pete Catterall whipping them into shape we should see a really strong performance in next years' European Championships.

A big thanks needs to go to Pete Astles (Peak UK) for organising the event. Muppet (Nookie) for being chief judge and all the rest of the judges and general helpers who made the event a big success. ●

**Terry Best**

## PADDLE THIS

### GBR European freestyle team 2005/6

#### Men

Edd Smith  
Richard Cchrimes  
James Bebbington  
Jon Best  
Matt Cooke

#### Junior Men

Sevan Artoonian  
Richard Longley  
Ross Montandon  
Stuart Parry  
Andrew Tomlinson (res)

#### Squirt Men

Ben White (pre select)  
James Reeves  
Jamie Austen  
Greg Nicks  
Adam White (reserve)

#### Women

Jenn Chrimes (pre select)  
Fiona Jarvie  
Lynsey Evans  
Lowri Davies  
Rosie Cripps (reserve)

#### Junior Women

Flic Meares  
Hannah Brand  
Vicky Adkin

#### Squirt Women

Molly Mckenzey  
Claire O'hara

#### C1

Stu Morris  
David Bainbridge  
Oliver Castle  
Richard Longley (reserve)  
Jeff Grainger (reserve)

#### OC1

David Bainbridge  
Jamie Burkbeck



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Photos: D. Hardy - R. Kelly

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image: kate donnelly



# A personal challenge

8-9th Oct

Peak Challenge, Holme Pierrepont



Kevin

thinking, then we had a laugh at the thought of number 001 coming in last.

Next, 79 of us headed to the far side of the regatta lake and lined our boats up on the bank eagerly awaiting a blast of the horn which would signal the start of the Down River Race. At 11.00am, the horn sounded and we were off.

My first dilemma was, "spraydeck or no spraydeck". I chose to put mine on and watched hopelessly as what seemed like, at least, 50 boaters got a head start on me. We motored across the lake to Winfield lake, raced up the bank and jumped back in our boats to continue. Whilst several of us were putting our decks on, we were amazed to witness a ball of fluff launch itself over the top of our kayaks and land in the lake. When it surfaced it turned out to be a suicidal squirrel which on seeing us, scrambled back up the bank and the nearest tree out of the way. That put a big smile on our faces.

Somehow things now seemed less frantic, I just took the race in my stride, narrowly missing the carnage in the looping pool and picking off the odd boater on route to the finish. Steve and Matt were way ahead of me by this time.

The Freestyle was next after a bit of a warm up, showing off to our friends and family. We gave it our best shot with Steve doing a fantastic job sidesurfing with his hand paddles and Matt followed suit with paddles. I meanwhile was lucky to gain a spin in the Plughole and one on Muncher in the first heat but on the second I capsized in the Plughole and was hoping to roll up in time for Muncher only to find, on surfacing, that I'd past it.

The Slalom was something else, much more technical than I'd realised. I was able to make some of the gates but kept getting my lines wrong when wanting to exit the eddies. This caused me to lose a lot of time, then I capsized on the eddy line trying to make the upstream gate below Muncher and took three attempts to roll up. By the time I reached the sign saying hit me I thought forget it. That was me finished.

Matt who is 15 finished highest up the table and Steve decided to swim it, just to be different. At the end of the day the points meant nothing to us, it was great just to be part of it. 📌

Article: Kevin Elliott

Although I live in Lincoln, I have been a member of the Newark CC for the last eight years and have enjoyed all of the opportunities which this sport has opened up to me: flat water trips, white water or surfing, I love it all but I have never taken part in any competitions, until now.

At the end of May, the daughter of some close friends of ours died, after putting up as brave a fight as any child possibly could, battling leukaemia. Lizzy Dunks was an inspiration to her family, friends and everyone who knew her.

In order to pay tribute to Lizzy's life, we got thinking about raising sponsorship for Macmillan Cancer Relief. It seemed fitting for us to be sponsored for something that would be a challenge for us, so the Peak Challenge would be perfect.

I spoke to two of my regular boating buddies, Steve Waplinton and his son Mathew, of my idea and they were well up for it. They are two mates whom I can always depend on to support me 100% in anything I do. So from that moment the challenge was on and we made a start, collecting sponsorship and sending in our entry forms.

On the Saturday of the competition, we registered early and managed to gain bibs 001, 002 and 003. Would be nice to finish in that order, we thought but that would be wishful



Steve



Mathew

## INFO

I'd like to thank Lizzy's and our own families for coming out and supporting us on such a wet afternoon and for helping to collect our sponsorship. And big thanks to Steve and Matt for helping to make this possible.

All of this was inspired by, Lizzy Dunks aged nine.

For further information on Macmillan Cancer Relief contact the Macmillan Cancerline on: 0808 808 2020 or check out their website: [www.macmillan.org.uk](http://www.macmillan.org.uk)

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# Anna Hemmings wins

Marathon World Championships, Perth, Australia

## Results

15 - 16 Sept

### Singles

#### Senior Women's K1:

1	GBR Anna Hemmings	2.16.20
2	HUN Vivien Follath	2.17.14
3	POL Barbara Przybylska	2.17.42

#### Senior Men's K1:

1	ESP Manuel Busto Fernandez	2.34.37
2	ESP Emilio Merchan Alonso	2.34.40
3	NZL Ben Fouhy	2.35.54
11	GBR Steven Baker	2.42.14
17	GBR Benjamin Brown	2.43.57

#### Senior Men' C1:

1	HUN Edvin Csabai	2.20.02
2	ESP Jose Alfredo Bea Garcia	2.20.16
3	HUN Attila Gyore	2.23.16
No GBR entry		

#### Junior Men's K1

1	ESP Diego Cosgaya Noriega	1.33.37
2	ESP Joaquin Nachon Areces	1.33.42
3	AUS David Smith	1.33.51
11	GBR Andrew Daniels	1.38.28

#### Junior Women's K1

1	ITA Stefania Cicali	1.43.23
2	HUN Tamara Csipes	1.46.45
3	IRE Jennifer Egan	1.46.46
6	GBR Louisa Sawers	1.47.09

#### Junior Men C1

1	HUN Peter Nagy	1.44.46
2	HUN Marton Kover	1.45.01
3	ESP Ruben Paz Dobarro	1.49.50
No GBR entry		



Andrew Daniels and Allen Spencer

**Anna Hemmings re-confirmed her status at the top of the Marathon canoeing world by winning the ICF Marathon World Championships in Perth. Anna, who was competing in the K1 Senior Women's event in 26 degree heat, completed the punishing 28.8km course on the Swan River in 2 hours, 16 mins and 20 secs, an incredible 56 seconds ahead of Hungary's Vivien Follath and Poland's Barbara Przybylska, who finished second and third respectively.**

It is her third K1 gold medal in the 13 year history of the event, and her ninth World and European Championship medal, confirming her status as Britain's most successful female canoeist.

The gruelling event, which included a field of 16 of the world's leading canoeists, involved paddling four laps of 7.2km plus four 200m portages before re-entering the water for the next lap. Hemmings, who discreetly stuck with the leading pack over three laps, made her break at the fourth and final portage, after which she never looked back.

The victory marks the climax of an incredible year for Hemmings, who, two years ago, was diagnosed with Chronic Fatigue Syndrome and told by medical experts that she may never race again. Having discovered a treatment called 'Reverse Therapy', Anna only resumed full-time training in April this year and has since gone on to win a clean sweep of National, European and now World Championship titles. Hemmings, 28, from Walton upon Thames, commented: "It's fantastic - I can't describe what it means to me to win today. After two really tough years, and having been told I may not race again, winning gold today is even more special than the others. Strategically, the race went exactly according to plan - I stayed with

the pace for the first three laps before making my break at the final portage. From then on, I knew if I could sustain my lead, the others wouldn't catch me. It's been an incredible year, winning the European Championships

was a massive boost but this is something else. I'm just so grateful to everyone who has supported me and especially to Pindar (Scarborough-based print and electronic media company) who have stood by me throughout my illness."

### GB's Junior K2 duo win silver medal

There was also success in other categories. In the Junior K2 category, Andy Daniels and Allen Spencer raced to win the silver medal, just one second behind the winning time. Daniels and Spencer were surrounded by Spanish crew who worked together, but they were head strong and raced intelligently. It has been a successful year for the promising duo who won a silver medal at the Marathon World Cup event in Crestuma in June, this year.

In the Senior Men's K2 (kayak pairs) Paul Wycherley and Ben Farrell came in 9th position. The duo were in third position after the first lap, but dropped back after problems with a failure with their water pump system, ending up with lots of water in their boat. The pair did extremely well to continue and come in ninth.

Louisa Sawers achieved sixth place in the Junior K1 category. This is a huge feat for Louise who also took ninth place in the WK1 1000m Junior World Championships in August this year, which was her first major international final.

The Senior Men's K1 category was dominated by the Spanish, GB's Steven Baker came a credible 11th, followed by Ben Brown in 17th position.

In the Senior Women's K2 category Jo Bates and Nicky Taylor came in 13th position.

World Class Performance Director, John Anderson stated "There has been some great racing this weekend, it is certainly a good end to the season. Some of the athletes are now taking a well earned break in Australia before re-commencing training."

With so much potential in the Great British team, the event has been a good conclusion to a solid season of racing.





# third K1 world title

## PADDLE THIS: INTERVIEW WITH ANNA HEMMINGS

### First of all, congratulations on your World Championship victory. Is this your most satisfying victory?

This victory is definitely sweeter because of what happened over the last two years. I climbed a larger, more arduous mountain in order to win this world title and therefore it gives me a huge amount of satisfaction. It's also great to prove all of my doubters wrong!

### Who inspired you to get started in the sport?

My mum picked up a leaflet about a week long course learning how to canoe at Elmbridge Canoe Club in the summer of 1985. Together with my brother I did the course and loved it.

### At what age did you start kayaking and how many hours a week training is there for you to do?

I started canoeing when I was 8 and half years old. When I started I used to go 2-3 times a week. But now it is obviously very different and I train between 10-14 times a week, which is about 15 hours a week.

### Is there another sport in which you excel or would like to?

As a child I used to do a variety of different sports; when I was at school I competed at county, regional and national level in athletics, hockey and judo as well as canoeing. I would love to have excelled in running; I did a lot of cross country and 800m on the track, representing Surrey at the national championships.

### What do you do to relax when not training or competing?

I enjoy reading, going to the cinema and hanging out with my friends.

### What is the best aspect of kayaking?

There are a number of great aspects; I love going fast, propelling my boat through the water as fast as I can. I love the buzz I get from training and I love the adrenaline I get from competing. In addition to that, the particular part of the River Thames that I train on (in Weybridge, Surrey) is beautiful and on a lovely morning, when the water is like glass, there is no wind and the sun is shining, it's the most tranquil place to be.

### What is your favourite meal when training?

I make a fantastic risotto which I eat regularly!

### How can we facilitate more young people and girls in particular to get involved in canoeing/kayaking?

Increasing the profile of the sport will help to generate more interest in our sport in general. Being involved in a water sport such as ours during the summer time is so much fun for kids; promoting these positive aspects of the sport would encourage more youngsters. There are so many different sports available to children; we need to get them involved in canoeing before they are drawn across to other sports; recruiting from schools helps.

### What were the symptoms of Chronic Fatigue Syndrome and is it an illness that can attack anyone or a side-effect of over-training?

It is an illness that can affect anyone, young or old, sporty or not. There are a quarter of a million sufferers in the UK alone. It has nothing to do with exercise and is not induced by over-training. My symptoms included general exhaustion, fatigue after very light exercise – I went from racing two and a half hour marathons in a kayak, at world level to being fatigued after 20 minutes of light paddling – the equivalent of a brisk walk! The muscles in my body ached, to the degree where it became painful. In fact my muscles ached so much that I had to stop and rest mid-way through washing my hair because my arms ached too much to hold them up for too long. In the beginning I slept loads – 13-14 hours a night and then later on there were periods when I suffered insomnia. And those were just the physical symptoms; the emotional battle was something else.

### What exactly is the 'Reverse Therapy' treatment you received for Chronic Fatigue Syndrome?

Reverse therapy is a proven medical principle, an innovative treatment aimed at addressing the cause of the illness instead of just learning to cope with symptoms. Sufferers of CFS or ME have what is known as hypothalamitis - there is a gland in the brain, called the hypothalamus that controls all of the bodily function ie nervous system, immune system, hormones, endocrine system etc and it becomes overactive. When it is overactive, it produces the symptoms that lead to this miserable condition. There are a variety of triggers that cause it to become overactive. It has been discovered that symptoms can appear as distress signals to indicate that the balance between personal needs and external pressures has been lost. Reverse therapy helps people work out what it is the body wants them to do to restore the balance and abolish the body's need to create symptoms. The therapy, which is being launched worldwide this year, is becoming more widely appreciated in the medical profession as cases like my own become increasingly common.

### Was there ever a time when you thought you couldn't compete again?

I tried a variety of different treatments for the illness and in that process I came across a medical expert who told me that I should retire from the sport because "my body had had enough!" I refused to listen to that advice. Because I was burdened by it for so long, I did become scared that I wouldn't find a way out, but I never gave up hope that I would recover and return to the sport that I am passionate about.

### What sparked your recovery?

A Pindar employee (my sponsors) introduced me to Reverse therapy in September 2004 and it is this treatment that enabled me to recover from the illness. Had I not discovered this treatment I would still be searching for a solution. I couldn't have made a full recovery without the support of my family, friends and my sponsors Pindar.

### Where do you train and did limited access agreements hinder your preparation?

I train at Elmbridge Canoe Club and I am lucky to train on the River Thames where we have no trouble with water access. I know that not everyone is blessed with such opportunities.

### How did you prepare for the World Champs in Australia?

Under the guidance of my coach Roland Lawler, I started proper training in March of this year and slowly built up my training. Part of my preparation included doing the local and national marathon races. Leading up to the event we arrived in Perth, Australia 12 days before the start of the event, in order to overcome the jetlag and acclimatise. Those final days were just fine tuning, all the hard work had already been done.

### What are your goals for the foreseeable future?

I intend to defend my world title at the Marathon Racing World Championships next year; however my main focus over the next three years will be sprint racing. My goal is to fulfil my potential in sprint racing at world level.

### Do you still hold any Olympic ambitions?

Like many athletes, my ambition is win to medals at the Olympic Games.

### Who are your sporting heroes?

Lance Armstrong. His autobiography is the most inspirational and gripping book I have ever read. To win the Tour De France seven times is incredible and to do it after recovering from cancer the way that he did is just amazing.

## Doubles

Junior K2 Men		
1	ESP Hector Cubelos Sanchez / Enrique Peces Garcia	1.26.56
2	GBR Andrew Daniels / Allen Spencer	1.26.57
3	ESP Daniel Esteves Da Costa / Joaquin Nachon Areces	1.27.00

Junior K2 Women		
1	HUN Reka Hegyi / Zomilla Hegyi	1.36.22
2	HUN Judit Buchmuller / Aniko Nagy	1.36.24
3	ITA Anna Alberti / Stefania Cicali	1.39.42

Senior Men's K2		
1	ESP Oier Aizpurua Aranzadi / Manuel Busto Fernandez	2.24.43
2	HUN Viktor Szakaly / Krisztian Szigeti	2.24.44
3	ESP Jorge Alonson Gonzalez / Santiago Guerrero Arroyo	2.28.08
9	GBR Ben Farrell / Paul Wycherley	2.29.33
12	GBR Paul Prestwood / Paul Slater	2.34.59

Senior Women's K2		
1	HUN Renata Csay / Kornelia Szonda	2.09.38
2	RSA Donia Kamstra / Alexa Lombard	2.09.39
3	DEN Mette Barfod / Anne Lolk	2.09.43
13	GBR Joanne Bates / Nicola Naylor	2.22.34

Senior Men's C2		
1	HUN Edvin Csabai / Attila Gyore	2.12.20
2	HUN Gabor Furdok / Csaba Huttner	2.14.17
3	ESP Ramon Ferro De Dios / Oscar Grana Blanco	2.12.35

Anna Hemmings pictures: Mark Watson



# Stunning but Scary



Happy paddler on the beach



Mid-course briefing



Carving turn in big white water conditions



Michelle Wood



Simon coaching Samantha Coates

Stunning but scary. Not a bad description of the day that greeted the twenty one women who attended the very first women's surf kayak development course. The conditions at Widemouth Bay were amazing, bright sunshine with not a cloud in the sky, a warm off shore breeze and to round it up a monstrous 8 foot ground swell slamming down onto the North Cornish coast!

The day had been put together by Alison Taylor and Simon Hammond. The hope was that the course would encourage a number of women to come and take part and also that it would start to build the necessary skills and confidence required for these paddlers to progress in the future. With twenty one women attending it had clearly fulfilled its first objective however building confidence would be a challenge especially as the giant swell conditions were making even the most experienced paddlers look nervous.

The group headed down to Black Rock Beach, just on the south side of Widemouth Bay, in North Cornwall. Simon Hammond, as the day's coach, set out his plan with the statement "No one is going to be surfing out the back". Thank goodness for that! The very audible sigh of relief broke the ice and got

everyone laughing. Going surfing can be a terrifying prospect but when you realise that so much can be done in the broken white water waves right next to the shore it doesn't have to be frightening at all.

"Quite often when we take our friends surfing we end up scaring them to death instead of letting them develop their confidence and skills in a controlled way" said Simon Hammond, "We forget how it felt for us the first few times and with nothing more than our own enthusiasm we can end up dragging our friends way too far out in conditions that our beyond their natural limits."

By limiting the distance from the shore and the size of the broken waves caught the women's skills and confidence grew. Of course it's always going to be the sort of environment where unusual things happen but luckily when a massive triple stacked white water wave thundered through the group the paddlers dealt with it calmly showing wonderful edge control and balance as at least twelve of them gracefully skimmed sideways towards the shore!

Lunch time provided a much needed break and allowed Simon to outline the plan to establish a two year development programme aimed at junior and women surf kayakers. The programme aims to continue to encourage greater participation in the sport with a series of development days around the year and also to create and support a group of elite paddlers with a focus on the 2007 World Championships. Obviously such a programme requires funding so if anyone out there has a friend with a spare £11500 then point them in Simon's direction.

As the tide pushed in the paddlers continued to develop the skills they'd been introduced to in the morning. The paddle-out take-off, a good way of isolating and practising the top pivot and skim turn, was refined as was the high speed bottom carving turn. These two turns as Simon explained are the basis of every ride and once you've got them mastered that's almost it!

The day ended with everyone exhausted but having had a great time. No accidents, no upset board riders just a very productive day and one that showed surf kayaking at its best. Thanks to everyone who took part including Keith, Mark and Jay whose help was very much appreciated.

**Simon Hammond**

## FACTS : SPONSORS

### The fantastic surfers were:

Janet Wilson, Willow Iredale, Rosie Henderson, Ann Cardell, Tracy Bigwood, Sally Smith, Louise McCarthy, Berni Jones, Danielle thorn, Delia Thorn, Naomi Taylor, Sarah Taylor, Jen Partridge, Abi Coates, Sam Coates, Michelle Wood, Bryony Butcher, Keara Brennan, Cassie Ohlson, Sarah Swallow, Claire Dowding.

### Thanks to the organisers

Alison Taylor (Top International Surf Kayaker and BCU Surf Committee) and Simon Hammond (Former World Champion and Author of Surf Kayaking The Essential Guide)

For more information regarding surf development days, BCU surf courses, events and a spare £11,500 contact Simon Hammond at [Hammond.family@virgin.net](mailto:Hammond.family@virgin.net)



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# Surf World Champs

## Results

22-30th Oct

### Team Competition

- 1 Team USA WEST 48 pts
- 2 Team IRELAND 40 pts
- 3 Team USA EAST 40 pts

### Junior's International Class

- 1 David Speller JERSEY
- 2 Christopher Hobson N. IRELAND
- 3 Leonard Kelleher IRELAND

### Women's International Class

- 1 Devon Barker USA EAST
- 2 Brigitte Egan IRELAND
- 3 Martine Law SCOTLAND

### Grand Master's International Class

- 1 Ross Fulcher USA EAST
- 2 Kim Sprague USA WEST
- 3 Dennis Judson USA WEST

### Master's International Class

- 1 Dan Crandall USA WEST
- 2 Jock Young SCOTLAND
- 3 Gary Adcock ENGLAND

### Men's International Class

- 1 Darren Bason ENGLAND
- 2 James Hawker ENGLAND
- 3 Jim Grossman USA WEST

### Junior's Open

- 1 David Speller JERSEY
- 2 Galen Licht USA WEST
- 3 Christopher Hobson N. IRELAND

### Women's Open

- 1 April McEwen USA EAST
- 2 Jamie Cooper USA WEST
- 3 Martine Law SCOTLAND

### Grand Master's Open

- 1 Ross Fulcher USA EAST
- 2 Rick Starr USA WEST
- 3 Wayne Waddington USA WEST

### Master's Open

- 1 Matthew Radis USA WEST
- 2 Dick Wold USA WEST
- 3 Neil Kahn COSTA RICA

### Men's Open

- 1 Jonny Bingham N. IRELAND
- 2 Neil Baxter SCOTLAND
- 3 Darren Bason ENGLAND
- 4 James Hawker ENGLAND

## Jacó, Costa Rica

### N. Ireland have a world champion

Landing in San Jose after 20 hours on the move was a Northern Ireland team more experienced than that of two years previous. Members of the squad had been to the European Championships, the British Open and the Irish Open as well as competing for the CoastandCreek.com league 2005. A good weeks training commenced. Surfing early, taking a siesta and surfing again in the afternoon was helping to get us acclimatised to the heat and conditions. Locations varied as we moved around so as to make sure everybody got waves.

Hats of to the Costa Rica's – what an opening bash. Dancers, performers and the local school children made for a wonderful afternoon. It all seemed a bit much for our juniors and perhaps even the odd senior! They had also done a fantastic job on the competition site. Tents, refreshments, palm trees and the most impressive judging stand I've seen all capped off with loads of sunshine. The heats got underway and it was the heat that dominated things. It is difficult to simulate a 20 minute heat in training and we quickly discovered 20 minutes isn't very long to adapt to it. Only three made it through to the final four. Christopher Hobson surfed brilliantly in both the High Performance (HP) and the International Class (IC) to reach the final in both junior classes. Mike Barton was a Grand master finalist and Jonny Bingham made it in the Men's HP (Open).

After a rest day it was down to what all the training had been for. The team event. The sun continued to shine and the waves continued to be reasonable, as long as your heat wasn't at low tide! A realistic number of points had been

envisaged by manager and coach but kept to themselves. After day one we hadn't reached that target but we were equal first with USA West and East. Good start. Could we hold it? Day two things started to go downhill with the results going against us. Was it the waves, the judges or where we simply not good enough? The end of round two finished and we were level on points in fourth with Ireland. Only four teams reached finals day. To split us they used the number of 1st places gained. The same! Number of 2nd places? Ireland had one more. Out. I can't really describe how people felt. All that time, effort, money – wasted! Well not quite. Two years ago the Northern Ireland team finished last. Only six of that team travelled to Costa Rica. New faces and fresh talent



Jonny Bingham

are a mark of a team and a sport on the up in Northern Ireland. A team was formed that not only surfed better than any other that this country had ever had but also enjoy each others company and based on this will return to be stronger.

Was there any justice for the three finalists? Mike Barton finished fourth in the Grand Masters. Sorry judges – I thought your judging was excellent but that was a bad call. Christopher Hobson finished 2nd (IC) and 3rd (HP). Not bad for a 16 year old who still has another worlds as a junior. It was a restless 24 hours for Jonny Bingham. Had he been called for interference? No. Northern Ireland had a World Champion.

This wasn't the result that the team really wanted but it was a big indicator that Northern Ireland is right up there and will be for some time to come. Roll on Spain 2007.

We would like to thank Hendersons for financial assistance and all our friends and family for supporting us throughout the past two years.

**Jonny Bingham**

## PADDLE THIS

### Top English paddler, Darren Bason returned as World Champion in the Men's International Class

With the world championships Darren had it all to prove, defending his number two position from two years ago at the last world championships in Ireland 2003. The world's top paddlers gathered in Jacó, Costa Rica and a consistent three to five feet surf in waters of 28 degrees saw inspiring performances from all. With a number of innovative water sequences including manoeuvres never seen before in such a top level competition, Darren impressed the judges who awarded him the number one slot in the world. The World title brings yet another successful score for Darren following this year's kayaking victories in the Portuguese Nationals, The British Championships, the Santa Cruz USA Open, and a second placing in the European championships in Mundaka.

Darren says, "I'm obviously really stoked to have won the world title. It was a great contest with everyone putting on an impressive show. The victory has certainly boosted my confidence and the forthcoming trip to the states will be a good wind down to an awesome year."

Darren would like to thank the Glendorgal Health Club for their ongoing support and mmy surf boards for their product supplies. Darren currently has no sponsorship funding for his sport and would like to make companies aware of the opportunity to gain global brand exposure in this growing sport. For further information contact Darren on 07830 411499.



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**I am driving south up the Conwy valley, memories of paddling this section during the 2004 Conwy Ascent vivid in my mind. I am very excited but on edge too and don't really know what to expect from this 'Sea Kayak Improver' weekend.**

Finding Plas Y Brenin, I am encouraged to see Perception Carolinas on a roof rack. These boats are very similar to my Dagger Edisto and suggest people who do the same sort of sea paddling I do – not too extreme! I later find these boats belong to Dave, Pam and Colin and we are all on the same course.

On the Saturday morning we have breakfast and then a briefing about the centre, then we meet our instructors, Leo, John and Bob. We rush to the stores to get all kit issued before the beginners' kayak course, and I am immediately impressed by the quality of the gear. A lot of it is better than my own, and I end up with a mixture of the two.

We assemble in a lecture room for another briefing. We go round the room – who are you, what sort of paddling do you do, when were you last in a boat, what do you want to get out of the weekend... We are warned that overselling our skills could lead to us going out in conditions we can't handle, conversely, understating our ability could lead to our being 'understimulated' over the weekend. Two broad groups emerge – the majority are one stage on from sea beginners, and quite a few know the instructors from a previous 'introduction to sea kayaking' course. Then there is a smaller group who really want to go for it. There are several pairs and one threesome who have come together, the rest of the 12 are singletons.

We are told the plan which is to go round Puffin Island at the NE corner of Anglesey. We load up a minibus and its trailer and soon the engine is snarling as we head up towards Lake Ogwyn and then down through Bethesda and on over the Menai Straits to our start point.

Down on the beach Leo makes us warm up before we get into the boats as the sea is quite lively and we will be paddling hard from the word go. I'm glad to have my own boat as no adjustment of footrests etc is required. We launch and Leo checks we are all happy in the conditions, which we are, more or less.

We head out to Puffin Island, with Leo warning us that it will be much further on the way back when the tide will be in. The plan had to be to go round the north side of the island to take advantage of the favourable tide but the north side is also a lee shore and there's a lot of jumbling waves as the incomers meet those bouncing off the bottom of the cliffs – we are told this is called clapotis. So instead we head for the sheltered side and get a bit of coaching in edging and turning before stopping for lunch on the beach. I am quite happy, we haven't done anything so far that I haven't done before. Bob says he likes living off the land and within minutes some freshly gathered mussels are bubbling in his pan. He offers them round but my personal risk assessment says "best not".

Relaunching we do some south turns as we paddle along the shore with cormorants gazing down at us and start to see seals as we get to the tip of the



island. Suddenly it's rougher and I know enough about waves to see that the bigger stuff on the other side is being refracted around the tip of the island and that's what we are starting to get into.

We all negotiate the turn and suddenly it's another world. It feels committing and I am just about coping. Others are not happy and one of the group is already being towed by John.

The wind and the tide are against us and within ten minutes the decision is taken to go back the way we have come.

The instructors set up a surfing exercise – paddle out into the bigger waves, don't go further out to sea than Leo, spin round on the top of a wave, surf back, paddle back out again. This is great. Anyone that doesn't want to do it can sit in the eddy and watch the seals. One of our number capsizes but is back in

his boat before most people realise he's gone for a swim. There are marvellous views all around with Puffin Island to our right, the mouth of the Menai Straits up front and the mountains of Snowdonia over to the left.

We get back to the south end of the island and the opposite shore now looks a long way away, just as Leo said it would, plus the force 3-4 wind is creating lots of waves with a few small breakers.

Guy and I buddy up and go for it. We are told not to cruise, the faster you go, the less time you'll be in it and we are soon close to people walking on the beach and exploring the rock pools. One of our group lands on a rock and almost capsizes as a wave rocks her. Guy finds a nice inlet among the rocks and fortunately there's room for two! We haul the boats up and Guy goes off for a quick swim while everyone



else is getting changed.

Weather on day two looks dodgy, threatening rain and wind 3-4. One participant from day one has had enough, handed back his kit and gone home. Leo and Bob canvass people's wishes and again the majority want a gentle day ("no worse than yesterday") while a few are more ambitious. We again drive to Anglesey and park this time at Moelfre where the car park owner is very welcoming. Other sea kayakers are unloading. We launch into an absolutely mill pond calm and warm up. The plan is to cut between a headland and a small island than head direct to Seal Island, about 3km to the north. My inclination would be to hug the coast then strike out to the island but the guidebook recommends going straight to the island and thus avoiding a tidal eddy in the bay. Soon it is very lumpy and we seem a long way offshore but we're going straight into it and apart from a few iffy moments when waves come in from the 'wrong' direction, it's not so hard. The island gradually detaches itself from the land and the lighthouse that I thought we were heading for turns out to be way beyond where we're actually going – nice surprise. Next we are getting into the lea of the island and the waves are easing off, we have a natural breakwater in front of us. The island lives up to its name with about ten seals in the water all around us and more on the rocks ahead. We stop for a break, there is no shelter from the wind so I lie down and gaze at the sky. Guy goes off to explore the only building – a tall, thin tower like something out of the Lord of the Rings. Gulls wheel round him, shrieking in protest.

The plan is now to paddle round the island, Leo and Bob lead the way, keeping us clear of the rocky shallows where the waves are breaking. We make our turn and head back down the other side. Job done we rest in the pool where we arrived. Leo briefs us for the next bit. We are going to cross back to the land, the seas will be on our quarter. He advises us to edge into the wind, to hold the paddle differently so that we get more leverage on one side, and to put skegs down if we have them.

## FIRST AID: FOR PADDLERS

**I recently took part in the very first Rescue and Emergency Care course designed specifically for paddlers. What a refreshing surprise it was. As a coach it is essential to keep my first aid qualification up to date. This requirement has meant that over the last twenty odd years I have attended lots of courses with lots of providers. I've seen some good courses and a few bad ones and this weekend's course was by far the best of them all.**

The course, run over three days was delivered by Loel Collins and Leo Hoare. Rescue and Emergency Care are known mainly for their mountaineering and industrial applications and this was the first ever REC course to have a paddle/water sports bias. Their philosophy is to be as practical as possible, with an emphasis on function rather than form. So, no more being told off because your bandaging isn't neat! Let's face it, when you have hauled someone out of the water onto a steep, muddy bank or a heavy beach dump, who would be able to manage pristine bandaging?

The course ran at a pace that suited most paddlers, with plenty of coffee breaks interrupted by short classroom sessions dealing with essential skills, followed by practical sessions on, in or beside the water looking at how a wet, windy, cold and often noisy environment focuses the attention on to what is really important, i.e. solid, simple protocols. Identifying the type of fracture is not important. What is essential is to recognise that it hurts, doesn't work properly and needs to be made as comfortable as possible until the cavalry arrives. The course was structured to present lots of scenario-based first aid situations that dealt with common canoeing injuries, from shoulder injuries to drowning and multiple casualties to spinal management.

The build up to the last day was progressive and procedures were revisited throughout the course until they became automatic reactions. The last session was a real eye-opener in demonstrating how effective you can be out on the water with an absolute minimum of kit and fuss.

This was a brilliant course and I would recommend it to all paddlers and coaches. I might now be more effective at saving a life, but better still there are now people out there who might be more effective at saving mine!

Many thanks to the staff at Plas y Brenin, especially Loel Collins and Leo Hoare.

**Dave Luke**



Setting off we aim for a high rocky outcrop and make the crossing. It's noticeable that the group is now much better at paddling in a tight bunch, and no one capsizes or needs a tow. I expect to land and have lunch but apparently the island was the lunch stop and I've got it wrong by only having a snack.

We decide the surf is not worth bothering with and turn to head back towards our start point. This is the most difficult leg so far, with waves at an awkward angle on the beam, though this seems to be bothering me more than anyone else. I cheat by zigzagging a little up into the wind then a little away, so I'm never broadside to the swell.

Soon we're back to the small island we passed earlier and the waves are funnelling through the gap between its rocks and the shore. We spread out to

surf through, round the corner and back past the lifeboat house to the calms of Moelfre harbour.

Some are happy to land straight away, others want to practice their rescues. I've got a three hour drive to get home plus work tomorrow, so I decide to husband my energies and stay dry.

Suddenly it's all over and we are loading up the minibus and its trailer.

Leo asks how it's been – I feel guilty for not having pushed myself further, but the weekend has given me no taste to be out in the really big stuff. Still I feel more confident about doing the sort of paddling I normally do, so there's something achieved. ●

**Words by Paul Smith**

**Photos by Dave Buxton**

**Thanks to Colin and Pam, Leo, Bob and John**



## FACTS: SPONSORS

For details of Plas y Brenin courses, go to [www.pyb.co.uk](http://www.pyb.co.uk).

# Coaching Uncovered in Slovenia

## River Sava Bohinjki

### Statistics:

Easy access, good parking at get in and take out

Grade 2-3 Playspots, leadership and ideal for coaching

A great alternative to the popular Soca



Coaching Uncovered is headed up by Lee Pooley and Ceri Williams based in the West Country delivering modern, dynamic, professional coach development courses with the emphasis on individual needs.

Recently working in Slovenia, we visited the Sava Bohinjki and what follows is a description of this river which we found ideal to coach and develop skills.

The get in, is below the water pump station over the bridge, river left. There is ample parking at this point. Follow the track to the end to find a path to take you to a small beach which makes a great get in. As soon as you are on the river it has some excellent waves and features for you and your group to get into the groove.

From the first bridge to the second bridge there are some friendly grade 2-3 rapids with good progressive features to either play on or provide a structured coaching session.

Below the second bridge, the river bends around to the right; this indicates the beginning of a great rapid. At the bottom of this run is a large boulder with a cross aptly known as 'cross rock'. This rapid can be inspected and run on both sides; however river right seems to be the best way with little complications. This rapid also offers some challenging eddies and despite local tales 'chec rock' as it is also known is a manageable run at the levels indicated.

Slightly below 'cross rock' a lovely wave is formed which provided many hours of entertainment.

Continuing down the river some excellent grade 2-3 rapids can be found providing an outstanding

training ground with diverse features allowing for progression on waves, stopper and eddies. Trees are over parts of the river now but easily avoidable with good scouting and leadership.

The river now picks up pace with a steeper gradient, with some excellent rapids and features, a good playground to advance or challenge your skill level. A dead tree is perched on top of a large boulder indicates the rapids end, however, below this feature some good sport can be found in a large stopper, which is feisty but friendly.

Grade 2 takes you down to the get out, river left

of the bridge, some good surfing can be had just before the bridge on river right.

During our many runs of this section of river over the week, the gauge at the water pump station read a constant 30. On the day we left Slovenia the gauge was reading 45 after a night of rain, this would have made an interesting run, never mind we will return.

In our opinion this river is a great venue for coaching and also for paddlers wanting to push themselves in a relatively safe environment. ●

Lee Pooley

### FACTS :

Ceri Williams and Lee Pooley are part of the Coaching Uncovered team delivering professional coach education courses and expeditions all over the world.

### Coaching Uncovered, a simplistic approach to coaching

This 32 page booklet has been written and produced by Lee Pooley. Its aim is to provide an overview of the coaching process without the frilly bits.

Ideally it is aimed at BCU Level Two & Level Three Coaches. Already several course providers have decided to use the booklet in conjunction with their courses.

Its contents include: Setting the scene, settling in, observation, progression, use of coaching tools, feedback and much more.

Coaching Uncovered provides you with the nuts and bolts of coaching.

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# Hot Lakes

## and The Pink and White Terraces

### Today and Then (1886)

Quotes are from 'Tarawera' by Eugene and Valerie Grayland; 'Tarawera Eruption Centennial' by Peter Wakka; and from Roger Dansey, the Postmaster of Rotorua at the time of the eruption.

Lake Tarawera lies five hours drive South East of Auckland on a Friday evening or three hours on a Saturday morning if you leave home before 'sparrow start'. Such is Auckland's traffic.

*"Tourists arriving in Auckland from Sydney could go by sea to Tauranga and by coach from there to Ohinemutu. Once they had taken in the glories of the Hot Lakes District, they could go by coach to Taupo and Napier and connect with the steamer for Auckland..."*

Nine Yakity Yak members - Paul, Natasha, Steve M, Lee, Bridget, Greg, Guy, Jon and Ruth, met at The Landing under a black and brooding sky with rain threatening. If the wet-suited tri-athletes, practising for the forthcoming World's event, shivers and facial expressions were anything to go by, the water was freezing cold. After the usual performance of stuffing tents, food, clothes into hatches and depositing cars for safe keeping at the Blue Lakes Holiday Park, we set out on the steely blue waters, paddling to Hot Water beach, a couple of hours away.

*"At a time when the tourist industry in New Zealand was beginning to boom, the world became aware of an unsurpassed geothermal spectacle situated on the shores of Rotomahana. On one side of the lake lay...white silicated terraces...on the other lay...a five and a half acre expanse of indescribable beauty known as the Pink Terraces..."*

The flat topped mountain was shrouded in cloud, but the rain held off. The water was calm and silky, providing us with some lovely reflected images. The colours of paddling clothing, kayaks and some people's headgear really enhanced the landscape and photographs.

*"Tarawera was a gloomy and forbidding pile of rock, bold in outline, brooding in its sombreness, unlike other mountains which suggest majesty or beauty."*

After setting up camp, we had a bite to eat in the DOC cooking shelter while a rain storm passed. Thinking ahead, Natasha and Paul put their Christmas pudding 'on' to cook, not quite 'pressure cooker' style in the scolding stream. We then played in the hot

water, damming up a stream, creating a bath. Unfortunately it had fluctuating temperatures. So, back in boats, we set out to find the perfect bathing hole at the river mouth.

*"It was a beautiful place. The party on this June day wanted to linger. Some wanted to bathe. But Soppie was becoming agitated. She did not like the way these hot springs were behaving."*

That night was a symphony of sound and light. First the side-splitting laughter, the jokes (the 'stick' some people and their rocket fuel cookers have to put up with!) and the stories. We even had a possum and a wallaby come to see what was going on in their territory. Then the brandied pudding that needed several sousings before it fired.

*"... there was a bright glow in the sky and earthquakes were rocking the two storey building. Clearly*



### FACTS

#### The Pink and White Terraces

Near Tarawera Mountain on the shores of Lake Rotomahana silica-rich waters, warmed by the magma below, slowly formed two glistening terraces.

Cascading into Lake Rotomahana, the beautiful silica terraces attracted people from all over the world. Visitors travelled by steamer to Tauranga, taking a bridle track to Ohinemutu on the shores of Lake Rotorua. A coach trip to Te Wairoa, a two-hour canoe journey and finally a walk over the narrow isthmus separating the swampy shores of Lake Rotomahana from Lake Tarawera took them to the foot of the fabled terraces.

Te Tarata, (The Tattooed Rock) or the White Terrace was the larger. Covering seven acres, it tumbled to the lake from a height of 30 metres, fanning to a frontage of 240 metres. The terraces of Otukupuarangi, (Fountain of the Clouded Sky) or the Pink Terraces, were smaller and lower. The steps gradually ascended to the crater platform where three metre-deep basins were filled with clear blue water of around 50 degrees Fahrenheit, making superb bathing places.

This incredible result of geothermal activity was destroyed by a disastrous volcano in 1886 which killed at least 120 people and buried nearby villages.



Charles Blomfield - The White Terrace  
Alexander Turnbull Library

# Chronicles



On the beach

*something extraordinary was going on. ”*

Sleep was allusive. The snores were not sonorous. I may as well have been sleeping beside a busy railway station, the night was so loud. But that was only the prelude, fireworks were to come.

*“At first there was no more than a small cloud on the summit, shot through with flashes of lightning of great brilliance...belching out what looked like flames thousands of feet into the air. ”*

The thunder boomed and boomed, rattling the sky. The lightning zipped and flashed and cracked and zinged. The rain drummed and pounded.

And I at least, cowered inside my cheap, dripping tent and waited for daylight.

*“Most people, on waking up to find a mountain burning red in the sky, would flee terror stricken... The south end of Tarawera peak split right down and opened up to vomit glowing rock. ”*

As a precaution, in case my tent collapsed, and I had to retreat to the cooking shelter, I used my head torch to locate my scattered belongings and stuff them into dry bags, then peered out into the night, watching.



Swimming hole

*“They all stayed, fascinated, watching this strange scene which Clara Haszard later painted in all its spectacular fury...they saddled their horses and set out in the dark for Tabeke, carrying candles in bottles to light the way. ”*

In the feeble dawn, I was sure the water level must have risen, so donned my Gore Tex rain gear and went down to the lake shore to check the kayaks.

*“All was well, soggy, but well. No one else stirred, the night sky was now quiet. My tent was damp, but upright...the fowl house was intact. They shored up the rafters with timber lying nearby, then crouched inside, watching the mud still falling... ”*

The next morning finally dawned. Bleary eyed, but otherwise no worse for wear, breakfast was had, lunches were made and I discovered that some people can sleep through almost anything and had had a good nights sleep.

*“The detonations were heard over a wide area...making people in Auckland, 133 miles in a direct line in the opposite direction, think that heavy guns were being fired.*

*When I heard the wee Morse code signals say 'N.A.*

*(Napier) here: I thought it so wonderful after a night of destruction that one spider web-like connection should have withstood it all. ”*

Sunday's programme promised to be full, with a deadline pressure on for car pickups. Mobile phone reception was zero and we had to be back before the café closed to use their landline to ask Jack to bring a van. So, we were up and away quick smart. Firstly we paddled for 30 minutes alongside brightly flowered wattles to the track between Lake Tarawera and Lake Rotomahana.

*“The grove of acacia trees the missionary had planted had been blasted out of existence.*

*Telegraph wires coated in wet mud looked like ropes an inch thick. ”*

Then it was onto wheels for the puff and pant portage up and over the hill. We paused briefly at the top to read the plaque in memory of the villagers of Te Arika who lost their lives in the eruption.

*“It was decided that all the women should be taken to Rotorua, even though this would mean an arduous walk of ten miles. Horse-drawn vehicles in the village had been damaged or buried. ”*

Water levels at Rotomahana were low, so one at a time, we had to man-handle the kayaks down the bank, tying them up at the jetty landing.

*“The old lakeside landing was covered in silt twenty feet deep. The only way to launch the boats was to lower them down a two hundred foot cliff face with ropes and clamber down after them. ”*

Once the trolley wheel relay was complete and we were all assembled it was off to explore and

examine the Steaming Cliffs. Hot water spluttered, spurted and gurgled and mud eruptions went plop plop. Steam occasionally engulfed us. Above and around all the activity ferns and mosses grew in the moist warm environment, with manuka on the cliff faces. Boiling water broke the lake surface in places, and water too hot to trail ones hands in, warmed our feet through the bottom of our boats. The shutter bug tourists among us produced cameras: digital, waterproof, single lens reflex to try and capture the scene, but we really needed a video camera for pictures with sound effects.

*“William Bloomfield the staff artist of The New Zealand Herald...was sent out to get sketches...This was before the advent of the modern press photographer and the discovery of the half-tones which allows photographs to be reproduced in newspapers. ”*

Then in reverse, boats were hoisted up the cliff, put on wheels to be pushed and dragged up the hill, and run down (with the occasional lift over a tree root or around a sharp corner) back to Lake Tarawera and its flat mountain.

*“Tarawera before the eruption had three so called domes just as they are today, the whole effect being of a long hill or table mountain. The ironic thing is that no one realized that Tarawera was a volcano. ”*

Back to camp, packed up and on schedule, back on the water, past the white cliffs and its stone memorial, along the bush clad lake shore, (someone commented how surprisingly under populated it was) back to The Landing and the Café's phone for our car pickup 'taxi'.



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Back to the Blue Lake, past the Buried Village, through Rotorua, for fish and chips in Matamata before we went our separate ways. Heavy rain accompanied us home. Home to a warm dry bed, whether in Hamilton, Auckland, or

Orewa. Home, home safe. ●

Ruth E Henderson



Jetty jump

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“Never was a river as enchanting as that twisting, winding Lugg.”

# An evening on the Lugg



**It was the end of May when we arrived at the Mordiford campsite; that's myself John, wife Jacquie and three year old son Aran. Our micro family, as our older three children had opted for a week abroad having chosen Portugal and Greece instead of paddling with mum and dad and experiencing the delights of the Hereford cider country. They don't know what they missed!**

We had joined approximately 70 other families gathered from around the country for the canoe camping clubs annual Mordiford gathering. A nine-day rally camped alongside the picturesque river Wye.

Our friends Martin and Jenny and their three girls Amy, Emily and Abigail and pet dog Millie arrived later the same day and managed to find a spot to set up their camp next to us. So safely ensconced the real business was set to and with great enthusiasm and a GPS we began to plan our routes, and to assist with our deliberations? Yes we threw in a cider tasting session for good measure. For future reference – cider does not help to unravel the complexities of programming a GPS. Finally we gave in and just drank the cider instead, which incidentally was so good that the boats nearly stayed dry for the whole week – there is after all a lot of cider to taste in Hereford! However, after two days of being landlubbers and as the wind had finally dropped, the call of the river was too strong and the hot cloudless day spurred us in to action.

It was early evening when Jacquie, Martin and I put in at Lugg Bridge. Jacquie and I had just picked up our new We-No-Nah Prospectors and so gingerly launched them from a convenient but rocky beach. The Lugg is a narrow river and a tributary of the Wye,

and as we were to discover to our delight never was a river as enchanting as that twisting winding Lugg.

Over time the Lugg has carved itself deeply in to the surrounding land and on this section the banks rise sheer and steeply, in places up to ten feet. These banks are thick with reeds, willow and bushes and plants of every description that house and support throngs of birds, dragonflies and waterfowl. Paddling below the surrounding area immediately sharpened the senses and no noise is heard other than that of the river and her dwellers and so the adventure began.

Turn after turn led us through what can only be described as a jungle paradise. The river though not fast flowing or deep, constantly urged the canoes, pushing them to the outside of the bends where the water was faster flowing and the foliage the thickest as if 'siren like'. It was trying to mesmerise us with its beauty whilst dashing us on its banks. Never have we had to use so many hanging draws and carving turns, but the rhythm of the Lugg is quickly learnt and the technical difficulties only added to the delight. The only sound was that of nature and of three friends lightly stirring the endless water.

Our first sighting of a Kingfisher brought the usual subtle cry used by many canoeists "Kingfisher!" It's no wonder they fly away. The excitement of seeing a Kingfisher as ever raised the pulse, however after counting over twenty of the blue flashes, including three all at once by Martin our calls became less and we simply delighted at their mass presence in silence and awe.

The fallen trees blocking our path, three in total, added to the jungle adventure experience as we

picked our way one at a time through the wall of branches and foliage. Even the vicious Swan of local fame, who sat guarding his midstream island fortress with his aggressive stance and warning hisses seemed to recognise that these three travellers were only passing through his enchanted world and would soon be gone.

Eventually we arrived at Mordiford and all too soon our enchanted journey ended as we re-entered the everyday world of mortals and men. There we saw a group of boys swimming and playing in the river having scaled down the high bank with an extension ladder. They wore only shorts and swimming trunks, we dressed in buoyancy aid, sun hat and gloves and equipped with a throw line, first aid kit and a change of clothes felt a little over dressed. As we approached one of the boys saw us and shouted at the top of his voice "canoeists!" We jumped out of our skin; though now we know how the Kingfishers feel! And so on to a small weir and then the Wye, our journey of delight was over; and we drifted along on the smooth evening current, silent in our inner delight, the magic of the Lugg now firmly in our souls.

We had a wonderful holiday on the Wye and our journeys continued over the week as we paddled from Hereford to Symonds-Yat, picnicking under trees, counting swans and signets and drifting with the current in and out of the masses of reeds, and of course at every opportunity keeping up the canoeists traditional and ever enthusiastic call of "Kingfisher!"... Poor things. ●

**John Thomas**

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## Saddle to paddle

**My sister Marilyn and myself, Helen, are in our fifties. To be frank, I am nearing the half past midnight fifties. Neither of us had ever thought it possible that we might take up a water sport, especially when our bodies had reached an age where we often felt the stab of an old injury or the jabs of menopausal joints (not to mention the matter of weight) which always seemed to need addressing.**

We were happy with the saddle. Weekends were often the opportunity for a nice cycle ride in the countryside. On one of our cycle rides in the early part of this year we happened to pass Pleasley Vale Outdoor Pursuits Centre and we stopped to watch the children, of varying ages, enjoying themselves in their kayaks and canoes. At that time we didn't know the difference between a kayak and a canoe and at a later date I remember asking someone to pass me the 'Oar'.

In a particular moment of bravery, we went in and asked if they had anything we might be able to do and to our surprise the guy (now known as Martin Cope, the Manager) said we could choose and offered us a book showing photographs of varying activities. We'd always played on the water as kids trying to make rafts but never quite succeeding to make one that ever stood a chance of doing what we had seen in the films! We remembered Davy Crockett, our idol in our childhood and decided to try our hand at canoeing so we booked in for the following week. I remember feeling such excitement but was having to battle with the constant thoughts of "what about my back?", "what about my knees?".

We turned up bright and early the following week and we were given cags, helmets and buoyancy aids and our very own instructor, all for a very modest fee. It seemed hardly believable! This was the beginning of the most thrilling adventure. We were useless but we had great fun and we learnt to be better. We were asked if we would like to become members of the Pleasley Vale Canoe Club which was based at the same place. It was amazing that they actually were interested in us developing. We did join which meant that we could canoe all day!

When we got our Grade 1 we felt we'd achieved the most wonderful thing and our feeling of pride knew no bounds. As for now having achieved Grade 2 (both duly framed and displayed) we feel the sky's the limit. We can only thank all those people that have offered us their patience and time, especially Steve Hunt who

## CONTRIBUTION DETAILS

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**Post:** Canoe Focus Letters, 49 Greenfields, St Ives, Cambs PE27 5HB

has even begun to sing along with us whilst paddling!

We were encouraged to become members of BCU and along with the membership came Canoe Focus magazine. The articles and even the advertisements are devoured as though we have an appetite that's insatiable. The stories of grand canoeing trips to far off places with dangerous sounding waters all seemed to exciting but beyond the realms of possibility for us. However, we were offered a trip from Darley Dale to Matlock and we couldn't wait. When I saw the water I wanted to run away - it was white water! To us the feeling and experience couldn't have been any more wonderful if we'd been on one of those grand trips in a far off place. It was exhilarating, frightening and beautiful all rolled into a day. We did it. We learnt.

I made a kneeling mat which goes with me everywhere in case there might be a possibility of a paddle. I am sure my knees have improved and my back seems much stronger. I can now get up unaided after having canoed for ours!

My sister spent a day raft building and kept saying "it's like fulfilling my childhood dream". I watched her enjoying herself and listened to the glorious sounds of laughter and squeals as I practiced canoe strokes on another part of the pond. My niece, Sarah and her friend Jade come regularly now and we've seen such a positive change in them.

We have given up the saddle to a large extent but have discovered the delights of the 'water people'. These people are friendly, generous and good fun.

We have been given the chance of our first four day river trip which means camping! Our camping days were well and truly over years ago but we're excited about taking the risk that our bodies will survive and, hopefully, thrive! Hopefully we'll meet some of our readers on the river sometime.

**Helen Tomlinson**

## 'The Right of Navigation on Non-tidal Rivers and the Common Law.'

### One Year On.

Members have asked what progress has been made towards establishing a public right of navigation on all rivers

based on the thesis put forward in my book which was published a year ago.

Many comments have been received about the book from solicitors and others. Unfortunately the one which should have been of greatest use, that from the Environment Agency experts, was written by a person who thought that because the riparian owner owns the bed of the river and the fishing in the river, therefore he owns the right of navigation on the river. This is not true on the Thames, the Medway nor any other river.

Most people have accepted that the public were free to use all rivers for transport from 1189, the start of legal history, to 1640, the start of river modifications to make them usable by barges. From 1640 to 1830 the major users of the rivers were barges but use by boats did not stop. In 1830 H.W. Woolrych, in the first attempt to codify the law relating to the public right of navigation, wrongly assumed that few rivers other than the Thames and Severn were traditionally used for transport. He also failed to understand that there were three meanings to the word 'tidal', physically usable, legally usable and tidal. So he concluded that most rivers were private unless it could be established that there was historic use of the river.

There are two extreme views of the law held by lawyers. One group consider that the law of England and Wales is the law as it existed in 1189 together with statutory changes made by Parliament. They consider that there is still a public right of navigation on all rivers. Another group consider that the law is created by Parliament but interpreted and changed by judges and commentators. They consider that the right has been lost. Most lawyers hold a position between these two.

Woolrych's error was unchallenged from 1830 to 2004. Some say that his erroneous statement has now become the law. Others say that a court would correct the error. If a case came to a court the outcome could depend on which judges were chosen to hear the case. There is no way in England and Wales by which a court can give a ruling on a general statement of law. They can only rule on one case presented to them. Thus a case about one section of one river would only establish if there was a public right of navigation on that one section of the river. (There might be guiding principles laid down which would only be persuasive for another case unless the first case had gone to appeal.)

So where does all this leave us. The BCU and I are opposed to court cases which would bring out antagonistic attitudes. There are two ways forward.

The BCU Rivers Access Campaign is seeking primary legislation similar to the Land Reform (Scotland) Act 2003. This has solved the access problem in Scotland. This would authorise canoeists to paddle all rivers, at any time that the rivers are physically fit to be used, subject to a Code of Conduct. No angler would lose a yard of their fishing. No land owner would lose a square foot of their land.

Secondly I am continuing research into the historic use of rivers. It is now clear that far from there being only 4% of the rivers which we can paddle there are a large number of rivers which, even on the restrictive interpretation of the law, can be used now because they were used historically.

There are problems. We know that the Stour was used upstream of Canterbury. We do not know if it was used to Wye, to Ashford or to Great Chart. The Avon was used from Christchurch to Salisbury. We do not know if it was used upstream of Salisbury. More research will help to solve some of these questions.

The Government have given the Environment Agency responsibility for promoting access on water. The Agency accepts that it is important for the public to know "what they can do where". Regrettably they do not yet see this as including information about where one may canoe.

It is hoped that in time the anglers and land-owners will come to accept that open access with a Code of Conduct would be better than the present position when no-one knows where there is a public right of navigation and where there is none.

### Help Wanted.

If anyone knows of written evidence of the use of any of the following classes of non-tidal river in England or Wales between 1200 and 1600 please let me know, now:

- (1) Any river flowing into the Irish Sea from the border of Wales to the border of Scotland.
- (2) Any Grade 2 river except the Severn, Wye and the Derbyshire Derwent and its tributaries.
- (3) Any river on which mill-stones or lead were transported from the Pennines to Bawtry or to the coast.

**Rev'd D.J.M. Caffyn,**  
255 Kings Drive, Eastbourne, East Sussex, BN21 2UR.  
[caffyn@riscali.co.uk](mailto:caffyn@riscali.co.uk)





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## New home and owners for Stirling Canoes

Stirling Canoes have moved location to bigger and better store. The new shop is in the same industrial estate as before, however, the move allows them to show the variety of new boats and equipment on the market.

Dave and Susan Rossetter from Standing Waves have been managing Stirling Canoes for the last 6 years and have recently taken over the ownership. If you are around Stirling and need new equipment, repairs, advice on where to paddle or just a chat please pop in.

For more information please visit [www.stirlingcanoes.co.uk](http://www.stirlingcanoes.co.uk) or call 01786 478820

Standing Waves has also moved location to be beside Stirling Canoes. This allows you the chance to see the wide range of courses, holidays and expeditions that we have on offer.

For more information please visit [www.standingwaves.co.uk](http://www.standingwaves.co.uk) or call 01786 464777

## PADDLE THIS

# Peter Hall paddles to success



A teenage canoeist has fought off stiff competition from across the North West to be crowned regional winner of the OCS Young Sportsperson Awards 2005, securing £2,500 to help him to continue his career.

Peter Hall aged 16, from Ormskirk in Lancashire impressed the judges so much with his technical knowledge and commitment to the sport that he scooped the North West Young Sportsperson 2005 title. This commitment to the sport has led Peter to choose to complete in one of the most difficult canoeing disciplines, C1 Class white water slalom which requires great strength.

Peter has already enjoyed considerable success in his career, having been a member of the Great

Britain junior team since 2004, where he is currently the second boat. At present he is training with the senior team with the hope of being selected to compete in the European Championships next year.

Peter said: "I am absolutely thrilled to have won this award. Just to be short-listed meant a lot to me, especially with the volume and high standard of entries this year. This kind of recognition only makes me more determined to continue to train and improve in what I do. I am extremely grateful as the prize money will help me to maintain my two canoes, one for competitions and one for training. The money will also go towards my travel costs as I have to travel to the National Water Sports Centre in Nottingham to be able to do white water training."

Nearly 600 entries from across the UK were received in the OCS sponsored competition, which is widely recognised as one of the most prestigious sports awards for young people. Peter will receive his cheque for £2,500 at a ceremony hosted by Sharron Davies on 25th November at the Brit Oval in London. At the ceremony the overall OCS Young Sportsperson 2005 will 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 OCS, a leading property support services group, eight years ago to recognise and support sporting potential and achievement throughout the UK.

## Sea kayakers head to South Georgia

The team of Templar Films South Georgia consisting of three British men and an Israeli woman have left Port Stanley in the Falkland Islands for the last stage of their journey prior to commencing the perilous sea kayaking expedition around the island of South Georgia.

They left Port Stanley on Sunday November 13 and expect to see South Georgia on the morning of November 17. The expedition, which has been described as the Mount Everest of sea kayaking, will start soon afterwards.

Team Captain Pete Bray said "We left in very strong

South Westerly winds, giving a good sailing angle for the course to South Georgia. In 24 hours we have made over 220 nautical miles and if all goes according to plan we expect the journey to take four days. The whole team are starting to re-develop their sea legs and we are enjoying the spectacular ride through the southern ocean. The bird life has been superb, and yesterday we had a pod of whales follow us for 20 minutes. This was quite spectacular as the sea state was running around the 14-16 metres range."

Weather conditions in the region are usually atrocious, as 100-knot winds race north from Antarctica and rake South Georgia's coastline, leaving the island permanently covered in snow and ice. As such, the 420-mile route around the island's coastline has never been completed by Britons in kayaks.

The Templar Films South Georgia expedition aims to change this. The team will brave subzero temperatures, high winds, potential icebergs and risk attacks by fur seals as they aim to complete this arduous journey between three and six weeks later, depending on the weather.

Heading up the team is Pete Bray, 48, a former SAS soldier and diver and includes Jeff Allen, 43, who runs Skalybox Sea Kayaking Adventures, Nigel Dennis, 50, who has designed and manufactures the NDK range of sea kayaks and the only female member of the team will be former Israeli soldier Hadas Feldman, 34.

The expedition, which is costing over £100,000 to run, has title sponsorship from Templar Films, a specialist film finance and production services company based in central London. The team is also aiming to highlight the work of two different charities, Children in Crisis and Ty Hafan.

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

[www.childrenincrisis.org.uk](http://www.childrenincrisis.org.uk)

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

## Boating Accelerated Development Scheme

Bob Timms is a well known level 5 Kayak coach - formerly centre manager and head of Coaching at the Tryweryn and full time Instructor at Plas Y Brenin. Bob is now based in Briançon, France, working as a coach and raft guide and is offering an intensive seven week course that provides the opportunity to get top quality training, personal experience and BCU Coaching and guiding qualifications.

The scheme covers both kayaking and raft guiding on white water including safety and rescue training, first aid, leadership, coaching processes, incident management, etc. Successful candidates with appropriate previous experience could leave the course as a BCU Level 4 Kayak Coach or 5 Star Leader, BCU Level 2 Raft Guide, Swiftwater Rescue Technician 1 and Rescue Emergency Care first aid, not to mention enhanced work prospects and a lot of top white water experience.

The course costs £2,900 and is based in the Haute Alpes region of France (Durance/Briançon) For your money you get all the training and assessments, BCU fees, self catering accommodation with your own room and shared facilities, use of specialist equipment and individually tailored action plan with regular reviews and ongoing mentoring. The scheme is scheduled to coincide with both the Alpine boating season in the Mountains and the late spring boating in the Massif Central and Provence.

For Information contact Bob Timms Boating and Trekking at [www.bobtimms.co.uk](http://www.bobtimms.co.uk), or email [bobtimms@free.fr](mailto:bobtimms@free.fr), or ring 0033 4 92 44 04 55, or 0033 873 657 639.

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Ads are posted on [www.canoefocus.co.uk](http://www.canoefocus.co.uk). It would be of great benefit to us and to

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**Second Hand Boats [www.aswatersports.co.uk](http://www.aswatersports.co.uk)**

## NE regional news

Canoeists wishing to paddle the R.Wear near Willington are asked to contact Simon Graham on 01388537479 to check the access agreement. This is a sensitive area and complaints have been received which could jeopardise future canoeing there.

## Come paddling at Ilfracombe

A new canoe club has been set up in North Devon by volunteers and parents giving its self the name of Ilfracombe Youth CC. The clubs purpose is to provide canoeing opportunities for local children aged between 8-16 years old and so far the response has been good. The club meets fortnightly and over the winter period will be running a handful of river trips in the area plus looking at safety and general paddling skills.

For more info on the club contact the club secretary on 07970 550614 or Andy Mcauley on 07817 281215.

## Banbury are top!

At the annual marathon race run by Banbury CC there were quite a lot of presentations being made – and not just to the paddlers in the event!

The Mayor of Banbury braved the elements to present



the club with the BCU Top Club and Sport England Clubmark awards in recognition of the work they have done to make the club one of the top sports clubs in England. Not only that though – Banbury also received the Geoff Saunders trophy for the National Lightning League and the National Championships Lightning trophy for the club who received the most Lightning points at the National Marathon Championships. Well done to the club and paddlers!

## Coquet Canoe Club

Coquet CC based in Amble, Northumberland has become the first club in the Northern Region to achieve the Top Community Club and Sport England Clubmark Awards.

The club and its volunteers have worked very hard over the last two years to develop its programmes to offer the very best opportunities to all its members, including being involved in a Sports Coach UK Coach Development Project.

Simon Tibbetts was delighted to receive the two awards on behalf of the club presented by the region's CDO Nigel Timmins and PDO Bobby Timperley at a club session held at Druridge Lake on Sunday 18th September. "Going for Top Club has definitely helped us focus on our club development" said Simon "I would recommend it to other clubs!"



Anyone interested in joining the club should contact the Membership Secretary Linda on 0191 487 5664.

## YORKIE NEWS

Thanks to all of you who have given the Yorkshire region your support this year. Our volunteers have done us proud. Lots of events, lots of paddling and lots of Fun. I do hope you will carry on that enthusiasm into 2006 and bring along with you, those who can also help make a little effort go a very long way.

The slalom season is over but the 'Young Yorkshire Paddler's Winter Training' isn't. The remaining dates are, Dec 3-4th Trywerryn, Dec 18th Matlock, Jan 29th Nottingham, Feb 11-12th Trywerryn. Please contact Esther for more details of these and other slalom news on [esther.mathews@btinternet.com](mailto:esther.mathews@btinternet.com)

Coaches please make a note that in the spring of 2006 there will be another Aldwark Coaching spectacular and you can ensure you are the first to get to know the details if you drop a blank email to [forum-weekend@coaching-yorkshire.org.uk](mailto:forum-weekend@coaching-yorkshire.org.uk) the date is April 8-9th.

We have had reports of coaches not being able to get on a revalidation day. The regions line on this is that we attempt to run revalidation days to suit demand. Basically we have no idea how many coaches from one year to the next need to revalidate by way of the one-day course, or whether they have achieved it by taking another qualification course, or filled in the self-certification form. So, would coaches who want to revalidate via the one-day option, please register their needs with our RCO Ian Scott at [highcliffadventure@hotmail.com](mailto:highcliffadventure@hotmail.com)

Coach communications within the region is almost completely by email. Therefore, I encourage you all to forward your email address to our Regional Coaching Secretary Janet Cartwright at [paul@pcartwright.freemove.co.uk](mailto:paul@pcartwright.freemove.co.uk). Janet will add you to the circulation lists and then send you the minutes of the September meeting. Alternatively if you do not have access to email please write to 189 Huddersfield Rd, Shelly, Huddersfield HD8 8LB.

The YORCIE web site is undergoing a makeover, as you will see if you follow the link from the existing address [www.bcu.co.uk/yorkshire](http://www.bcu.co.uk/yorkshire)

This new site differs from its predecessor, as it is now more interactive (with dates and events) and has provision for clubs to have their own page. What we

are looking for is someone within each club or organisation to provide a nominee who supplies the web detail: (Kate will check it to avoid any abusers). The site can carry details of your club, useful names and addresses, email and club websites, where you meet, baths sessions and times (if appropriate), subscription rates, equipment for hire, special needs groups and who to contact for more details. This does not have to be the club secretaries. What we want is for clubs and individuals to find out who's who and where it's happening. This tremendous step forward has been made possible due to the hard work and efforts made by Kate Wright and John Lucas. Thank you both. Don't stop sending your events and trips for entry to the website to Kate at [kate.wright@ntlworld.com](mailto:kate.wright@ntlworld.com)

And on the subject of achievements congratulations to Green Star CC who have recently been awarded with Top Club and to Ellie Bridgestock (White Rose CC) and Joe Marshal (Hull & District CC) who were regional paddlers in ladies polo medal winning teams and won gold and bronze respectively.

Very shortly the details of the region and its clubs, as they will appear in the 2006 BCU Yearbook will have to be forwarded to HQ. In the 2005 edition only 27 of the regions clubs were listed (and some of these entries were not correct). Please do not assume that they will get corrected. Take a look now at pages 63, 64 & 65 and see if your club or entry is up to date (or even listed) and then let Jonathan Dakeyne know (email address below).

The next Regional Development Team meeting will be in Leeds on Jan 9th. So we can send your club the news would you please send a representative. Details and previous meeting notes are available from Jonathan Dakeyne at [jdakeyne@aol.com](mailto:jdakeyne@aol.com)

As we look to the New Year we can also look forward to it being a bit special and remember that we (the BCU) are about to celebrate our 70th birthday. If you or your club has a member who has also achieved this 'three score year and ten' (and you are willing to share it with me), please let me have the details.

And finally, I wish you and yours a very happy Christmas and new year. Cheers. Dick [dickconstable@canoeists.co.uk](mailto:dickconstable@canoeists.co.uk)



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The group were all looking expectant but slightly reserved; we had arrived at the Pacuare, which is listed as one of the ten greatest expectant commercially run rivers in the world. I pulled on my deck and eased in to the flow and joined Ronald above the rapid I had been watching for the twenty minutes; we were off. The Costa Rican phrase *Pura Vida*, or *Good Life*, had never been so true.

I had returned to the 1st Battalion The Princess of Wales's Royal Regiment, known as 'The Tigers', with the intention of running another expedition. Having been entranced by Costa Rican whitewater, on the first expedition I ran there in 2001, I decided to return with a team from the Battalion. They would be mainly raw novices, who would be prepared over a series of courses and their skills would then be tested on water of up to Grade 4/4+. The expedition was to take eighteen months of planning and training and would be postponed twice, as preparations for the Battalion's forthcoming tour of Iraq took shape.

It was ambitious in nature and over three weeks, the team would trek over 73kms through one of the most remote lowland rainforests in the region and would descend over 130kms of whitewater rivers, from Grade 2 and culminating in the Grade 4/4 Pacuare. In preparation, the team attended courses run by the Joint Services at Anglesey and Ripon, as well as the odd river running day with myself. I approached Bob Campbell of Pyranha Mouldings, who very kindly agreed to lend the team their latest models of kayaks for the trip and with these added to the mountainous pile of kit in my office, we were ready to depart.

It was an elated but fatigued party that were whisked away from San Jose airport on the evening of the 1st of March. We were met by Ronald Bottger, who would act as river guide, driver, logistician, fixer and translator throughout our three weeks. This was the second of my expeditions that he, and his company Explornatura, had assisted with and, as ever, he was indispensable. Within minutes of arriving at our lodge for the night, the entire team were comatose, relishing one of the very few times that we would enjoy a bed, rather than a sleeping bag.

The initial four days were spent consolidating the team's moving water skills on the easier waters of the Coribici basin, which lies in the arid Guanacaste region. It was soon time to leave the heat of the North West and head for the Corcovado rainforest. As no opportunity was missed, we made a detour from the ten hour journey to run the Savegre; this was easier said than done. Finding the road un-navigable, we hitched a lift with a passing 4x4 and piled the kayaks on to its trailer. With no cab-space we then clung to the boats for a ninety minute roller coaster ride over the demolished jungle trail that clung to the mud hillsides by defying the normal rules of gravity. It was worth it. The river provided 15kms of first class remote technical Grade 3 paddling. Boulder gardens were interspersed with long sweeping rapids and enervating drops. The ensuing drive South somehow happened with the minibus on auto pilot, as the first of what would become regular torrential rain drove against the windows. That night, boating kit was exchanged for trekking kit, in preparation for the long haul that would start in the morning.

### Primary rainforest

Nothing can prepare the uninitiated for their first encounter with primary rainforest. A wall of triple-canopied trees rose up, as the group started on the first of many river crossings to come. Flights of Scarlet Macaws crossed the horizon and the call of irascible Howler Monkeys punctuated the air; Corcovado was as

# Tigers in the rainforest

The myriad shades of green were split by the wide, bright blue water, which tumbled out of sight over the first drop. The support raft was inflated and loaded with two days supplies and the kayaks sat incongruously on the sand, amongst the scrub and pools of butterflies.



thrilling at that moment as the first time I set foot in any jungle. With bergans packed for five days, the heat and humidity were the more oppressive but as the group made their way deeper in to the forest, these irritations were all but forgotten.

Four nights of camping, 15 river crossings, four days of walking over 73kms and one 20km boat ride later and the team would complete the traverse of this National Park from North East to South West; a feat not often accomplished. Chest high rivers were waded and slippery ridges negotiated, with relief coming with the sight of the next ranger post, where the team would camp at each night. As individuals tramped along in file, often lost in personal thoughts, nature would occasionally reveal a flash to marvel at; a Caiman lunging for a fish; a Toucan sitting in a tree; the endless, tireless trails of Leafcutter Ants marching across the forest floor; a vine snake dropped by a startled Night Heron and then the troops of Spider Monkeys trapezing

through the canopy. However, it was the ticks that left an indelible mark. Bryan noticed a couple first and slowly we all examined every bit of our bodies. My record was 29 plucked unceremoniously in one sitting; it was to become a repetitive ritual.

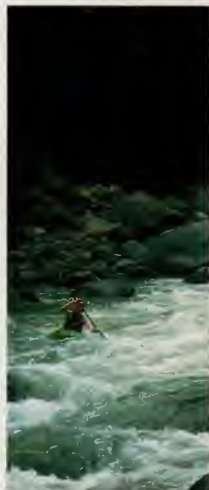
Contrary to expectations, it was not the jungle that gave the hardest sections, as the trails were good and no cutting was required. In contrast, the coastal biomes delivered sinking sand and grabbing surf, no escape from the scorching heat and the hardest river crossings encountered. When the complication of scarce fresh water was added, the team found themselves drained and mauled on setting camp each night. Too soon the journey was over, after a welcome night in the port village of Drake Bay, we were on a boat ploughing through hazardous reef breaks and mangroves, taking us to Sierpe and the beginning of the final kayaking phase, for which we would base out of Turrialba, on the Caribbean side of the country.

## FACTS : SPONSORS AND THANKS

This trip would never have happened without the generosity of Pyranha. The loaned H3s and G3s, were ideal for the expedition. The H3 lived up to its reputation as a consummate river-runner, whilst the G3 was stable and forgiving but still surprisingly good, when surfing. The 13 was nothing short of a blast and provided hours of playboating fun, for the author, although I was punished on numerous occasions for letting my stern edge catch. Army boaters now benefit from a scheme set up by Pyranha with the Army Canoe Union and Army kayakers would do well to investigate this, if considering an upgrade. I am again indebted to the help, cajoling, zeal and sheer energy of Ronald Bottger, for providing such excellent support. Ronald has become a good friend and I recommend him to anyone considering an expedition to Costa Rica. He can be contacted on [rbottger@racs.co.cr](mailto:rbottger@racs.co.cr). Lastly my thanks go to Mitch at AS Watersports, who has supported, assisted and encouraged me on my various ventures for over 15 years.

Should anyone want advice on paddling or trekking in Costa Rica, Justin Featherstone would be glad to help at [denaliuk@yahoo.co.uk](mailto:denaliuk@yahoo.co.uk)

The Team were: Major Justin Featherstone, Capt Kevin Bailey, Colour Sergeant Bryan Jones, Private Dawie Scheepers and Private Pete Brown.





**EL Nino**

I had chosen the timing, as Costa Rica should have been in its driest month; more forgiving and predictable river levels, idyllic jungle camping and all-pervasive sun; I had forgotten about about EL Nino. Costa Rica has the second highest density of whitewater rivers in the world, after New Zealand, and Turrialba is its kayaking epicentre. This comes at a price and that price is an all too abundant rainfall. The dry season was late, very late. Thankfully the rivers remained within their Grades and the water levels made for some kicking runs. The performance and forgiving nature of the G3's and H3s were proven time and time again, as their rounded profiles and flat hulls, delivered speed, agility and enough volume to ride most of the unforgiving features encountered. The Lower Pejibaye was the first port of call, steep, technical but forgiving, this is another excellent Grade 3 creek, that bounces and tears through a forested valley. After one of the two days rest in the whole trip, the group found itself encamped in the forest by the Sarapiquí. Feet away from the last major rapid of the La Virgen to Chilamate section, space was shared with an angry sloth that was rudely deposited on the ground by a broken branch. Poison Dart Frogs, Iguanas and a host of insects created an inimitable wall of sound each night.

The river itself is simply superb. Wide in places, it twists and thrashes through numerous constrictions to form puzzling boulder gardens and steep and powerful drops. The hardest rapid is Confusion, a Grade 4 line that is bisected by large boulders, which boats are magnetised to. Along its length lie two very large holes that beg to be avoided. During the various runs we made, I made the critical boof and no more than clipped either but some of the team decided to see these imposing features from the inside out; we fished out the boats and paddlers in the down stream pools.

**Individual paddling styles evolved**

As the days went on, the team's skills improved beyond my most optimistic hopes and individual paddling styles evolved. There was Bryan, committed, driven but careful with each stroke; Kevin a fluid and natural paddler, with an emergent bomb-proof roll; Pete, a cautious eddy-

hugger, whose contentment at a good run was plain for all to see. Then there was Dawie; the Davinator. A machine, who relished the challenge and battered the river into submission. His consistent refusal to accept that the river was often going to win, inspired all. This was made clear to all when Ronald and I were inspecting the line on Confusion. As we turned around to brief the others on the line, a gnawing worry emerged – where was Dawie? We were both out of our boats, with the others sitting on the narrow shoal beside us; then we looked left. Dawie had decided that staying in the tight eddy to get out was not going to happen and so he went for it. We looked on as Dawie missed the boof and slammed in to the first large rock, he is in the hole and he is swimming, thought Ronald and I, as we dived in to our boats. We were wrong, a few moments later and the green H3 popped into view, as Dawie threw a jubilant arm in to the air; how he managed to drop into the left hand line I will never know. By the end of our time on this 14km stretch of the Sarapiquí, all were proficient whitewater boaters, no mean feat considering the limited training the novices had been given. After a day of playing, throwing ends and surfing, where the 13 came in to its own, it was time to head off to the culmination of the expedition, the Pacuare.

**My favourite river**

The 28 kilometres of the Lower Pacuare remains my favourite river over 14 years of boating. It has 13 named rapids of over Grade 3 and cuts through a spectacular steep-sided rainforest gorge. There are a number of challenging Grade 4 rapids, some exceptionally long, but virtually all disgorge their contents in to collecting pools at the bottom. It provides a traditional lifestyle for many of the Cabecar Indians, who live along it and the wildlife is astounding; little wonder that it has become so popular among rafters. To listen to the roar of the water below, whilst transfixed by a pair of humming birds, or a snake easing itself across the trail, is an experience never forgotten. With raft support, I rotated two of the group through the raft, with two on the water at any time. The run was less of a blur the second time round, although it had changed and presented a few twists in its tail. The solid Grade 4 of Double Drop, Huacas, Cimarron and Dos Montagnes required quick river-reading and good hole avoidance, the latter never coming easy. Ronald was the key to each puzzle, as he effortlessly cruised the lines, indicating the cleanest ways down. The large waves and long rapids, were exhilarating and the team were elated as we finally made the take-out on the second day.

The next day we paddled the Pejibaye as a farewell, before a dawn start for San Jose and the airport, the next day. The sense of achievement was tangible even weeks later and all still relate with disbelief how the progressive programme of river-running and technical raining had lead them to descend one of the greatest runs in the world. The message is simple, do not be daunted when considering an expedition, with the right preparation and planning, it is possible to take away relatively inexperienced individuals and conduct imaginative, arduous and truly demanding adventure training, wherever you choose. ●

**Major Justin Featherstone**



**The winners of the youth freestyle series were:**

**Boys 18 and under**

- 1 Jonny Noblett
- 2 Mackenzie Jackson
- 3 Tony Lynch

**Boys 15 and under**

- 1 Jon Soper-Dyer
- 2 Ben Brayfield
- 3 Ben Aldred

**Boys 12 and under**

- 1 Arron Layton
- 2 Gav Collier
- 3 David Bain

**Girls 18 and under**

- 1 Flic Meares
- 2 Hannah Brand
- 3 Anna Louise Glendenning

**Girls 15 and under**

- 1 Sandra Heslop
- 2 Poppy Layton
- 3 Sara Brautigian

**Girls 12 and under**

- 1 Kimberley Aldred
- 2 Tanni Hargreaves

**PADDLE THIS**

# Freestyle stars of the future

2005 was the year that kids could have a go at freestyle kayaking, at a location close to home and at the same time learn about all important river skills and river safety. Running for the first time the BCU Youth Freestyle Series opened up opportunities for young paddlers all over the UK with events at Llangollen, Nottingham, Boulton (Thames), Teeside, Nene and the Dart.

At each event, paddlers took part in clinics to learn skills in river running, river safety and freestyle run by some of the best coaches in the country including coaching specialists Kayakojacko and at some events ex-world champions: Mark Birkbeck and Deb Pinniger!

The other element to the series was the competition, run on a fun basis for those who have a little bit of competitive blood. A ranking list commenced over the series using the best three event results from the paddlers. Split age categories meant that 11 year olds were no longer competing against 18 year olds in the same junior category and paddlers between the ages of 7 to 18 turned up to have a go at white water kayaking.

Well done to everyone who took part! Winners of the youth freestyle series are listed below – in the meantime special thanks must go to all the event hosts: Muppet, Desperate Measures, Lowri, Bobby, Tim @ UKfreestyle, Kayakojacko and all of coaches, judges and parents that have helped out along the way.

Thank You!

I look forward to the 2006 series see you there -

**Matt Tidy, PDO N.London, Essex, Herts**

To see the full results or download an entry form for the forthcoming events please visit [www.ukfreestyle.com](http://www.ukfreestyle.com)

**Photos: David Leathborough**

[dave@focused-on-adventure.com](mailto:dave@focused-on-adventure.com) [www.paddlersphotos.co.uk](http://www.paddlersphotos.co.uk)





# Poole power



The first of a series of events for junior canoeists along the south coast kicked off with a sprint regatta on Poole Park lake in October. The 30 juniors attending received specialist coaching from top coaches in the morning followed in the afternoon with a race over a 200m course to put it into practice. Run under 'Ozzy' rules – the paddlers did a run down the course to set a time and they were then split into three groups based on how fast they went to race against each other.

Sam Willis from Southampton CC won the event with Jamie from home club Poole Harbour coming in second. If you would like to find out more about the series or canoeing generally please contact [james.hinves@bcu.org.uk](mailto:james.hinves@bcu.org.uk).

**James Hinves**  
BCU Development Officer South

## Paddlepower success

This summer saw the first Paddlepower One course run at Waterside Lodge Scout Headquarters in Southport. Stuart Ely and Jo Rutherford recently qualified as Level 1 coaches and put their new coaching skills into practice over eight weeks. The children progressed quickly and finished the course by demonstrating their skills including capsizing, to proud parents.

All the children who took part managed to complete the BCU 1 Star award and are looking forward to Paddlepower Two challenges next year. Stuart and Jo want to congratulate all the children on their efforts and to thank the other coaching staff at Waterside Lodge for all their support.

**Jo Rutherford**



## Top Club and Clubmark Awards

Congratulations to the following clubs who have recently achieved the BCU Top Club and Sport England Clubmark Awards.

- Coquet CC
- Banbury and District
- Basingstoke Canal CC
- Green Star CC
- Norwich CC

This brings the total to 22 canoe clubs that have now achieved the Sport England Clubmark and BCU Top Club

awards. This is a fantastic achievement by the clubs involved and recognises the quality work they do with young people. There are another 60 clubs working towards the award with quite a few nearly there – so we hope that by next spring over 25 BCU clubs will be accredited!

### 'Sign of a quality club'

Clubmark is the Sport England accreditation scheme that sets standards across all quality sports clubs in England. It represents higher standards of safety, coaching, and management. Both Clubmark and Top Club are based on the principle that clubs demonstrate:

- A commitment to young people.
- Provision of safe, quality activity and coaching programmes.

For clubs that have achieved the standards it gives public recognition for clubs that wish to improve what they do it is like a blueprint or model to help and guide which areas to work on. Clubs can receive the BCU Top Community Club Award, Top Performance Award or both! One award is not better than the other, they simply reflect the different roles that our clubs play, both of which are very important and highly valued. Full details are on the web site under youth/adults/clubs and coaches. [www.bcu.org.uk](http://www.bcu.org.uk) or email [youth@bcu.org.uk](mailto:youth@bcu.org.uk)

## New BCU website

Well some of you have probably spotted there were a few glitches and gremlins around when the new website was launched. Hopefully by the time you get this they will be sorted!



If you haven't had a look at the Youth section – then take a peak! Let us know what you like and what you don't like –

and suggestions for improvement! In the meantime there's a competition to name the characters on the KidZone pages – to get to youth pages go to [www.bcu.org.uk](http://www.bcu.org.uk) then navigate to England and then Youth.



## PADDLE THIS

And on the subject of competitions...

### Christmas card competition

We are going to press too soon to announce this year's winner – but yet again we're really impressed by the quality of the entries – there is some serious talent out there – not only are you good paddlers but a lot of you are really artistic as well. Check out the website to see who won.



Also send a Christmas card to your mates! [www.bcu.org.uk](http://www.bcu.org.uk) - KidZone and FunZone!

In the meantime – have a great Christmas from us and we hope you get all the paddling goodies you asked Santa for!

# Nelson's last voyage



MoD police launch to meet us in the Bay of Gibraltar

This year four members of the Gibraltar Canoe Association decided to commemorate the Battle of Trafalgar by retracing Lord Nelson return trip, from his famous victory back to Gibraltar, and in doing so raising funds for the local hospital children's ward and Wireless for the Blind. Arturo Asquez, Norman Garcia, Sigurd Haveland and Eugene Pons were getting very excited about this 40 nautical mile trip from the Atlantic through the Straits of Gibraltar.

We had spent the last couple of months going through different rescue techniques and rough weather handling. We probably should have spent a bit more time preparing but as the date approached there was no turning back. Unfortunately for Sigurd he was off participating in the Island Games (nothing to do with kayaking). Luckily for him, and us, he is Gibraltar's own iron man.

We had planned the trip for July 26th so we dropped off the kayakers and Norman to look after them, on the 24th at the campsite aptly called Camping 'Cabo de Trafalgar' (Cape Trafalgar). They had informed me over the phone that it was only one hundred metres to the beach. What they failed to tell us was that the door leading to the beach did not open until 1100, and we had planned to leave at 0545. This made the journey to the beach about four times as long. Lucky for us we had packed a couple of trolleys.

The following day Eugene and myself got a lift off one of his workmates early afternoon, this gave us enough time to look over the launch site in daylight together. There

wasn't much distance from the road to the sea, and the first of the tidal races we would miss altogether which was a bonus considering it was going to be rather dark at that time of the morning. The Cape itself was very impressive with whirlpools forming just below it.

We went across the road to the local restaurant for a meal at about 2130, which is when Sigurd joined us. He had managed to find the place after nearly a two hour bus ride and a taxi from the nearest town. We spoke about the plans for the morning and got back to the campsite at about

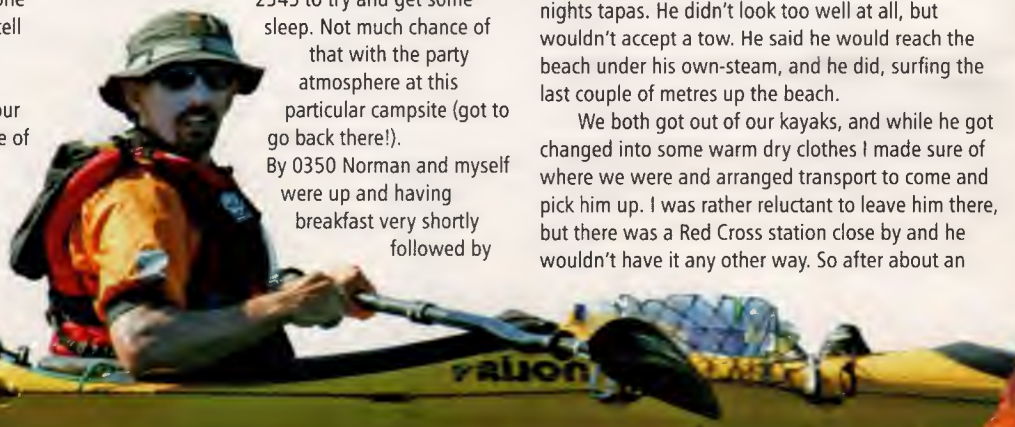
2345 to try and get some sleep. Not much chance of that with the party atmosphere at this particular campsite (got to go back there!).

By 0350 Norman and myself were up and having breakfast very shortly followed by

Eugene and Sigurd. With the partygoers still at it, we were getting our kayakers ready for the launch. With cyalums attached to our buoyancy aids, and head torches turned on we headed for the beach. Dead on 0600 we were heading out on a rather dark but calm sea. Although it was nearly a full moon the skies were overcast which became a Godsend later on in our journey.

The first couple of hours the only wildlife we came across were a couple of Skuas. They skimmed the waves and decided to circle us and fly straight towards our bows, which made me rather nervous at times. Our travelling speed was a lot less than what we had expected it to be, but I thought that would change shortly. I was right, it did change, but for worse. Well into the second hour, although the seas were still relatively smooth with just a slight swell we seemed to be going slower still. We stopped for a quick drink and that's when it started going Pete Tong. Norman had the shakes and wasn't feeling very well. He said he was going to have to head for terra firma. Shortly after this he was leaning over the back of my kayak and feeding the fish with the previous nights tapas. He didn't look too well at all, but wouldn't accept a tow. He said he would reach the beach under his own-steam, and he did, surfing the last couple of metres up the beach.

We both got out of our kayakers, and while he got changed into some warm dry clothes I made sure of where we were and arranged transport to come and pick him up. I was rather reluctant to leave him there, but there was a Red Cross station close by and he wouldn't have it any other way. So after about an



Photos courtesy of Eugene Pons, Johnny Bugeja and Norman Garcia.

**Red Albatrossen:** Sigurd Haveland  
**Grey Baracuda:** Norman Garcia  
**Yellow Capella:** Eugen Pons  
**Yellow Seayak:** Arturo Asquez



Nelson died towards the end of the battle of Trafalgar, knowing that it was a victory for Britain. No British ships were lost, but many of the French and Spanish ships surrendered, and one blew up and sank. Several others escaped. This was not the end of the struggle, though, as a terrible storm led to many more fatalities. Once the weather subsided, many of the ships headed for Gibraltar for repairs, including the Victory with the body of Nelson on board. In Gibraltar, it is widely believed that his body was taken on shore at Rosia Bay and kept in the house that once belonged to Lord St Vincent, while major repairs were undertaken, there are others though that dispute this.

hour, with Eugene and Sigurd waiting patiently just outside the surf I left him on a beach hammock. It was very demoralising leaving him behind, but we had to carry on.

We still had nearly 30 miles to cover and the wind had picked up. Each headland we rounded we saw that the next one was even further. By the time we reached Tarifa the winds were blowing a force 5 westerly with the tide going westerly which made it a bit choppy to say the least. Considering Eugene hadn't done that much rough weather paddling he was doing absolutely brilliantly, while Sigurd was proving that he has got Viking blood running through his veins. The tide was at full flow in the opposite direction we wanted to go, so we decided to stop in a little cove just passing Tarifa Port and have a snack to eat.

After half an hour we got back into our boats. We planned on staying close inshore, hoping that the rocks and shallow seas would slow down the tide. The plan worked although it made this part of the journey a lot more 'entertaining'. The coastline was very impressive with channels made out of rocks and miles of cliffs and deserted beaches. After about two hours we headed out to deeper water. With the sun now beaming down on us the wind veered to a south westerly, but with the tide now getting close to

slack water, the seas were calming down. Although the swell was rather large it wasn't as choppy.

As we rounded Punta Canero, Gibraltar came into view. I had to check my charts twice, I wasn't quite sure that we were approaching our destination. Over the VHF, I heard "Crazy Kayakers, Crazy Kayakers, Crazy Kayakers, this is Lloyds Signal Station". Finally they had got in contact with us. They arranged for the local police launch and the MoD police launch to meet us in the Bay of Gibraltar. The local police launch had brought the press and TV cameras that filmed the last part of our quest. I've got to say that the cameras do lie when it comes to sea state. The winds had calmed down a bit but it was still pretty choppy.

After spotting a fin which turned out to be a Sun Fish and dodging a couple of fast ferry's that were approaching us from Ceuta we made it safely into Gibraltar waters and then finally into Rosia Bay where our anxious friends and relatives greeted us with rapturous shouts of joy and fog horns, with the TV crews now on dry land recording our final few metres for posterity. ●

**Arturo Asquez**



Arturo Asquez, Eugene Pons and Sigurd Haveland



Rosia Bay where our friends waited



Arturo celebrating



**T H A N K S**

Let me take this opportunity to thank Joe our driver, Nigel and Steven for picking up Norman, the many companies and individuals that helped or sponsored us, the local press for covering our story and helping us promote the sport locally, our families for putting up with the hours we spend on the water, and finally my wife for all the help and support she has given me.

**F A C T :**

**Norman Garcia**  
 Just to let you know that Norman Garcia, who unfortunately contracted food poisoning during our kayak trip from Cape Trafalgar, successfully undertook the journey unsupported on the 25th of September. He set off with near perfect conditions at 0900 and reached Gibraltar battling against a strong Easterly just before 2000.

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SITUATIONS VACANT

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Positions available from January 06 - please contact the Recruitment Team for an application pack

Ideally you will have experience of working with children & young people plus qualifications or training in Canoeing, Kayaking or Climbing (minimum BCU Level 3 canoe required for River Leaders)  
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## The National Water Sports Centre Holme Pierrepont, Nottingham

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

We are recruiting for the following positions for the 2006 season Chief Instructor, Kayaking/Sailing Instructors, Water Ski Cableway Operators and White Water Raft Guides. Vacancies are also available for Team Members within our Accommodation & Catering and Events Departments.

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

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

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

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

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

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



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- and to our Adventure Training Centre for 9-16 year-olds.

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Real adventurers, please apply with your CV to...

Wild Island (CF), Solwaybank, Canonbie,

Dumfriesshire, Scotland DG14 0XS.

e-mail [rubhafiola@hotmail.com](mailto:rubhafiola@hotmail.com)

## Activity Staff Required



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Phone 01434 250 232 or contact [activities@calvert-kielder.com](mailto:activities@calvert-kielder.com) for an information pack.

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Applicants require 2 NGB Awards, RYA Windsurf BCU L2 Coach, SPA Assessed, BSA L1  
Send CV to: Rob Bird, Outdoor Adventure, Atlantic Court  
Widemouth Bay, Bude, Cornwall EX23 0DF  
[www.outdooradventure.co.uk](http://www.outdooradventure.co.uk) 01288 361312

## Arnfield Care Ltd

### Instructors/Care Workers Wanted



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

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

Please contact Paul Knowles 01457 860200



## THE MANOR HOUSE ACTIVITY & DEVELOPMENT CENTRE North Cornwall Activity Instructors for 2006

### 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 Kirk:

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

Or Call: 01841 540346 Or View our website:

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

The Manor House  
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St Issey, Wadebridge,  
Cornwall, PL27 7QB



# Windermere Outdoor Adventure Activity Centre

## Instructor Vacancies

- **Seasonal Instructor**  
Join our small full-time staff for the summer. Minimum qualification is RYA Dinghy Instructor plus RYA Windsurfing or BCU Level 2 coach.
  - **Casual Instructors**  
Applications welcome from locally based instructors, with RYA, BCU or MLTB qualifications, available for as required work.
- In addition to qualifications we are looking for personalities able to deal with our guests of all ages and abilities. We offer good rates of pay and the opportunity to work with a small, friendly team in a wonderful location.



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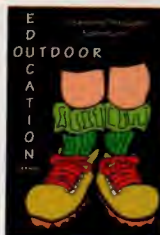
For further information and to request an application pack please contact: - Kathryn Jackson on 015394 47183 or e-mail woa.admin@southlakelandleisure.org.uk

## Are you interested in teaching and working with young people?

Abbotsholme is a boarding school, set in rural Derbyshire on the edge of the Peak District. We place a strong emphasis on outdoor education and we are always looking for graduates who can not only teach their subject but also contribute to our extensive outdoor programme.

### Look at our website for more information

Definite vacancies for September 2006 are for History and Engineering, however any subject specialism would be considered. Candidates with recognised N.G.B. qualifications would be particularly attractive. Accommodation is available for those willing to contribute to the boarding ethos. Please contact Steve Fairclough on headmaster@abbotsholme.co.uk for further details



## WORK AND EXPERIENCE LIFE IN THE ORKNEY ISLANDS

This is a unique and exciting opportunity for three enthusiastic and highly motivated instructors. We offer an established outdoor education curriculum and Summer holiday activity programme for local children aged 8-18 years.

### OUTDOOR EDUCATION INSTRUCTORS

Salary £12,210 - £13,674 pro rata inc. D.I.A. (job ref. ED/261/05) Posts commence April 2006 until October 2006.

#### Applicants will ideally possess the following qualifications:

A Full Driving License (Inc D1); Single Pitch Climbing Award; G.N.A.S. Archery Leader; W.G.L.A. or Summer M.L.; B.C.U. Coach L2 or L3 Canoe & Sea Kayak; A current First Aid Certificate

Applicants must have worked in the outdoor industry for at least 2 full years and have had proven instructional experience in Leading water/land and centre based activities, wild camping expeditions and environmental studies.

At interview and if suitable, one of the three applicants may also be offered further additional responsibilities within their contract. The additional responsibilities offered would include activity programming & logistics, equipment maintenance, minibus safety, sharing responsibility for a small outdoor centre and staffing on a day to day basis. Additional responsibilities will be generously reflected in the successful applicant's salary.

All successful applicants will be responsible for ensuring a high level of competence, integrity, safety and quality outdoor instruction is offered to participants at all times.

Applicants should have experience of working and living within a small community in remote locations.

All instructor posts include interview expenses, in-house & N.G.B. training, accommodation for the duration of the contract, travel costs to and from Orkney and staff clothing.

The closing date for applications is Friday 17th February 2006.

To obtain an application pack or further information, please contact:

Christian Marwick, Education Department, Orkney Islands Council, School Place, Kirkwall, Orkney, KW15 1NY tel. (01856) 873535 or email: christian.marwick@orkney.gov.uk



## Haven Banks OEC is seeking

a number of experienced, motivated and enthusiastic instructors to deliver an extensive activity programme to adults and children throughout the 2006 season.

This busy non residential Centre based in Devon, seeks applicants who hold at least 1 coaching qualification, though additional NGB Training will be offered.



Please apply to havenb@devon.gov.uk or call 01392 434668

## Instructors Required

Based at the River Dart Country Park A 90 acre adventure site on the banks of the river Dart on Dartmoor.



2 full time instructors - contract end March - end October  
1 assistant instructor - commencing beginning March - end September

Qualifications required - minimum of 2 for instructor: minimum 2 training for assistant instructor position; SPA; BCU Level 2 Canoe/Kayak, D1 minibus, Cave Leader, MLTB Walking

Send your CV covering letter to: Roger and Clare at CRS Adventures, RDCP, Holne Park, Ashburton, Devon, TQ13 7NP



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### DO YOU HAVE:

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



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

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Telephone: 01298 85071 / 01253 721457 / 07971 446775 or email: jon@active8care.co.uk web: www.active8care.co.uk





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## WATERSPORTS INSTRUCTORS IN CENTRAL LONDON

NGB qualified, enthusiastic and dynamic instructors are required for Westminster Boating Base, a busy central London training centre on the River Thames teaching sailing and kayaking. Contracts are available for the forthcoming 2006 summer season starting on the 3rd April and finishing on the 29th October. Instructors with both RYA and BCU qualifications are preferred.

Further training will be available to successful candidates to gain further NGB qualifications including the RYA Safety Boat Certificate. Please visit our web site for further information about our activities.

Please apply by sending your CV, preferably by e-mail, to [alan@westminsterboatingbase.co.uk](mailto:alan@westminsterboatingbase.co.uk) or by post to:

**Alan Price, Director**

Westminster Boating Base, 136 Grosvenor Road, London SW1V 3JY

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## 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](mailto:jobs@activity-centre.com)  
Web - [www.activity-centre.com](http://www.activity-centre.com)



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](mailto:employment@longridge.org.uk)  
[www.longridge.org.uk](http://www.longridge.org.uk)

## WHITECAP LEISURE

A multi activity centre based at Willen Lake - Milton Keynes.  
Staff required for 2006 season.

**Experienced Qualified Instructors:** BCU Level 2 coach and/or RYA Dinghy Instructor minimum

**Trainee Instructors 6 months apprenticeship scheme:**  
Training will be given to gain NGB awards. You will need personal skills and desire to teach watersports.

Limited accommodation is available on site.  
Interviews week commencing 1st March 06 - immediate start

**Contact:-**

Whitecap Leisure, Willen Lake, V10 Brickhill Street, Milton Keynes, MK15 0DS

Tel 01908 691620 email: - [admin@whitecap.co.uk](mailto:admin@whitecap.co.uk)



## Isle of Man Trainee Instructors required for summer season

Late February - September 2006  
Accommodation available

For further details e mail c.v. to [contact@adventure-centre.co.uk](mailto:contact@adventure-centre.co.uk)  
Phone Simon on 01624 814240 Fax 01624 815615 or write to The Venture Centre  
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Activity Instructors

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level 2 Coach in Kayak/canoe  
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Interested? - Please send CV with details of experience and qualifications to:

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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

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### UKSA Senior and Seasonal Watersports Instructors Needed

The UKSA are currently seeking to recruit outstanding individuals who are BCU and RYA qualified Multi Disciplined Watersports instructors for the 2006 season.

The job will involve, teaching a variety Watersports disciplines to a wide range of customers on our BCU/RYA Adult & Youth short courses; UKSA Schools & Groups; and the long term career training courses the UKSA offers. The ideal candidate will have excellent inter-personal skills, need to be a strong team player and have a proven ability to multi task.

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

SITUATIONS VACANT

## Activity Instructors For Summer Season 2006

Grangewaters Outdoor Education Centre, Essex

- Salary: £10,635 - £13,347 pa. pro rata - pay award pending (depending on qualifications)

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

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

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

For an informal chat please call on: 01708 855228

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



### COUNTY WICKLOW VOCATIONAL EDUCATION COMMITTEE

Coiste Gairmoideachais Chontae Chill Mhantáin  
 Invites applications for the following vacancies that may arise in 2006:

#### at the Outdoor Education Centre, Baltinglass, Co Wicklow

Baltinglass Outdoor Education Centre is an Irish local education authority residential centre based in Baltinglass, Co Wicklow, Ireland

#### 100 OEC/Nov05 Senior Instructor (one year contract)

Prerequisites: BCU L3 Kayak Coach, BCU L3 Canoe Coach, Summer ML, SPA, Clean D1 Drivers Licence, plus several years relevant experience

#### 101/OEC/Nov05 Instructor (seasonal March - October)

Prerequisites: BCU L2 Kayak Coach, BCU L2 Canoe Coach, Summer ML, SPA, GNAS

- \* Shortlisting of applicants may take place.
- \* Canvassing will disqualify.
- \* Late applications will not be considered.
- \* Co Wicklow VEC is positive to disability and an equal opportunities employer.

Application Forms are available from our website at [www.wicklowvec.ie](http://www.wicklowvec.ie), or by e-mailing [personnel@wicklowvec.ie](mailto:personnel@wicklowvec.ie) or directly from Human Resources Section, Co. Wicklow Vocational Education Committee, Administrative Offices, PO Box 15, Church Street, Wicklow Town. Tel: 0404-20460, Fax: 0404-62556. Application Forms together with proof of qualifications and two recent written references will be accepted up to **12 noon on Monday, 13th February 2006**. For deadline purposes Co Wicklow VEC will accept an e-mailed or faxed application provided that an original signed application form is received shortly thereafter.

Hugh O'Brien, CEO, Co Wicklow VEC, PO Box 15, Church Street, Wicklow (0404) 20460

Funded by the Irish Government and part-financed by the European Union Structural Funds under the National Development Plan 2000-2006.





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Acorn Adventure is the leading provider in Adventure Holidays. We offer excellent packages including free travel to our centres in Europe, plus free training and opportunities for gaining NGBs. We have centres in the UK, France, Spain and Italy. Contracts available from April to September.

#### Get in touch

Recruitment department on 0121 504 2060 or  
 e-mail on jobs@acornadventure.co.uk

## WANTED PADDLERS

## HATFIELD WATER PARK OUTDOOR ACTIVITY CENTRE INSTRUCTORS REQUIRED FOR 2006

Hatfield Water Park Outdoor Activity Centre is a Local Authority residential activity centre that has recently undergone a £1 million refurbishment. We are increasing the range of activities on offer at the centre. For 2006 we are looking for enthusiastic and experienced staff (both seasonal and freelance) to join our team who are capable of delivering exciting and educationally valid activities for schools, youth groups and individuals. Ideally you will hold a minimum of BCU Level Two Kayak Coach and SPA. Additional NGB's would be an advantage and training will be available in obtaining further outdoor qualifications.

For further details contact the centre or send your CV with a covering letter to:

Hatfield Water Park Outdoor Activity Centre  
 Old Thorne Road  
 Hatfield  
 Doncaster  
 South Yorkshire  
 DN7 6EQ

www.doncaster.gov.uk/hatfieldwaterpark  
 Email: hatfield.waterpark@doncaster.gov.uk  
 Tel: 01302 841572 Mob: 07990 782161

## Business Opportunity

We are looking for a canoeing fanatic to head up the canoeing department of our new online sports service. We can offer full time money for part time work and the opportunity to work in the sport that you love. This is a serious offer and we would prefer applicants from the South of England. No web or business experience is necessary, that's our job!

Please contact [simon@ochosports.com](mailto:simon@ochosports.com) with details of your canoeing passions.

## 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
- Competitive weekly wage
- 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](mailto:recruitment@pgl.co.uk)  
 call: 0870 401 4411

PGL is committed to the principle of equal opportunities



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## Rockleywatersports

### BCU KAYAK INSTRUCTORS required for work in FRANCE & UK

We are looking for enthusiastic BCU qualified Kayak instructors for our centres in France and the UK for the coming season. You will be teaching clients including school groups and families. Enthusiasm, professionalism and a hands-on approach are key qualities for all members of our team.

We offer competitive rates of pay and an excellent employment package with flexible start and finish dates from March to October.

For further information or an application pack, please contact the HR department on 0870 777 0541 or email [personnel@rockleywatersports.com](mailto:personnel@rockleywatersports.com).



www.rockleywatersports.com



### Hesley Wood is a 130 acre woodland site near Sheffield

We are looking for enthusiastic and well motivated instructors to deliver our 2006 Activity Program to school groups and members of youth organisations.

Our on site activities include climbing, canoeing, archery and team building. Ideally you hold at least one of the following; BCU level 2 coach, SPA Training/Assessment, GNAS or other relevant NGB qualification. Contracts are flexible and run between Easter and mid-September. Accommodation is available and basic uniform is provided.

Please send letter of application with CV to The Site

Manager, Hesley Wood Activity Centre, White Lane, Chapeltown, Sheffield S35 2YH or  
 e-mail: [manager@sycscouts.org.uk](mailto:manager@sycscouts.org.uk)



SITUATIONS VACANT



## ICC Activity Centre

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

### Instructors

We are seeking experienced and enthusiastic Open Canoe Coaches with qualifications or experience in Dinghy Sailing.

Positions also available in our bar, housekeeping and catering departments.

**For more details contact: Recruitment, ICC, 28 Island Street, Salcombe, Devon TQ8 8DP Tel:01548 531176  
e-mail: info@icc-salcombe.co.uk  
website: www.icc-salcombe.co.uk**

## West Cumbria - the Lake District Whitehaven Harbour Youth Project

Career development opportunity working with this successful youth project on the wild side of the Lake District.

### Female Instructor

(genuine occupational requirement)

If you have the basis of experience, qualification and a sound philosophy in Outdoor Education...

If you have a sympathetic approach to young people and the ability to create fun and challenge in what you do...

Then consider joining our small team and take your career further while helping young people.

Salary from £13,500 commensurate with qualification and leadership ability.

For further details and application form contact :-  
**Mike Mills, Whitehaven Harbour Youth Project on 01946 690404 or  
e mail: whyp@hotmail.com ref. Instructor.**

Charity No.1067688

**SEALYHAM  
ACTIVITY CENTRE**

Our centre is located in a 100 acre wooded river valley with many activities taking place with in the grounds and the nearby Pembrokeshire Coast National Park

We are looking for motivated pro-active instructors to deliver our 2006 Programme here at Sealyham. Applications are invited from suitably qualified people. You will be working with a wide range of clients offering an exciting range of activities

Applicants should hold at least 1 qualifications from any of the following organisations  
BCU L2 KAYAK OR CANOE  
RYA INSTRUCTOR  
GNAS COACH  
MLTB SPA  
BSA LEVEL 1  
A CLEAN DRIVING LICENSE WITH D1 IF POSSIBLE

PLEASE SEND CV TO  
ALEC WILLIAMS AT  
SEALYHAM ACTIVITY CENTRE  
WOLFSCASTLE,  
HAVERFORDWEST  
PEMBROKESHIRE, SA62 5NF  
WWW.sealyham.com  
TEL 01348 840763

## The National White Water Centre Canolfan Tryweryn

### 2 Raft Guide Positions

£11,341.93 pro rata per annum

1<sup>st</sup> April - 31<sup>st</sup> October 2006

No experience required. To apply send a C.V. and covering letter to Geraint Rowlands.  
**CANOLFAN TRYWERYN, FRONGOCH,  
BALA, GWYNEDD, LL23 7NU.**

[ct.rafting@virgin.net](mailto:ct.rafting@virgin.net)

**Closing Date: March 7<sup>th</sup>, 2006**



SITUATIONS VACANT



## INSTRUCTOR NEEDED @ THE ACKERS

Hard working, well motivated, multi - talented Instructors required for our multi activity centre.

Full time - Must have at least 2 of the following:  
BCU trainee level 2, SPA trained, GNAS or skiing qualification.

Sessional staff - Needed for 2006 must have at least 1 of the above.

Please apply by sending your CV to: **Mr Dave Bateman (Activity manager), The Ackers, Waverley Canal Basin, Small Heath, Highway, Birmingham, B10 ODQ.**

E-mail - info@ackers-adventure.co.uk

**Activity  
INSTRUCTORS**

Fun loving  
& adventurous...?

**Ideally you will hold one of these:**  
BCU Level 2 Training, SPA Training or GNAS Leader Award.

No qualifications? Then we can provide excellent on-the-job training opportunities. Closing date June 2006

**To apply**  
Visit: [www.girlguiding.org.uk](http://www.girlguiding.org.uk)  
Email: [hr@girlguiding.org.uk](mailto:hr@girlguiding.org.uk)  
Tel: 020 7592 1892

Charity no. 306016

**Girlguiding UK**

Staffordshire  
County Council

Outdoor Education Service

## STAFFORDSHIRE COUNTY COUNCIL

### OUTDOOR EDUCATION SERVICE

**Opportunities at our four well respected residential centres for Seasonal Instructors**

- Salary range £9,914 - £13,503 dependant upon experience and qualifications (subject to job evaluation)
- Posts available from February 2006 onwards - 6-8 month contracts.
- Opportunities for extended contracts for a further 12 months
- National Governing Body experience/qualifications in Outdoor Activities essential.
- Board and accommodation available whilst at work.
- 37 hour week including one evening duty.
- Generous paid holidays.
- Further training and professional development available.

**Contact Shugborough OEC, Shugborough, Stafford, ST17 0XA (01889 881357) for application pack or email [ewart.gardner@staffordshire.gov.uk](mailto:ewart.gardner@staffordshire.gov.uk)**

**Website:**  
[education.staffordshire.gov.uk/curriculum/outdooreducation](http://education.staffordshire.gov.uk/curriculum/outdooreducation)

INVESTOR IN PEOPLE

**STUBBERS  
ADVENTURE CENTRE**

## 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](http://www.stubbers.co.uk)  
Applications with CV to Bob Edwards (Centre Director) at:  
**Stubbers Adventure Centre, Ockendon Road, Upminster, Essex RM14 2TY**  
Or email: [bob@stubbers.co.uk](mailto:bob@stubbers.co.uk)  
Charity No. 1080941

# BLACK MOUNTAIN Activities

## Instructional Staff for 2006

We are looking for experienced, enthusiastic and motivated instructors to join our dedicated team to help deliver our wide range of activities for 2006 session.

You will be working with adults, families, schools and youth groups as well as team building events for companies.

Activities include, High Level Ropes Course, Kayaking, Canoeing, Climbing, Walking, Raft Building, Gorge Walking, Orienteering, Clay Shooting, Archery, and Mountain Biking team building events etc.

We are looking for staff with at least two of the following: Level 2 Canoe, L2 Kayak, SPA, ML or similar, Mountain Bike Leader Award, GNAS as well as current First aid.

For further information visit our website  
<http://www.blackmountain.co.uk/jobs>

If you are interested in joining our team then please send you CV to Black Mountain Activities Ltd, Three Cocks, Brecon Powys LD3 0SD. Tel: 01497 847897 or email [jobs@blackmountain.co.uk](mailto:jobs@blackmountain.co.uk)

## Whitewave: Skye's Outdoor Centre Requires instructional staff for 2006 season

Requirements:

Kayaking level 2 coach (essential).

Canoeing, MLTB, SPA, Windsurfing, Archery and interest/experience in Sea Kayaking (desirable).

Contact Anne or John at Whitewave:

Skys Outdoor Centre, 19 Linicro,  
Kilmuir, Isle of Skye, IV51 9YN.

Tel: 01470 542 414

E-mail: [info@white-wave.co.uk](mailto:info@white-wave.co.uk)

## Outdoor Instructors

Looking for Adventure?

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

Applications available from [www.llain.com/download](http://www.llain.com/download),  
e-mail [llain@btopenworld.com](mailto:llain@btopenworld.com)

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

## OUTDOOR & ENVIRONMENTAL TUTOR

Simonsbath House Outdoor  
Centre, Exmoor

March - Oct (in first instance)

Salary £13,000 - £14,500 p.a. dep.  
on exp. (Acc. available)

Simonsbath House outdoor and environmental centre, situated in the heart of Exmoor offering day and residential courses is seeking to appoint a dynamic and innovative person to join our small team.

Further Details

[www.shoc.info](http://www.shoc.info) or

**01643 831259**

or e-mail: [enquires@shoc.info](mailto:enquires@shoc.info)

Closing Date: 9th January 2006

## GRAFHAM water centre

### Senior Instructors and Instructor

If you want a rewarding and enjoyable place to work and to be involved with developing young people then look no further, we are seeking to recruit a number of new staff. Grafham Water Centre is a wonderful site on the shores of one of Britain's largest reservoirs. The residential centre offers activity courses for schools, youth groups and adults. The Centre is open all year round and contracts will vary in length.

For 2006 and beyond we require enthusiastic staff who are able to deliver programmes of exciting and educationally valid activities for schools, youth groups, adults and individuals.

Activities include Sailing, Windsurfing, Canoeing, Kayaking, Climbing and Abseiling, Archery, High and Low Ropes Courses, Mountain Biking and Team Building. NGB qualifications are required although on-site training is given.

This could be the opportunity of a lifetime, whether you are looking for a full time career in the outdoors, experience of working with young people or just enjoy a challenge.

Salaries for Instructors start at £213.49 per week with opportunities for overtime. Salaries for Senior Instructors depend on experience and qualifications. Accommodation is available

Catering staff are also required.

For further information and an application form, please ring  
Christina at Grafham Water Centre, Perry, Huntingdon,  
Cambridgeshire PE28 0BX  
on (01480) 810521  
[www.grafham-water-centre.co.uk](http://www.grafham-water-centre.co.uk)



Cambridgeshire  
County Council

## Edale Activity Centre



A number of opportunities exist for:  
**INSTRUCTORS AND TRAINEE INSTRUCTORS/STOREPERSONS**  
For the 2006 season (March - Nov)

If you are interested in working at the heart of the Peak District with a wide range of activities and clients and with all training (inc. NGB qualifications) provided, then please request application details from:

Edale YHA Activity Centre, Rowland Cote, Nether Booth, Edale,  
Hope Valley, S33 7ZH. Tel: 01433 670302

Email: [edaleactivities@yha.org.uk](mailto:edaleactivities@yha.org.uk)

## YMCA

National Centre, Lakeside

### Looking for a job in the outdoor industry?

Swing down to see us ... and join our team of experienced and enthusiastic multi-activity instructors delivering Outdoor Education and Personal Development programmes to school and youth groups at our dynamic Centre in the Lake District. Contracts for our 2006 Seasonal Instructors start from early spring.

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

We are also recruiting chefs and general assistants now and for the 2006 season.

For a recruitment pack please contact:

Personnel Manager,  
YMCA National Centre, Lakeside, Newby Bridge, Cumbria, LA12 8BD  
Tel: 08707 27 39 27 Email: [personnel@lakesideymca.co.uk](mailto:personnel@lakesideymca.co.uk)

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



SITUATIONS VACANT

# mepal outdoor centre

Near ELY, Cambridgeshire

**VERY SPECIAL** multiskilled Instructors needed for 2006 to work with a wide variety of client groups. **TWO NGBs** preferred; but trainees considered. Minimum age 18.

**Lead Instructor** post available for a L3 Canoe (or kayak) coach.

Email [david@mepal.co.uk](mailto:david@mepal.co.uk) for job description and application form or download from the website [www.mepal.co.uk](http://www.mepal.co.uk)

To ADVERTISE 01480 465081

SITUATIONS VACANT

## 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](mailto:leicesteropc@btconnect.com)

Website: [www.lopc.homestead.com](http://www.lopc.homestead.com)

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



To ADVERTISE 01480 465081

# Trade

Somerset

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

Somerset

**AS**  
Watersports  
HAVEN RD, EXETER. 01392 219600  
Full range of equipment for all aspects of the sport. Playboating, Fun, Surf, Touring, Racing.  
[www.aswatersports.co.uk](http://www.aswatersports.co.uk)

Worcestershire

**PADDLE SPORT**  
Best Service for groups to individuals  
Whitewater, Playboating, Touring, Polo  
01926 640573  
[www.paddlesport.co.uk](http://www.paddlesport.co.uk)  
The Best Canoe & Kayak Online Shopping Experience

West Sussex

**SOUTHWATER WATERSPORTS CENTRE**  
26 Station Road, Southwater, Horsham, West Sussex RH13 9LD  
For all your watersports needs!  
Canoes, Kayaks, plus all Accessories  
01403 732389  
[www.ukkayaking.co.uk](http://www.ukkayaking.co.uk)  
[www.southwatersports.co.uk](http://www.southwatersports.co.uk) (Training)

Essex

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

Greater London

CANOE RESCUE EQUIPMENT AND ACCESSORIES INCLUDING GREEN SLIME THROWBAGS  
MAIL ORDER SERVICE AVAILABLE  
CONTACT: SUZY, 2 VICTORIA CLOSE, EAST MOLESEY, SURREY, KT8 9SQ  
TEL/FAX: 0208 941 2714

SITUATIONS VACANT



## Freelance Residential Care Workers Needed!

Radical Services are based in the Lake District and have been delivering high quality crisis intervention (Outdoor based) and long-term (Care home based) childcare for over ten years.

Freelance Outdoor Instructors/Care workers can expect excellent rates of pay  
Flexibility and short notice availability is highly desirable.  
Work available from one to thirteen days a month.

Can you say yes to the following questions?

- You have a least one year of residential child care experience
- You hold a minimum of two NGBs
- You can deal with challenging behaviour
- You have a caring personality
- You would like to receive training (NVQ)
- You can work away from home 1-3 nights
- You are over 21 and hold a full clean driving licence

For information /application pack call us on 01768 899998  
Penrith Cumbria



# The future is orange

For winter 2005/06 Helly Hansen has expanded its LIFA base layer line, with new sports tops, pants, half-zip tops, headwear and socks in multiple colours.



## Versa Duel V-neck

The Versa Duel V-neck is a lightweight t-shirt with high levels of LIFA's technical performance and designed to be worn next to the skin on its own or as a base layer.

However, it would be a shame to hide this shirt as I love the 'orange peel' colour which for me is a welcome shift from the usual dark or grey colours of yesteryear. Bright, colourful and short sleeved – you may be tempted to leave this purchase for the spring – however, it is a really nice shirt for high intensity indoor activities. You can of course still order the shirt in black, steel or white – for me though, the future is orange!

The Lifa Versa fabric gives the usual excellent moisture management with fast drying times and it is a relaxed fit. The shirt is enhanced with the familiar reflective logos and recognisable HH stripe print on the sleeve with a contrast panel across front and back.

In summary – very stylish and comfortable shirt that does its job very competently. Available for men and women in sizes S-XXL and retails at £25.

- Lightweight style and relaxed fit
- Reflective logo and print
- Low bulk flat lock seams
- Polypropylene next to the skin and polyester exterior
- Rapid moisture transfer and quick drying

## Dynamic Crew Block

The Crew Block is made from 100% LIFA and designed to be worn next to the skin as part of the layering system, but can also work as a single layer in warmer conditions.

The shirt's primary function of stopping the body from

becoming cold by holding body heat whilst letting sweat evaporate is done with ease. The shirt's fits tight to the skin and to combat 'rubbing', it is sewn with flat seams. Since it can be worn on its own, the Dynamic Block has very neat contrasting side panels and printed stripes to act as a cool looking piece of kit in its own right.

The shirt holds nasty smells pretty well and during testing I have washed this shirt and the Duel V-neck every third time after hard long sweaty sessions in the gym.

As with the Duel V-neck it is available in the usual black, dusk and pewter, however, I had the very stylish crimson which like the orange peel of the Duel v-neck colour, very nicely stands out from the crowd. Sizes for men are XS-XXL, whilst the women's version goes up to XL and costs around £28.

- 100% Polypropylene
- Eyelet knit construction
- Lightweight
- Close to body fit
- Low bulk flat lock seams
- Rapid moisture transfer and quick drying
- Odour resistant

## Hybrid Zip Turtle

Engineered for high energy use in cold weather - ultimate moisture management combined with extra warmth where you need it most.

The Prowool Stripe Zip Turtle is a long sleeve, zip neck top combining 55% LIFA, 36% merino wool and 9% nylon, this combination provides more warmth where required. Ideal for start-stop activities in the recent cold conditions, this close-to-body fitting top with venting chest zip is seemingly very resistant to microbial growth and unwanted whiffs. I have worn the top for three weeks now above base layers and have yet to wash it as it simply doesn't smell. However, as always, it is interesting to wear these garments in the outdoors for days at a time to see if they remain odour free as opposed to wearing them whilst showering twice a day – we'll let you know.

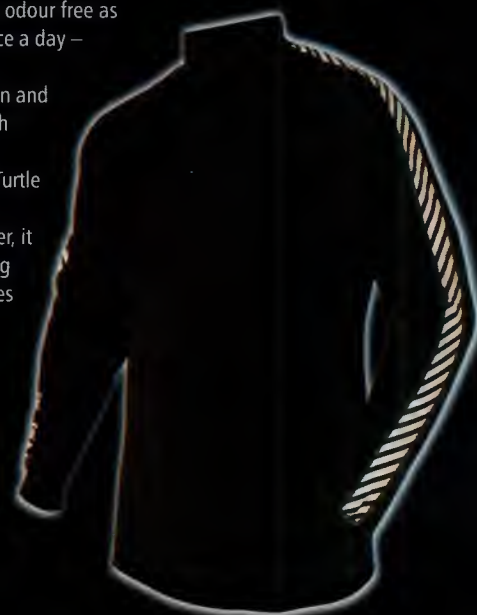
The flatlock seams prevent unwanted friction and is very soft and comfortable next to the skin with elasticity for excellent freedom of movement, however, unlike the other base layers – the Zip Turtle remains conservative in black or blue.

Designed for active sport use in cold weather, it has been a great piece of light but warm clothing during the recent cold snap. It is available in sizes XS-XXL and retails at £40.

- Plaited Eyelet Construction
- Raglan Sleeves
- Longer Back
- Close to the body fit
- Flatlock seams
- High level of moisture transportation
- Non-pilling
- Odour resistant
- Moderate drying time.

Steve Humphreys

Stockist information: [www.hellyhansen.com](http://www.hellyhansen.com)



## Top Tips for Boaters

**Authors:** Loel Collins and Franco Ferrero  
**Price:** £4.95p  
**Publisher:** Pesda Press  
**Distributor:** Cordee  
**ISBN:** 0954706145

A collection of practical tips and inspirational ideas gathered by two of the UK's most experienced expedition paddlers and coaches. The top tips come from Franco and Loel's combined experiences of white water, sea kayak and open canoe.

Experienced gained at home in the UK and abroad in places such as The European Alps, Scandinavia, Canada, the USA, Peru, New Guinea, Pakistan and East Africa.

For details go to [www.pesdapress.com](http://www.pesdapress.com)



## Canoe and Kayak Games

**Authors:** Dave Ruse and Loel Collins  
**ISBN** 0-9550614-0-7  
**Price:** TBA  
**Rivers Publishing UK**

Oh what fun! Canoe and kayak games should be in the armoury of any coach as they help to develop confidence, skills and awareness in an exciting and fun way. Dave Ruse (author of the original Canoe Games) and Loel Collins have joined together to produce this excellent resource for coaches.

This edition with new games and some old ones (396 in total)! the reader is taken on a journey that is both informative and imaginative. The book provides an array of games that will enable the coach to enhance any session whether for fun or with specific outcomes. It provides sound advice on the safety elements, the type of equipment needed and more importantly individual sections at differing levels and environments. This book should be seen as an essential tool for all coaches.

# Getting those Dagg

My personal opinion is that all Dagger kayaks should be red, because all five Dagger kayaks I have tested have been that fantastic dangerous colour. However, far from danger, the red of the Daggers have given me a sense of security whilst giving me those Dagger looks. From the excellent capabilities of the kayaks through to the build quality, neat detailing and comfortable cockpits. I have yet to come across a Dagger kayak that has disappointed. So it was with a sense of anticipation that the wrappers were taken off these two latest boats - and yes, they were red and yes, I had that same sense of quality, they had to be to get me on the water on a day that never rose above freezing!

## Dagger CFS Kayak



The CFS is not one of Dagger's latest kayaks - it's been around for three years or so now - however, it is one of the classic kayak designs that has easily several years left. The CFS is a formidable looking rock solid kayak that looks the part and is so stable and forgiving on a Grade 2 or 3 river run that you hardly need a paddle. The CFS incorporates planing hull technology and a short length for control and soft landings combined with high volume to make an extremely competent creeking machine. A tapered stern makes for excellent boofability, and the 75 gallon volume with a water-shedding design means quick resurfacing after going over waterfalls and the chance to run the steep stuff. Short rocker and rounded chine create great manoeuvrability.

Surprisingly fast and easy to turn, it should be one of the



first boats to try for small volume steep rivers with waterfalls etc - this is what the boat was designed for and where it feels naturally at home. The boat boofs very easy in one move, which is one of the important and fun factors to look for in any creek boat.

On the inside the boat is very comfortable with padded seats, water bottle holder, backrest, thigh braces and of course, adjustable footbraces. Safety features include a combination minicell/polyethylene bow wall, stainless steel grab handles/extraction bars, and the thighbrace and cockpit were designed to allow for escaping a vertical pin by stepping out of the boat without use of the hands.

To sum it up, a classic Dagger product and first class river running kayak suited for fast steep creeks where the CFS comes into its own providing safety and confidence. One of the best!

## PADDLE THIS

### Schlegel Work Blade Mango

A new product for the UK market is the competitively priced Schlegel Work Blade model. Great fun at every level, freestyle, creek and rodeo paddling. The nylon box construction saves weight and increases the stiffness of the blade. The homogeneous material is highly abrasion resistant.

The extra strong glassfibre shaft offers two ovalised grip sections for maximum paddle comfort.

Available lengths: 192-200 (by 2cm)

45° feather standard

Weight: 1150g

RRP £89.95

More information: **System X**

Tel: 01189 773 709

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



## Specs

Available in three vibrant colours: red, yellow and blue.

Length: 7'10" (2m 39cm); Width: 25.75" (65cm)

Weight: 40lbs (17kg); Volume: 75 gallons (280 litres)

Cockpit: 34" x 19" (86 x 48cm)

Paddler weight range: <220lbs (<115kg)

Dagger CFS on the street price of £499

## Dagger Juice

This all rounder is ideal for those wanting to play around with a bit of freestyle or surf in play holes but also using the same boat to run their favourite rivers.

The boat is available in two sizes the 6.9 for small to





# er looks



medium paddlers, and the 7.1 for medium to large paddlers and is targeted at intermediate to advanced paddlers who have a decent knowledge of river running and playboating, where the main drawback for a beginner would be the edginess you feel in the stability department. Primarily a river runner, it still provides neat play on any wave you wish to ride or hole you choose to play. This boat can achieve both, yet is small enough to surf and slice. An excellent stern-squitter, the loose hull also allows for quick carving moves.

The Juice doesn't have a hard chine, it has subtle channels on the planing part of the hull that

probably help with the surfing and carving it is pretty nippy for its length too.

The cockpit is very comfortable with the usual padded seats, backrest, thigh braces, water bottle holder and adjustable footbraces. The seat has the same adjustable ratchet bar system that the footbraces have so the thighpads can be spaced out farther or closer depending on your hips and length of leg. The adjustable bulkhead is fixed with screws on steel runners on the side which prevents slippage, though these can be removed and substituted with the supplied foam if you wish. Even with all these screws, the Juice remains dry on the inside and the results aid the real comfort on the water you feel with this kayak. The cockpit can be adapted for many different users without really changing any outfitting in about 20 minutes or so.

Very easy to paddle. There was one small surf wave and it surfed that with aplomb, easy enough to roll, though we didn't due to the freezing temperatures and fog that hung around all day. The Juice is an excellent boat because you can improve your river running, playboating skills and learn a lot in the Juice without having to upgrade to a pure playboat.

The Juice has to be considered as a very competent all-rounder – apart from touring, there isn't any situation where it would find itself out of its depth. It is a 'jack of all trades', that however, is not meant in a disparaging way but a compliment really, as there are not many other boats that can lay claim to that – and the Juice juggles all those trades very well in most cases.

As my 15 year old nephew Robert exclaimed; "this is sick." For the older ones amongst us that's a big compliment!



## Specs

Both sizes available in four vibrant colours: red, orange, yellow and green.

**Length:** 7'1" (2.16 m); **Width:** 26" (66cm)

**Weight:** 35 lbs (16 kg); **Volume:** 65 gallons (246 litres)

**Cockpit:** 34" x 19" (86 x 48 cm)

**Paddler weight range:** 170 - 240 lbs (77 - 125kg)

Dagger Juice on the street price of £599

**Peter Tranter and Robert Carroll**

**For more information**

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

## PADDLE THIS

### Palm Symbiant WW PFD

**What can you say about buoyancy aids or PFDs that hasn't been said before – they are an essential piece of equipment that have a crucial role to play!**

**Therefore any good buoyancy aid has to have three important features: freedom of movement, good tight fit and of course – the ability to float well.**

Palm's whitewater variant of the Symbiant achieves all three in spades. The free movement and tight fit are supplied by Palm's excellent box cut whilst more than 70N of buoyancy is enough to keep anyone afloat.

Adjustments and the excellent fit is provided by three V-shaped cuts so the front panel fits tight and snug against the chest and the very easy to use shoulder, side and waist straps. The finishing touches are provided by the zipped front pocket with two clip-in points and reflective tape on the shoulders and back of the PFD. The Symbiant WW also can be fitted with a Symbiant chest harness (£19.95).

A good looking PFD and prime example of an essential piece of kit for any paddler.

**Sizes:** XS/S, M/L, XL/XXL.

**Colour:** Cadet/Black.

**Price:** £69.95

**For further information:**

**01275 798100**

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



## HealthGuard's travel essential

**When the paddling stops and you crawl into your bed or bunk, have you ever stopped and wondered who was in the bed before you and just how hygienic it can really be?**

For the most part the contents of a mattress are harmless, if a little unpleasant, but as health and hygiene become a greater concern, a solution from HealthGuard has come to the market.

### If you are eating stop now!

If a mattress had an ingredients label stitched to its side it would read: Odour-causing bacteria, two million dust mites, mould and maybe much worse.... Mixed with that is the quarter litre of sweat that a body loses every night and half a kilo of dead skin per year. If this is your bedtime debris, that's bad enough, but when it's someone else's!

Although B&Bs, motels and hotels do their best to maintain hygiene standards, with some having a mattress cleaning policy, it's rarely a regular service.

Further to this, millions of people have allergies aggravated by dust mites.

HealthGuard's Total Hygiene DM1 is an effective, easy to use, dual-action spray, it both removes and prevents odour-causing bacteria, dust mites and mould from all soft furnishings, including mattresses. DM1 ensures that much needed healthy recuperation as well as peace of mind for allergy sufferers.

Total Hygiene DM1 cost £14.99 per can.

**Available by visiting [www.healthguardtm.com](http://www.healthguardtm.com) or by calling 020 8275 1100.**



## Canoe Camping Club

### Thames and South East Group. New Year Touring programme

Sunday 1st January, R. Thames from Walton (about 6 miles)

Sunday 22nd January, R. Thames and Abbey River from Laleham (about 6 miles).

Sunday 5th March, Grand Union Canal and R. Gade from Rickmansworth (about 9 miles)

The group welcomes individuals and families as guest paddlers. Trips are generally suitable for most abilities in open canoe and kayak. A BCU sticker or navigation authority licence is required. For further details contact: Robin Hickman, [Robin@rhickman.freereserve.co.uk](mailto:Robin@rhickman.freereserve.co.uk) Tel 01403 267244

## London Boat Show partners with the Daily Mail

6-15th January 2006

ExCeL, London

National Boat Shows today announced it had signed the Daily Mail as its media sponsor for the world famous London Boat Show to be held in January 2006.

The partnership will be run across TV, radio, print, exhibitions and online media from November through to January, culminating in what is thought to be the biggest ever reader promotion in conjunction with the show.

For ticket information please call 0870 060 0246.

Show dates and times:

Friday 6th January: 10.00-19.00 (Press and preview day)

7-14th January: 10.00-19.00

Thursday 12th January: 10.00-21.00 (late night opening)

Sunday 15th January: 10.00-18.00

## Bear Creek Adventure

Open Canoe-fest

10-12th February 2006

The annual Bear Creek Adventure Open Canoe-fest will be held in the picturesque area of Glasbury on Wye. The event, which is sponsored by Bear Creek Adventure and supported by Mobile Adventure, We-no-nah, Nova Craft, Mad River and Woodlands OEC. The event will bring together open canoeists from all over the country to paddle some of South Wales' finest touring and white water rivers. The rivers that are on offer range from grade 1 to grade 4 on the River Wye and Usk and their tributaries. In previous years we have had over 80 people on the water.

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

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

Once again full-board accommodation will be provided at Woodlands OEC, which will be our base for the weekend. The centre boasts excellent quality accommodation with drying rooms and lounges.

There will even be a full roast dinner on the Saturday evening to refuel canoeists before Sunday's adventures.

The cost for the whole weekend is £125, which includes full-board accommodation, river guides and guarantees a great weekend. Camping and day passes will also be available. Final preparations are well under way for our annual event – places are filling up fast!

Please call Bear Creek Adventure on 0870 050 8203 or email [info@BearCreekAdventure.co.uk](mailto:info@BearCreekAdventure.co.uk)

## Outdoor Adventure Show

17-19th February 2006

The Outdoor Adventure Show will kick off the adventure sports season in style at London's Olympia. Providing visitors with the ultimate 'adventure playground', the show promises to be every thrill-seekers paradise with everything the budding adventurer or committed adrenaline junkie could possibly want.

Watersports enthusiasts can experience the rush of

underwater action in the London Scuba 'Have-a-Go' Dive Pool, while the massive indoor Giant Stalactite will provide the ultimate buzz for budding rock climbers. Those with a head for heights will be able to learn and experience the sensation of hang-gliding on the cutting edge Outdoor Adventure Show simulator.

The Big Ride Arena will provide skate boarding and mountain biking enthusiasts with the opportunity to sample the latest equipment. If looking for something even more on the edge, the Urban Rat Race, the new adrenaline sport set to hit London, will be exclusively previewing at the show.

For those who enjoy the more social side of adventure sports, the Beach Bar will provide the perfect spot to enjoy a drink and relax, whilst listening to live acoustic sets and DJ's. Every evening the Main Stage will provide tunes from the UK's top musical talents and cool moves from the B-boys.

The on site 'Spirit of Adventure' Celebrity Theatre will be playing host to adventure guru's such as Sir Ranulph Fiennes and Ben Fogle, who will be giving a series of not to be missed speeches, guaranteed to inspire budding adventurists.

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

Ticket hotline: 0870 060 0958

## The Ordnance Survey Outdoors Show

17-19th March 2006

NEC, Birmingham

The year's most exciting show for canoe and kayak fans is back. Canoe 2006 is the place to get inspired, get involved and check out the latest kit.

### Indoor Peak UK Freestyle Championship

The Indoor Peak UK Freestyle Championship will take place in a purpose built indoor canoe pool in an event that's become a regular fixture on the British circuit, attracting international competitors.

### Watersports Theatre

Listen to top speakers sharing their knowledge and experiences of diving, canoeing and kayaking including top Olympic canoeists. More experts will be on hand with professional advice in the British Canoe Unions' member's lounge.

### Volkswagen Beach Café

The place to relax and enjoy a refreshing drink and soak up the atmosphere of the show before planning your next activity!

### The British Underwater Image Festival

The first British Underwater Image Festival, brought to you by Dive Magazine, SportDiver Magazine, National Geographic Channel and BsoUP. Underwater videographers and photographers of all levels – from hobbyist and amateur to professional – will bring the underwater world to life.

### Canoe Pool

The Canoe Pool will also be open to adults and children wanting to have a go. Professionals will be on hand from Peak UK to provide tips and advice. On the lakeside outside the exhibition halls, you will find manufacturers lining up their latest boats and paddling equipment for demonstrations.

### Come and have a go!

The Ordnance Survey Outdoors Show is the perfect opportunity to have a go at a range of other activities including diving, climbing and mountain biking.

Don't risk missing out – save money and buy tickets in advance. Call 0870 010 9086 or visit

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

Special Offer for Canoe Focus readers.

Two tickets for £16 if booked before 20th December saving £6 on advance prices.

Please quote CF1 when prompted.



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

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

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