

# Canoe

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John Dudderidge House,  
Adbolton Lane, West Bridgford,  
Notts NG2 5AS  
Tel: (0115) 9821100  
Fax: (0115) 9821797  
E-mail: [info@bcu.org.uk](mailto:info@bcu.org.uk)  
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**BCU Enquiries**

Above address

**President**

Albert Woods

**Chair**

Brian Chapman

**Chief Executive**

Paul Owen

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Tel/Fax: (01480) 465081

E-mail: [peter@canoefocus.co.uk](mailto:peter@canoefocus.co.uk)  
[www.canoefocus.co.uk](http://www.canoefocus.co.uk)  
[www.2bgraphicdesign.co.uk](http://www.2bgraphicdesign.co.uk)

**Canoe Focus Enquiries**

Above address

**Editor**

Peter Tranter:  
01480 465081

**Assistant Editor**

Debbie Colt

**Advertising Sales**

Anne Egan:  
01480 465081

**Illustrations**

Richard O' Donovan

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**The BCU vision is to:**

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

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

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

# Contents

## Regulars

- 5 Comment** By CEO Paul Owen.
- 6 News**
- 16 CCDP funding – what does it all mean?**
- 22 Performance**  
Lucozade explain their product range and what it means for you.
- 29 Access**  
Pull-out section on access news and three suggested paddles on the Rivers Crouch and Thames plus Windermere Lake by BCU members.
- 34 BCU 70th competition**  
Winners and collection of superb photographs from July and August and how to purchase the BCU calendar.
- 36 Youth**  
Focus on canoeing clubs.
- 38 Coaching**  
Principles of freestyle 4.
- 40 Letters**
- 45 Classified**  
Eight pages of courses, accommodation, events, insurance and the latest job vacancies in the watersport's industry.
- 54 Paddler's Gear**  
New kit and products from Rainbow, Lucozade, DB Xclusive, System X and Whittles Publishing.
- 58 Events**  
Summer's gone – so see what's on during the autumn.

## Competition

- 12 Slalom**  
The European, U23 and Junior Slalom Championships.
- 18 Slalom**  
A unique interactive DVD developed by GB Slalom's top coaches and paddlers.
- 20 Competition**  
Round up of all the news and results from this summer.
- 26 World Flatwater Racing Championships**  
From Prague plus other competition news.



### THANKS

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

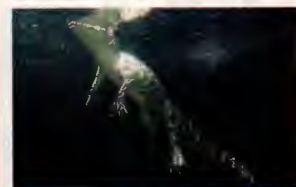
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**Front cover photo:** Fraser Florence and Adam Marshall competing in the European, U23 and Junior Slalom Championships  
**Photo:** Ian Beck 07946 607509

## Features

### 14 USA

Paddling with alligators and manatees in Florida.



### 24 Canada

Winding down the Snake River, Yukon in open canoes.



### 42 Finland

Sea kayaking in the grey Scandinavian chill.



### 54 Wales

Four paddlers take on the 2006 Ascent and Tour of Conwy.



- 28 The great coracle challenge**
- 53 The journey**

**YOUR CONTRIBUTIONS MAKE CANOE FOCUS HAPPEN.**

The quality and variety of news, articles, reports and photographs depend on the submission of material from you. Very few contributors are professional writers and photographers, so don't be put off writing because you have no experience! Canoe Focus is all about canoeist to canoeist dialogue: a paddler's magazine written by paddlers. **Technical Information:** Contributions preferably as a Microsoft Word file, which can be emailed to [peter@canoefocus.co.uk](mailto:peter@canoefocus.co.uk), or mailed to 2b Graphic Design, 49 Greenfields, St Ives, Cambs PE27 5HB. All material is accepted on the understanding that the BCU and it's agents cannot be held liable or responsible for loss or damage, although every care and effort is taken to safeguard material.

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# Comment by Paul Owen, Chief Executive

## Welcome to the October issue of Canoe Focus

The summer has quickly passed and many of you will no doubt have been out and about making the most of paddling in the sunshine. The summer season is also busy in terms of competition and we have certainly seen some excellent racing over the past couple of months.

July and August have been packed with events and competitions here in the UK and internationally. Although there have been many outstanding performances, for me the highlights of the second half of the summer are:

- **Tim Brabant's silver medal at the Flat Water Racing World Championships**



Tim has made an exceptional comeback after taking a year's break, it is great to see him back on top form and in the sport he loves (see page 26).

- **Fiona Pennie's silver medal in the Slalom World Championships**

This is the first British female medallist in eleven years and a



great achievement for Scottish born paddler Fiona. Fiona's medal was not the only one at the championships, Campbell Walsh won a bronze medal and the C1 team of David Florence, Stuart McIntosh and Daniel Goddard, won bronze (see page 20).

- **The Under 23 and Junior European Slalom Championships**



Hosted at Holme Pierrepont, Nottingham, it was fantastic to see lots of young talent and potential from across Europe. Mark Proctor won a bronze medal in the C1 class and the K1 Women's team comprised of Claire Harrower,

Lizzie Neave and Louise Donnington won silver in the team event (see page 12).

- **Jonnie Schofield's overall win of the Wild Water Racing World Cup Series**



Last year 21 year old Loughborough University student Jonnie won two gold medals and one bronze in the World Cup Series, but this year Jonnie has gone a further step and won the whole series – a fantastic effort.



Also in wild water racing, a special mention to Jessica Oughton who won a bronze medal in the Junior European Championships at just 17 years old. Congratulations to all of the above and to all the Great Britain team athletes.

### Flat Water Racing Championships

It is also worth mentioning the Flat Water Racing Championships held in Szeged Hungary. It was a real honour to be at such an enormous canoeing event which hosted not hundreds, but thousands of spectators. It was wonderful to see so many people enjoying the sport.

At the time of writing the Marathon World Championships have not taken place, so good luck to the Great Britain team.

### BCU's 70th anniversary photograph competition

The competitive season is drawing to a close and autumn is on its way but that won't stop many paddlers getting on the water. If you need some inspiration or are already thinking about Christmas

presents, you might like to know that a calendar has been produced from the BCU's 70th anniversary photograph competition.

It makes an ideal present for any paddler and demonstrates the real variety and fun of canoe and kayaking (see page 34).

### New Slalom Technique Library DVD



Also available and selling quickly is the New Slalom Technique Library DVD that identifies and demonstrates strokes and drills from the basic to more advanced whitewater techniques. Filmed in Nottingham using Great Britain team athletes, the DVD is a valuable resource for coaches and paddlers alike.

An order form for the calendar and the DVD is in this magazine (see page 18).

### PADDLE THIS

For your reference, the next issues of Canoe Focus in 2006/07 are:

**December**  
**February**  
**April**  
**Happy Paddling!**

## Páramo competition

**1st prize:** Mrs A Gray, 17 Medwin Close, Brotton, Saltburn by Sea, N. Yorkshire, TS12 2UP

Mountain pull-on and stretch pants

**2nd prize:** Pete Whitfield, 62 Woodfield Crescent, Ivybridge, Devon, PL21 0FB

Cambia long sleeve t-shirt and Cambia boxers

**3rd prize:** Johnny Johnston, 11 Thoms Street, Kirkwall, Orkney, KW15 1PF

Cambia short sleeve t-shirt and Cambia boxers

## BCU lifeguards

### Aquatic First Aid Trainers

Following the recent changes to the lifeguards examiner grades to coach levels 1-5, lifeguards have now completed changes to the Aquatic First Aid Trainer Assessor levels. To come in line with BCU terminology the following changes have been made. Aquatic First Aid Trainer Assessor will now become Aquatic First Aid Level 1 Coach.

Aquatic First Aid Tutor will become Aquatic First Aid Coaching Trainer.

These changes will allow for development of the Aquatic First Aid Level 2 award and the subsequent Aquatic First Aid Level 2 Coach award.

### Aquatic First Aid Level 1 Courses

Since the introduction of the Aquatic First Aid Level 1 award, trainers have been encouraged to supply all candidates with a suitable up to date first aid manual. BCU lifeguards and BCU coaching are concerned that too many candidates leave Aquatic First Aid courses with little or no handout materials. As from the 1st January 2007 it will become compulsory that all candidates receive an acceptable First Aid Manual as part of the course. Acceptable manuals include, BCU lifeguards first aid manual, voluntary aid societies manual, manuals from first on scene branded, or non-branded. A full list will be available on [www.bculifeguards.org.uk](http://www.bculifeguards.org.uk) or [secretary@bculifeguards.org.uk](mailto:secretary@bculifeguards.org.uk) by post to Phil Quinn, 29 Riverside, Newport, Gwent NP19 7AL. National Lifeguard Committee.

## PADDLE THIS

### Canoeing is the most popular watersport for the fifth year running!

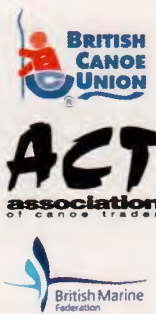
A recent survey has shown canoeing is the most popular watersport for the fifth year running, ahead of all other watersports. Thus was reported in the independent survey carried out on behalf of the RYA, BMF, MCA and RNLI.

The trend is also evident in the steady and consistent growth in the BCU membership figures, which are increasing between 6-9% per annum.

It would seem that the National Governing Body is not the only organisation to benefit from this dynamic sports' popularity. The dramatic increase in the sports popularity effects have been well received in the commercial sector. Many of the key canoe manufacturers have seen huge growth in sales this season. At the recent CLA (Country and Business Land Association) Game Fair held at Romsey, Hampshire the huge interest was evident from the thousands of people who were keen to try canoeing for the first time. A rapidly increasing number of the people who are interested in canoeing and the purchase of kayaks is from fishermen who are taking up the growing pastime of kayak fishing i.e. fishing from a canoe/kayak.

Dean Maragh, Chief Executive of the Association of Canoe Trades, comments, "Our Canoe Village has been one of the most popular features at several large, national shows. Over 500,000 people have been directly exposed to the Canoe Village with millions more seeing canoeing through the associated press campaigns, it's been a real boost for the trade and many more people are enjoying paddling"

Given sharing similar objectives of which getting more people on the water to try canoeing and kayaking, the BCU, ACT (Association of Canoe Trades) and the BMF (British Marine Federation) have been working more closely together to build positive relationships with the manufacturers and work towards promoting all of



the different types of canoeing one can do. The popularity of the sport is quite clear, given its many benefits, including:

#### Truly inclusive

Regardless of age, ability or goals with 8 different types of canoeing, 500 clubs in the UK and over 8,000 qualified coaches there is something for everyone.

#### Great recreation

Whether it is fast flowing, white water, or flat recreational paddling or even a team activity like canoe polo, canoeing caters for all tastes.

#### Healthy active

The attractive combination of getting close to nature, getting fresh air and keeping fit at the same time is difficult to ignore. It is a great way to build strength and to work the cardio vascular system.

#### Social activity

Canoe and kayaking is a great way to meet new people.

This could be by going to a local club, paddling with friends or volunteering.

#### Economic Benefits

The canoeing industry in its widest sense put in a phenomenal amount of money in to the national, local and rural economies.

Paul Owen, Chief Executive of the BCU comments: "The survey is no real surprise to us, this is a fantastic sport with many benefits and is enjoyed by so many, which is why it continues to be such a popular and rapidly growing sport."

## Cheshire Ring Race

### First ever lady non-stop solo!



This year's Cheshire Ring race, at the end of June, took place in ideal conditions, pleasantly warm and little wind. The start is on the Macclesfield canal and paddlers head north and anti-clockwise taking in the Peak Forest, Ashton, Rochdale, Bridgewater and Trent and Mersey canals before returning to the Macclesfield canal and back to the start line, 96 miles later and having portaged 92 locks and five tunnels.

Maggie Dilai of Pennine CC became the first lady to attempt and complete a non stop circuit of the Cheshire Ring in a single kayak. She finished second in 22 hours 13 minutes, less than one hour behind Chris Hills of Banbury CC. This achievement is all the more remarkable because before this year only 17 out of 31 solo non-stop attempts had been successful. Mark Finch of MADCC also succeeded in his non-stop attempt (22 hours 33 minutes).

Started in 1977 as a challenge for father/son teams the event has evolved into a race for a variety of all the way and relay formats but the standard formula is a relay consisting of five pairs of adults and juniors. This year's winning time was 16 hours 33 minutes in racing K2s by a team from Ealing CC

(beating Manx Paddlesports into second).

There were some other notable achievements this year. A new record for the K1 three paddler relay (16 hours 19 minutes) was set, beating the previous best time by seven minutes. Four local paddlers also claimed a new record by being the first to complete as a K1 four paddler relay (19 hours 56 minutes but with a combined aged of well over 200) and the Kingston KC K2 4 paddler relay maintained the tradition of father/son teams by including representatives of three generations from the same family.

The slowest teams are perhaps the most deserving of credit. Two Territorial Army groups from Liverpool used eight paddlers each in an attempt to get their aluminium open canoes around the course. Squadron 238 had to retire after 73 miles, when they were half way up a series of 26 locks known as Heartbreak Hill, while Squadron 235 were the last boat off the water, finishing in 26 hours 17 minutes. A tremendous achievement, even though they didn't manage to beat their time of last year.

On behalf of all the participants, thanks to the marshals etc, Brookbank Canoes and especially to the support crews without whose help we couldn't have had so much fun. Next year's race will be on the weekend of June 30th/July 1st. <http://myweb.tiscali.co.uk/cheshireringrace/> and [www.madcc.co.uk](http://www.madcc.co.uk) (and follow link to photoblog) for photos.



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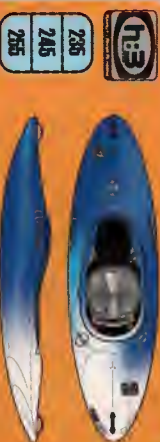
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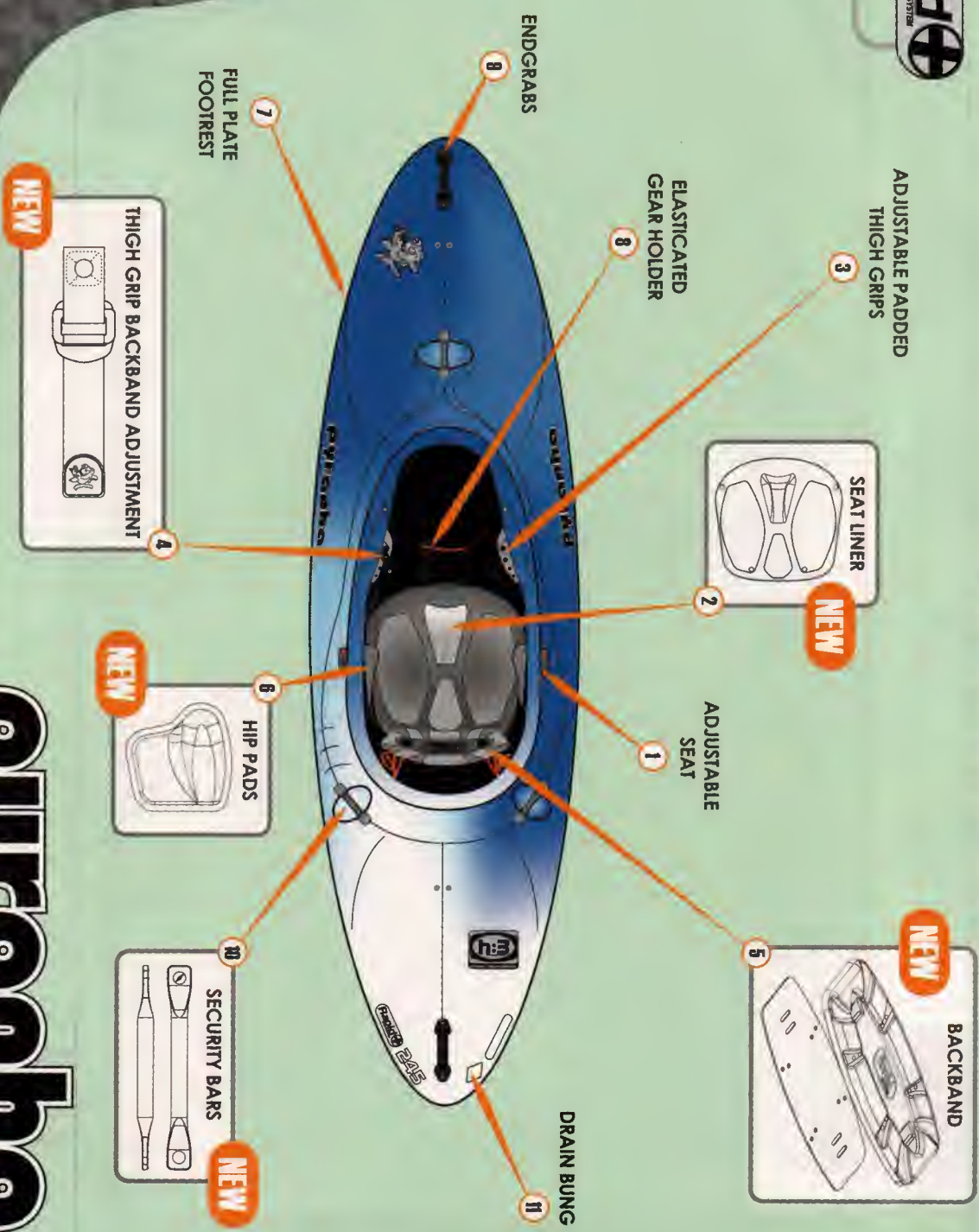
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## Sponsored paddle

Nick Brain is to do a sponsored paddle from Birmingham to London to raise funds for Birmingham Childrens Hospital starting September 29th. He has set up a website which gives further details at:

[www.nicksbigpaddle.zoomshare](http://www.nicksbigpaddle.zoomshare)

Nick Brain 07855 022893

## Tyne Valley CC 20th celebrations

Tyne Valley held their anniversary funday to celebrate the 20th anniversary of the club on 15th July.

The event was a great success with free taster sessions followed by a cardboard canoe race and then a 'Paddle a mile' event where they raised several hundred pounds for Sports Relief. The taster sessions generated lots of interest and the coaches worked hard as still more people arrived wanting a taster session after three hours! They hope the 'Great North Paddle' may become an annual event.

The club is continuing to thrive with a growing membership and special interest groups including freestyle, river running, slalom, sea kayak and open canoe. Thanks to support from Prudhoe Town Council, Tynedale Council, Awards for All and Thompsons of Prudhoe, the club have extended their storage facilities and acquired a range of new boats and equipment suitable for younger paddlers.

Following a coach training programme there are now 16 qualified coaches to support the growing club membership. The club is working with a range of partners including Scout groups and schools while moving towards gaining Topclub and Clubmark status.

Contact the Secretary Andy on 01661 854626 or email:

[topbananaman@hotmail.com](mailto:topbananaman@hotmail.com)



## READ THIS

# Tree surgeons canoe the Yukon River in aid of charity

Two ordinary tree surgeons, Barry Ballard and Brendon Hogan from Hampshire embarked on their 'dream of a lifetime', whilst raising funds to make the dreams come true of terminally and seriously ill children.

The endurance challenge they set themselves was to paddle the entire length of the Yukon River in a 20 foot canoe with nothing but supplies and survival skills. Starting on June 1st, the expedition was completely unsupported and contact with the outside world was limited to a handful of towns along the way. But once Fort Yukon was behind them it was 1,500 miles of arduous paddling until they reached civilisation again – three months later.

The Yukon River's head waters start in Lake Laberge, Canada and meanders through Alaska up to the Arctic Circle expanding up to eight miles across in places. Almost 2,000 miles later, the mighty Yukon pours into the Bering Sea, one of the most inhospitable places in the world. Many of the items they needed for the expedition, including the canoe were generously donated by UK and Canadian companies.

They did, in 50 days, what most people claimed would take between 70 and 80. Barry said "Although I lost a stone and a half, hopefully I came back a fitter and better person. It was a team effort and without Brendon I couldn't have done it. Hopefully he'll say the same about me! 2,000 miles seems like a hop, skip and a jump now, although after the first 1,000 miles we weren't saying that!"



At times, the weather was really bad. The seas were really high and with the wind in your face a canoe does not go forward very fast! On our best day, we covered 78 miles, our worst was 11. It was at times like this that we almost felt like quitting but we didn't. There's a saying I use, "It's when things seem worst that you must not quit". This I kept reminding myself of.

We've raised quite a bit of money for Dreams Come True so far and with the help of the three freight companies, we have been able to bring the canoe back to the UK and use it at various functions to raise further awareness of the good work carried out by this charity.

The site is still open for donations and we plan to hold a dinner, talk and photos soon.

[www.justgiving.com/yukonchallenge](http://www.justgiving.com/yukonchallenge)

## Memories of slalom worlds



In 1981, Britain hosted the sprint, racing and slalom world championships where slalomist Richard Fox won the first of five individual gold medals. His was not the only success. The slalom and racing championships were held in Bala where an army of volunteers will remember the rain!

Days and nights of rain turned the river banks into ploughed fields! There was, however, a silver lining in the sun where on the last day, where there was gold for the men and C2s, and silver for the ladies.

The 1983 slalom worlds were in Merano, Italy with individual gold for Liz Sharman and Richard, a silver for Jane Roderick and medals for every team. The publicity coup was Breakfast Time TV closing with the ladies team run, live!

Times have moved on. Slalom now has its own website but in those heady days of the '80s publicity and results travelled by 'snailmail'. There were no answerphones in 1985 but there was a manual results service. Those who got through on the private and overheated phone heard that there was gold for Richard, bronze for Gail Allan and Martyn Hedges and a team bronze for the ladies. By '87 the sport had an answerphone on which to record the results – Progress!

In recent times there have been more medals in world championships but lets pause and go back into slalom history. There is a fine bronze trophy in memory of Paul

Farrant who won the worlds back in 1957. Richard was 17 years old when he was in the Spittal (Austria). Albert Kerr, took the gold medal and Richard knew that he, too, could win gold if he trained until it hurt and then train some more for good measure. Richard's training schedule in those days was gruelling but ultimately rewarding.

**Jennifer Munro, Slalom Publicity Officer (retired)**

## New outdoor centre

Saturday June 24th saw the new Brownhills Outdoor Centre opening its doors

The £610,000 project provides a home for Walsall CC as well as a canoeing and boating facility for all the community. It also provides British Waterways (BW) with the ability to replenish narrow boats and barges with fresh water and for canal users to dispose of litter and effluent in a sustainable way.

The project was spearheaded by BW, who, together with Sport England, the EU's Regional Development fund and the BCU conceived, designed and built it in just two years.

The partners have also combined together to appoint manager and coach Paul Lester for a minimum of two years to both promote the facility and to coach paddlers. The canal alongside the building has over 20 miles without a lock and eventually if the Lichfield canal is restored this will 'T' off just a few yards upstream.

The site is a former coal dock and rail head. One of the docks has been refurbished to act as a small harbour for barges. The other has had a slipway installed for canoe and boat launching. The site has a further big advantage in that it is opposite a large supermarket and retail park which helps to give canoeing a higher profile with the public.

Chris Hawkesworth the BCU's Access and Facilities Officer together with the Deputy Mayor of Walsall in opening the building said "This is an example of joined up thinking for us all".





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## Paddling at Nene, Northampton

Since the opening of the centre for kayaking activities in June 1999 other business activities, such as corporate rafting and conference training etc., have had to support the real cost of white water kayaking by up to 50% per annum per individual ticket. This was due to not originally knowing the true costs of running the electric pumps when there are insufficient paddlers using the course and to date the current support subsidy to the paddler alone is in excess of £200,000.

In 2005 the trading operation of the centre was acquired by its management team and one of the prime reviews undertaken was the running costs of casual paddling and evaluating how the continued offer to the paddler could be maintained. The only constructive way forward was to reduce paddling hours to ensure that the course was running with the potential of viability rather than a trading loss. It was quite clear that the subsidy of 50% needed to be reduced immediately and to this end a minimal price increase reduced the subsidy to 25%, a massive 100% improvement. The centre has not received any additional support funding from any of its partner organisations since opening and had it not been acquired by its management would have ceased trading.

Recently the new operational timetable for casual paddling opening has created a few problems for paddlers who travel to the centre from afar. We strongly recommend that all paddlers phone the centre (01604 634040) prior to departing from home and/or refer to the web site ([www.nenewhitewatercentre.co.uk](http://www.nenewhitewatercentre.co.uk)) to check opening times and dates. Sometimes the centre is closed for BCU and club events and these are clearly identified in advance. It is the intention of the centre to set up a 'paddling line' for the 2007 season and details will be circulated in due course.

Opening times for casual paddling  
Tuesday 18.00 to 21.00  
Saturday 09.00 to 12.00  
Sunday 13.30 to 18.00  
These dates remain in place until March 1st 2007.

**David Ferguson - Director**  
**Gary Denton - Director**

## PADDLE THIS

### Shaun Baker time trials jet kayak

Shaun Baker and his team have been testing the first ever planing freestyle hydro jet kayak in the world.

The team were testing the kayak at Dorney Lake Eton at the end of August. The aim was to establish what speed the kayak is capable of.

The time trials were monitored by officials, but as of yet the speed has not been verified by the authorities and the Guinness Book of Records. Watch this space for more information or visit: [www.jetkayak.co.uk](http://www.jetkayak.co.uk)

Photographer: [darrenbakerphotography.com](http://darrenbakerphotography.com)



## Paddler appeal

You may have heard there is an artificial whitewater course planned for Stockport in the North West. Stockport MBC in partnership with the BCU have agreed in principle to get the course built subject to planning. The planning application is to be made by the BCU.

Of the £100,000 it will cost we only have £82,000 and this is where your support and help is needed. Do you own a company or work for a company that will donate something toward the £18,000 we need, or can you donate no matter how small to raise the remaining money.

If every member of the BCU donated a pound we could

raise it easily, but you don't have to be a member, one pound that's all. The NW BCU have an account with the Nat West so next time you pass, please call in. The numbers you need are Sort Code 60 40 08 Account 3280 6361, which is the Stockport Whitewater Account.

What's in it for you? We can't promise anything as it depends on who finally runs the centre, but you will know that you have directly contributed to an International course which will cater for everything from playboating to polo, slalom to creek, it's got everything except the £18,000 to start it off.

If you are passionate about our sport, then let's show them how much and not let this one pass by – but we have to show them how popular our sport is to make that happen. Please tell everyone you know every penny will count. Any Questions: e mail [roy.briscoe@btopenworld.com](mailto:roy.briscoe@btopenworld.com)  
Happy Paddling, Roy Briscoe, NW BCU Secretary

## OBITUARY GARY MANWARING



Gary Manwaring tragically drowned on the Lower Beas river below Manali, India, on 21st August. He came out of his boat after several attempts to roll, and didn't

make it to the river bank, despite the group's continued attempts to help him swim to the side. His friends managed to get Gary out of the water and start CPR which continued for over an hour and were also able to call for help with a mobile phone. The local police assisted in evacuating him from the far river bank. The team took him to the Lady Willingdon Hospital in Manali, which has resuscitation equipment and western medical staff. Sadly nothing more could be done.

Gary was head boy at school, studied at Exeter University and went on to have a very successful career as a solicitor in central London.

Most of Gary's holidays were spent on adventures either on the river or in the snow with his friends. He was a very experienced boater with worldwide river experience and was a driving force behind organising the trip to India. He will be deeply missed by all who knew him.

A photo website to remember Gary has been set up, on which everyone who has pictures of adventures with Gary can share their memories of him with his family and friends. There are hundreds of photos of Gary having fun on the river and in the mountains.

<http://uk.360.yahoo.com/garyjmanwaring>

Gary's family have also set up a fund to purchase an item of life saving equipment for the Lady Willingdon Hospital, who did their very best for him.

## Scilly kayak

The Penzance CC recently chartered the fast catamaran named 'Pamela P' for a weekend on the Islands – an alternative way to kayak around the beautiful Isles. A five day hire for ten people works out cheaper than booking the group and the kayaks on the ferry and then booking accommodation or camp sites.



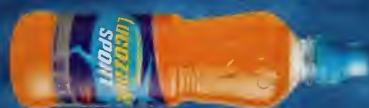
One phone call to the skipper Fred Buckingham and all the organisation is done. We loaded the kayaks on the wheelhouse roof after work on Friday and three hours later we were enjoying a meal on deck at a beautiful anchorage off the Eastern Islands. We split into two groups for the kayaking. One group in expedition kayaks wanted to leg it while a group in slalom boats had a more leisurely approach and stopped off to explore as many islands as possible. Saturday night we ate at the Fraggie Rock on Bryher but it could have been any island we chose. It made it so simple as Pamela P met us at the end of the day's paddle. The bunk accommodation on the boat is simple but very adequate. The large enclosed wheelhouse and galley provides comfortable seating and there is a splendid toilet which you access from the main deck.

If your club is interested there is more information at [www.penzancescuba.co.uk](http://www.penzancescuba.co.uk). Canoe Focus will feature the Penzance CC's exploits in an article next year.

Lucozade Sport and the Winner device are trade marks of the GlaxoSmithKline group of companies.



**SOMETIMES  
THE DIFFERENCE  
COMES DOWN  
TO JUST A FEW  
MILLILITRES**



## RESULTS

**Men's K1 Junior Team Event**

- 1 POL Polaczyk, Chojnowski, Polczyk
- 2 CZE Prindis, Maslanak, Vondra
- 3 GER Menke, Hitz, Brabender
- 5 GBR Anton Lippek, Jonathan Akinyemi, Toby Jones

**Men's K1 U23 Team Event**

- 1 POL Polaczyk, Polaczyk, Popiela
- 2 GER Kraus, Sussenbach, Ewald
- 3 ITA Romeo, Gheno, Molmenti
- 10 GBR Andrew Marshall, Greg Hitchen, Andy Hadfield

**Men's C1 Junior Team Event**

- 1 POL Hedwig/Szczepanski/Bartos
- 2 FRA Cardiet/Viellard/Neveu
- 3 SLO Skubik/Ontko/Gajarsky
- 8 GBR Peter Hall/Mark Proctor/Greg Pitt

**Men's C2 U23 Team**

- 1 FRA Fougere/Fougere, Klaus/Peché, Voyemant/Troquet
- 2 GER Junker/Krenzer, Bartsch/Wiedemann, Felix/Piersig
- 3 CZE Zdrahal/Zdrahal, Koplik/Vrzan, Vlcek/Hammer

**Men's C1 U23 Team Event**

- 1 POL Czaja, Kiljanek, Supowicz
- 2 SLO Zakrajsek, Savsek, Civcija
- 3 GER Hoffmann, Zirka, Wirsching
- 9 GBR Colin Radmore, Dan Goddard, Adam Marshall

**Men's C2 Junior Team Event**

- 1 SLO Taljat/Bozic, Oven/Slapsak, Janezic/Janezic
- 2 POL Bobrowski/Weglarz, Kasprzak/Kasprzak, Salamon/Kwiatk
- 3 FRA Biso/Picco, Del/Grandemange, Mouroux/Barbier

**Women's K1 Junior Team Event**

- 1 GER Alberti, Poschel, Horn
- 2 CZE Kudejova, Blazkova, Dandova
- 3 FRA Lyphout, Jaquet, Mangin
- 4 GBR Alice Spencer, Sarah Chynoweth, Hannah Burgess

**Women's K1 U23 Team Event**

- 1 GER Utz, Louen, Pfeifer
- 2 GBR Claire Harrower, Louise Donnington, Lizzie Neave
- 3 FRA Douzidi, Lafont, Fer

**Men's K1 U23**

- 1 SLO Kauzer
- 2 POL Popiela
- 3 Molmenti
- 15 Andrew Marshall
- 20 Greg Hitchen
- 21 Andy Hadfield

**Men's K1 Junior**

- 1 CZE Vondra
- 2 FRA Delfour
- 3 POL Polaczyk
- 11 GBR Toby Jones
- 14 GBR Jonathan Akinyemi
- 28 GBR Anton Lippek

**Men's C2 U23**

- 1 SVK Kucera/Batik
- 2 FRA Voyemant/Troquet
- 3 CZE Vlcek/Hammer
- 4 GBR Fraser Florence/Adam Marshall

**Men's C2 Juniors**

- 1 CZE Gotwald/Vlcek
- 2 FRA Biso/Picco Pierre
- 3 FRA Del/Grandemange

**Men's C1 U23**

- 1 SVK Slafkovsky
- 2 FRA Peschier
- 3 GRE Tsakmakis
- 6 GBR Colin Radmore
- 9 GBR Dan Goddard

**C1 Junior**

- 1 POL Grzegorz Hedwigpol
- 2 POL Dawid Bartospol
- 3 GBR Mark Proctor
- 7 GBR Greg Pitt
- 19 GBR Peter Hall

**Women's K1 U23**

- 1 SVK Dukatova
- 2 GER Pfeifer
- 3 GER Utz
- 5 GBR Lizzie Neave
- 11 GBR Louise Donnington
- 18 GBR Claire Harrower

**Women's K1 Junior**

- 1 CZE Kudejova
- 2 CZE Blazkova
- 3 SLO Kragej
- 13 GBR Alice Spencer
- 16 GBR Sarah Chynoweth
- 19 GBR Hannah Burgess

# European U23 and Junior Slalom Championships

National Watersports Centre, Holme Pierrepont, Nottingham

August Bank Holiday  
24-27th August, 2006



It really doesn't seem like two months ago I was writing the article to publicise the forthcoming 2006 Under 23 and Junior European Canoe Slalom Championships at Holme Pierrepont, Nottingham from 24th to 27th August, here we are now, event over, medals won and many happy memories of a wonderful event.

It has been 11 years since slalom had hosted a major event, we were all a bit rusty and the organisation of the event over the preceding year had not passed without incident! However, a week before the event a small advance party of the army of volunteers that were needed descended on HPP to erect the infrastructure and set the scene for what was to be an event to remember.

The weather was mixed, typically windy and where was that heat wave we had been promised!

The chief judge and jury made a controversial decision in insisting that all of the pole heights were approximately 15cm from the water, this led to much heated discussion as to whether this was spoiling the spectacle of the sport. This was as a direct result of the judging fiasco at the World Championships in Prague the previous week.

The opening ceremony was held at Via Fosse at

Castle Wharf, thanks to them for their hospitality. 21 Nations all in team track suits and carrying their flags arrived in a torrential down pour accompanied by thunder and lightning! The good old British summer! The demonstration paddlers, K1 Women Laura Blakeman and Fiona Pennie, C1 David Florence and K1 Man Richie Hounslow braved the weather ably encouraged by Etienne Stott on the commentary. However by the time the speeches were made, the rain had stopped, and there was not an umbrella in sight!

The competition began in earnest the following day, beginning with the qualification race for the C1 and K1 Women's classes. All of the GB paddlers qualified for the semi-finals to be held on Sunday, with a stunning performance from Junior C1 Mark Proctor who qualified in first place.

Friday was the turn of the K1 Men and the C2 classes, again all GB competitors lived to fight another day by qualifying for the semi-finals. The most notable performance being that of newly paired up C2 crew of Fraser Florence and Adam Marshall who finished fourth.

Saturday was team race day and the U23 K1 Women's team of Lizzy Neave, Louise Donnington and Claire Harrower were the stars of the day finishing in silver medal position. The rest of the teams were let down by too many penalties. Again great debates abounded as to whether this was due to lower poles than they were used to or perhaps not enough team racing practice, this discussion I am sure will continue for many weeks. Of the eight team races, the Polish teams took 50% of the gold medals – pretty impressive!

Sunday was the day for the battle for the medals, with all our individual competitors making it through qualification there were high hopes for a fistful of medals. However, with only the top ten going into the final – the competition was hot!

In the junior C1's Mark Proctor finished in an excellent second place and





Greg Pitt seventh, both progressing on whilst Peter Hall finished in 19th place – the end of the race for him. The U23 C1 class also saw two go through to the final; Dan Goddard qualified in ninth place and Colin Radmore seventh. In the final, proctor did an excellent job by taking the bronze medal coming behind Grzegorz Hedwigpol of Poland who won the event in a time of 199.79.



11th. Well done Toby – he is the one to watch for the future.

For those who were there, we witnessed some outstanding racing with a world-class line up, the atmosphere was electric and everyone was caught up in the spirit of the event – those of you not there missed a real spectacle. A great big thank you to

everyone who helped make this race a success, it is a mammoth team effort and without all the volunteers it would not happen.

Let's hope in the years leading up to, and after 2012 we will continue seeing slalom racing of such high calibre.

Thank you also to the sponsors - Lace Market Properties, EPM Technology, Northfield Construction. For full results and pictures visit:

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

Photos by Dave Leathborough - Focused on Adventure [dave@focused-on-adventure.com](mailto:dave@focused-on-adventure.com)

The K1 Women did not fair quite so well. All of the juniors failed to make the top ten and in the U23 class only Lizzie Neave would be going into the final with an excellent third place, Louise Donnington finished in perhaps the worst place possible, 11th! and Claire Harrower 18th.

Florence and Marshall finished a creditable fifth place to see their medal campaign remain alive.

Just the K1 Men to go but unfortunately again penalties let many of them down. The most outstanding run of the day however belonged to Toby Jones at only 15 years old and who after selection was the junior reserve paddler. Toby raced due to James Mugford sustaining an injury and gained a personal best by finishing in that 'just missed it' position of



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# Claudia loves alligators



**We have nine alligators in our house; of course, they are ceramic or wooden or painted, but they are alligators. Living in Florida, we have grown up with real gators as we call them here. With all the growth here, gators can be found in backyards, school grounds, golf courses, or almost anywhere really.**

Being a kayak guide in Florida, I have seen a lot of alligators of all sizes in all sorts of places. I wanted Claudia and a few close friends to see some gators in a pristine setting, a place which Florida was like a 100 years ago.

I decided we would go to the Myakka River, just southeast of Sarasota, which is about halfway down the west side of the Florida peninsula.

The Myakka River has an upper and a lower lake that are joined by a true wilderness river...very thick sawgrass and jungle surround the waterway. One sees a large variety of birds, from common vultures, bald eagles, egrets, and ibis to even more rare species like the two-metre tall Sandhill Crane and the Florida Scrub Jay. This area is also known for the large wild hog population; deer and coyotes abound as well.

The plan was to put in between the two lakes, paddle downstream to the lower lake, and return back upstream to the cars. Once on the water, we follow the winding river, and not 75 metres down stream we see a big fat three-and-a-half metre gator laying on shore soaking up the winter sun to stay warm.

Winter is the dry season, so lakes and rivers dry up this time of year. As we paddle past this gator, we have to look up at it from our kayaks. Alligators are really pretty shy creatures. They don't attack people but would rather shy away. Certainly, there is the rare occasion, but even then its been shown most alligator attacks have been precipitated by the human taunting the alligator.

Back on the river we round corner after corner to see several more overly large blackish-green lizards, sometimes in the water with just their eyes and nostrils above the water's surface. They are very patient and are creatures of opportunity. A large gator needs to eat only one meal a year!

With the ability to regulate their metabolism,

they seem very lazy, slow-moving creatures, but in short sprints across the ground, they have been clocked at 65mph!

As we come to the river mouth, we enter the lower lake and count 14 alligators from where we sit in our kayaks. All of them are at least two metres long. A bald eagle flies overhead, and the water is alive with turtles and fish – no wonder there are so many gators here: lots of food for them.

At the outflow of the lower lake there is a spring called Big Hole. I want to check it out with Thomas, but we pass a canoe (the only other people we saw this day) coming back and they had counted 65 alligators on the shore at Big Hole.

Claudia and Kristen felt we had seen enough gators, and with the sun heading lower in the sky, we headed back upstream. As we come around a bend, a huge gator slithers off the shore, and with the water level as low as it is, it nearly stretches across the river. How to get past this one safely? We are sat in our kayaks wondering how to get past when he moves off on his own.

Back at the take out, we decide on dinner in St. Petersburg and to look for Manatee tomorrow.

## Gentle giants

The West Indian Manatee is a warm blooded mammal whose closest living relative is the elephant. These gentle giants have no natural enemies. They are strict vegetarians usually found in shallow waters eating seagrass and floating about in small family groups. They can grow up to three metres long and weigh 1,800 pounds. Their young are born live and are about 150 pounds at birth.

In the winter when the warm gulf waters cool down, manatees make their way to and up rivers where the water stays consistently warm year round.

These rivers are spring-fed and are usually crystal clear, so they are great for wildlife viewing as well as swimming, and kayak rolling.

We decide to head north from St. Petersburg about an hour and a half by car to the Weeki Wachee River. It has long been a favourite paddle of mine, really not much more than a large creek, but it's just beautiful.

I always see manatee on this river, one of several that they congregate on regularly. The Weeki Wachee has been used as a movie set. At the headsprings there was once a tourist attraction that featured a live mermaid show featuring lovely ladies who swam in mermaid costumes.

Not that many alligators are on this river, but there are several river otters and a variety of fish, from the ever-jumping mullet to yellow-tailed amber jack. And close to the springhead where the river starts, we see lots of wood stork, brown pelican, ibis, egret, heron, and osprey. The plan is to paddle from close to the mouth of the river upstream about seven miles to the springhead, then back downstream to the cars.

Once on the water we turn into the current using eddies in bends in the river to go upstream with ease. About 200 metres upstream, we come to an outflow of water that rises to the river bottom from an underwater chimney that is about 30 metres deep and a favourite spot in which scuba divers play. Near a boat with a dive-flag float on the surface, we see bubbles coming up from the divers.

I hear something that sounds like someone breathing through a tube, and then I see the first manatee of the day! About two feet from the left side of my bow is a baby manatee about a metre-and-a-half long. As I look around, I see another on the bottom just below me, an adult twice as wide as my kayak and three-and-a-half metres long. It floats along the bottom eating seagrass.

The young one slowly sinks back toward the bottom for more salad, as yet another one surfaces across the way next to Claudia's kayak. We seem to be surrounded by them.

In Florida, there are about 3,000 manatees remaining from a once much larger population. They are an endangered species with about 300 born each



year and about the same number that die or are killed each year.

The biggest killers of manatee are (you guessed it) people. Powerboats hit these slow-moving behemoths and cut them with their propellers, but more importantly, the blow of the moving boat causes internal damage that in many cases causes death. It is a rare sight, and a sad commentary, to see adult manatees without scars on their backs.

Back on the river, the young manatee is curious about the kayaks and comes over to each one and checks out the kayak and its occupant. When paddling with manatees you don't paddle at them; paddle either parallel or at a slight angle to them and they come and check you out. Like all wildlife, they shouldn't be touched or chased.

Nigel dons his dive mask and flips his kayak upside down to have a face-to-face view of these sea cows. When you're upside down in your kayak looking at these benign creatures, you can hear them chewing their cud. The crystal clear water lets us see every wrinkle in their grey, mottled skin.

Once, several years ago, paddling across Gullivan Bay in the Everglades, my friend Mark, who was paddling out in front of me, had his kayak lifted out of the water by a huge explosion, like a depth charge going off under his Nordkapp. He had paddled over a sleeping manatee and frightened it, so, fortunately, it was flight, not fight, for the manatee.

Some rivers like Crystal River, which has a huge first magnitude springhead, can have 60 or 70 manatees in the winter floating around the spring where the water is warm. As we head up river we find our lunch spot. Everyone gets out of their kayaks and breaks out lunch while I stay in my kayak to fool around.

Nigel yells out to me, "Manatee, under you!" just as I fall over to roll. Another baby manatee and its mother pass by mere inches away. They are so close, I could reach out and touch them if I wanted to. The young one looks in my eyes for a split second then turns away to follow mom.

Just another day on the water in Florida. ●

**Russell Farrow**



**FACTS :**

**Russell Farrow is a BCU Level 3 sea coach.** Sweetwater Kayaks is located in the Tampa Bay area, which is halfway down the west coast of Florida. They have a 12,000 square foot retail space where they teach, rent, repair and sell paddlesports gear. Each February they host a sea kayak symposium and a BCU skills/assessment week. Sweetwater Kayaks specialise in half-day multi-day tours, from east coast surf to spring fed rivers, flat water bird watching to 4 star plus sea conditions. The water is always warm and inviting, wildlife abounds, the guides/coaches are friendly and fun. [www.sweetwaterkayaks.com](http://www.sweetwaterkayaks.com)

## Junior Sport Development Project

The BCU Young People's Programme has applied to Sport England as part of the Community Club Development Programme for funding to support the purchase of junior equipment under a new BCU Junior Development Project. This follows on from two previous successful funding applications which has supported over 50 BCU clubs with junior equipment.

The equipment will target young people in the 8-12 age groups to support our aims for Long Term Paddler Development.

All Clubs who have achieved Top Club/Clubmark status are eligible to apply (with the exception of those who have received equipment under previous bids and who failed to return membership data). Clubs will be contacted direct and they will be invited to apply for up to £2,000 worth of equipment for which 50% funding will be provided.

For more details of becoming a Top Club visit the Youth web site pages at [www.canoe-england.co.uk](http://www.canoe-england.co.uk) or contact your nearest Paddlesport Development Officer.

## Placid Water Programme

The British Canoe Union have received a grant award of £204,250 to support their Placid Water Programme, a nationwide project introducing young people (U12) to canoeing.

The grant will be used to purchase equipment that includes the introduction of a new class of canoe with associated competition class and coaching syllabus. The BCU will also purchase a number of Ergo Machines to provide a dry start to the sport, allowing coaches to coach techniques in a warm and safe environment rather than on the water. Revenue funding from a number of partners will be used to support the delivery of the project with investment in coaching and volunteers. Around 93 canoe clubs and canoe sites from all over the country will benefit from the investment.

# CCDP funding – what does it all mean?

Even if I told you it stands for Community Club Development Programme, you're probably still none the wiser – although the clue is in the name. It's a government initiative to support community based sports clubs to do what they do best – introduce and nurture future sporting stars and to involve the community in great worthwhile activities.

The Department of Culture, Media and Sport (DCMS for acronym lovers), through Sport England, is aiming to improve grass-level sports facilities with its CCDP funding.

In canoeing's case, it is about being smart at what we're doing – professionalising with a little 'p' and raising the image. It recognises that the best coaching in the world might be taking place and that our excellent canoe clubs are capable of developing future world champions or paddlers capable of worldwide first descents. It's a case of critical mass, the more paddlers clubs can attract the more likely they can nurture talented performers and coaches.

CCDP funding is one of the BCU's successes. Round one of the CCDP programme is nearly complete and thanks to the BCU securing funding of £1,660,000 over three years, eleven clubs are proudly using new facilities or about to move in. Round two (£1,300,000 over two years) is in healthy progress with grant applications in, planning submissions and partnership funding well under way. The BCU have already helped 36 projects through CCDP funding for facilities, with further clubs helped indirectly with equipment secured through the BCU's Young People's Placid Water Programme. The BCU are making pushing for a third round of funding in the future – watch this space!

One of the great CCDP success stories is White Rose CC based in Leeds. Formally based in a swimming pool, it was hard for the club to grow and develop. Having received help from the BCU to secure funding to develop a new clubhouse, its membership has doubled in size. They are now based on Leeds' biggest lake in the city – Roundhay Park. The city-owned lake was being restored to its former Victorian glory with the help of heritage money. The boathouse was to be restored, but as no commercial operator could be found, there was going to be no access to the water and its facilities. Thanks to CCDP funding, White Rose CC now have year-round access to the water and

operate with facilities on par with the best sports clubs in the country. As it is so much in the public eye, it promotes canoeing every outing. A true testimony that with CCDP funding, participation levels shoot up. As a word of caution, applying for CCDP funding isn't a quick fix option. No-one is going to write your canoe club a fat cheque just because you've got some talented paddlers, or just because you fancy a swanky clubhouse. As with any Government grant, there are strict criteria, such as being in or near an area of deprivation, and being available to the community. The project needs to attract partnership funding, have planning permission and secure tenure of the land – all

big hurdles that need enthusiastic volunteers to negotiate. Any club applying also needs, or needs to be working towards, Sport England Clubmark status, which requires the club to produce development plans and formalised guidelines and procedures – a worthy accreditation in its own right.

### Each club who applies has to ask itself some serious questions, such as:

- Do we want to put in the work producing all the necessary documents, complying with regulations etc or are we too busy going boating?
- Do we have the volunteers to cope with the extra demand we'd create?
- Can we raise or find partnership funding?
- Are we willing and able to take on members from all aspects of the community?
- It's all about sustainability – will the canoe club still be there in 50 years?

Having learned from the first round of applications, the BCU now appoints technical consultants to assist clubs in the application process.

The BCU is pushing DCMS for a third round of CCDP funding, hopefully earlier rather than later. There will be a conference held in London in February for anyone either in the process of applying or who may wish to apply if there was a future round.

More information on CCDP funding is available on the BCU website. ●



### PADDLE THIS

Richmond CC received a grant of £135,000 towards the modernisation of their clubhouse. The project seeks to reinstate the changing facilities and showers, gymnasium, kitchen and social area. The objective is to make the club premises useable, and in doing so, meeting the needs of all paddlers and key target groups (local schools) in the area transforming the club into a flagship canoeing centre.

### PADDLE THIS

Bradford & Bingley CC – this £160,000 project will create a dedicated boat storage facility and help the club to become the leading slalom and whitewater canoe club in the region. The club plays a key role in this socially disadvantaged area and is of local and regional importance to the development of canoeing. Through enhancing the facilities available, the investment will enable the club to enhance its links.





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These techniques are not solutions for every slalom situation. However they provide an initial correct starting point of boat position, stroke sequences and behaviours which can be adapted to the requirements of most common slalom moves. They will help develop a coach or paddler's 'technique toolbox' for using in most typical flatwater or whitewater slalom situations.



Campbell Walsh

Most of the footage on this DVD was shot in 2005 & 2006 using members of the GB Canoe Slalom Teams based in Nottingham and paddling boats 'new rules' boats\* conforming to the dimensions introduced by the ICF for the beginning of the 2005 season.

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**David Florence – Cover Photo for the DVD and World Cup Gold Medallist 2006**

"The DVD is great a breakdown of the sport showing in good clear detail how to execute the basic techniques of the sport and build them up to put it all together in a full run on a canoe slalom course." ●



David Florence

For information check out:

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

This supporting website for the DVD and offers text, still images for all the techniques and a flash viewer to check them out. It is hoped to soon provide downloadable pdf files of all the coaching points on the DVD... along with other supporting resources.

**DVD available now for £12.95 only!**

How to purchase

- Visit the e-shop and purchase online [www.bcu.org.uk](http://www.bcu.org.uk)
- Complete the order form inserted in this issue of Canoe Focus

## PADDLE THIS

### Layout of the DVD

The DVD is laid out in 3 levels for each class:

#### Level 1 – Basic Strokes and Drills for Slalom

This section covers some of the basic strokes and drills for slalom that can be practiced away from slalom gates usually on either flat or moving water. Key coaching points are shown, with each clip being shown twice in real time and once in slow motion.

#### Level 2 – Basic Slalom Gate Technique

This section shows the basic techniques for downstream and upstream gates. Most of these are demonstrated on flatwater, except where some current or an eddyline is essential to complete the move. It is important to remember here that although most gate technique is first learned on flatwater the process of transferring these to moving water should begin as soon as possible.

Again key coaching points are shown with each clip being shown twice in real time and once in slow motion with freeze frame.

#### Level 3 – Advanced Whitewater Gate Techniques

This section demonstrates the techniques from level 2 being transferred and adapted to whitewater environments. It also shows new techniques which can only be used and practiced on whitewater. Each clip is shown twice in real time and once in slow motion. Coaching points are only shown where it is a new technique or if it is significantly adapted from the model shown at Level 2.

Also shown in section 3 is a complete full slalom run on a standard course in Nottingham. This was a 'standard test course' with gates set in the same positions and used for the whole of the winter 2004/2005 to help measure and evaluate paddlers, techniques and equipment.

When viewing these full runs it is interesting to see how many of the basic strokes and techniques (or variations on the same theme) can be recognised from levels 1 – 3 on this DVD.

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## Silver medal for Fiona Pennie at the Slalom Worlds

A personal best silver medal for Fiona Pennie in the Women's K1 rounded off a fantastic weekend for GB canoeing at the Slalom World Championships in Prague between 2-6th August.

Scottish born Pennie produced two clean runs in the women's K1 to record her best performance in international championships and claim her first medal with a time of 227.41 seconds.

She was understandably delighted with her performance: "After finishing seventh at the Europeans earlier this month I knew if I trained hard and held it together on the day that I could challenge for a medal. Obviously I am delighted that I managed to do it."

Joining Pennie in the WK1 class was 19 year old Lizzie Neave who raced confidently and precisely finishing in 29th position, a good performance for her first year in the senior team and one that demonstrates she is recovering well from a recent shoulder injury.

In the Men's K1, Olympic silver medallist Campbell Walsh, produced a fantastic second run of 1 minute 40.82 seconds, which saw him move up from tenth to third position in the final to take a bronze medal. Scottish born Walsh, charged to the top in the qualifying race on Thursday, but in the semi finals, slipped to tenth position and only just scraped through to the next round in a time of 103.96. However Walsh, determined to finish the season on a high, raced as if his life depended on it and put in a fantastic clean final run, a whole three seconds faster than his first run (100.82) and grabbed the bronze medal!

There was also success for the GB trio of Dave Florence, Stuart McIntosh and Dan Goddard who claimed bronze in the Men's C1 team event. GB came third behind Germany and Czech Republic.

### Selected GB results;

**K1 Men:**  
3rd Campbell Walsh 204.78,  
15th Richard Hounslow 104.87

**K1 Women:**  
2nd Fiona Pennie 227.41

**C1 Men:**  
8th David Florence 214.70,  
10th Stuart McIntosh 222.83

**C2 Men:**  
7th Stuart Bowman/Nick Smith 238.03  
8th Tim Baillie/Etienne Stott 243.65

**K1 Men team**  
12th Campbell Walsh, Richard Hounslow,  
Andrew Hadfield 247.03

**K1 Women team:**  
6th Laura Blakeman, Fiona Pennie,  
Lizzie Neave 135.78

**C1 Men team**  
3rd David Florence, Stuart McIntosh,  
Daniel Goddard 245.51

# International Canoe Sailing European Championships

The championships were held as part of the 117th Travemunder Week in Germany over four days at the end of July during the heatwave giving majestic conditions. On some days racing was delayed to give time for the sea breeze to set in which then gave spectacular conditions for the sailing, kicking up some significant waves. The racing was well run by race officer Birgit Hartmann and the host nation's hospitality was much appreciated, leading to the proposal that the next but one world championships should be held at this same venue.

26 competitors from four nations attended the event split into the largely British Asymmetric Canoe fleet and the larger standard two-sail International Canoe fleet consisting of almost all known canoe sailors from the host nation and several from the rest of Europe, including the only British IC sailor, Colin Newman, aged 63. He went on to win the closely fought twelve race series by three points from Peter Ullmann, with the German 20 year old, Manuel Radek third. The series produced six different race winners including one for the current German National Champion, Anette Steinmann. After being tied on points for first place with Manuel Radek at the end of day



Above: Colin Newman

three, a second followed by a first on the final day gave Colin Newman the Championships with a race to spare. By winning in the ICs he became the oldest man in the history of the class to win the Europa Cup, leading to speculation that he may also be the oldest man in any international, single-handed dinghy class to win a European Championships. It was his first ever championship win in any national or international event in any boat.

The AC and IC classes started together but after the windward mark the ACs sailed a windward/leeward course and the ICs a triangle followed by a sausage. Racing in the ACs was every bit as close with nearly all the competitors getting a top three place at least once in the series. After a second in Race 1, followed by two lost

races with gear failure and an OCS in Race 4, Robin Wood needed eight straight wins in the remaining eight races to secure the AC title, a feat he achieved to squeeze out fellow Welshman, Steve Bowen into second place. Colin Brown finished third one point ahead of Phil Allen with the best German AC sailor, Tobias Kunz fifth in a truly memorable championships.

### Overall Results;

#### International Canoe

1st	GBR	295 Colin Newman (Draycote Water SC)
2nd	GER	56 Peter Ullmann (KSW)
3rd	GER	67 Manuel Radek (KSGH)
4th	GER	68 Roger Regitz (CSCM)
5th	GER	50 Jan Gillen (WSB)

#### Asymmetric Canoes

1st	GBR	284 Robin Wood (Saundersfoot SC)
2nd	GBR	290 Stephen Bowen (BCU)
3rd	GBR	299 Colin Brown (Scaling Dam SC)
4th	GBR	296 Phillip Allen (HISC)
5th	GER	Tobias Kunz (WSCW)

## PADDLE THIS

### 22nd National Inter Club Slalom Championships 2006

9-10th September, Cardington

This year's event was one of the best ever attended. 23 clubs took part and those who did not have the correct divisional classes made them up with lower divisional paddlers some who had never paddled slalom or had only been canoeing a few weeks – they were a credit to the lower end of the sport and their efforts were rewarding.

The event was won by Stafford and Stone Arrowcraft team with 76 points followed closely by St Albans and Hertsmeire with 80 points.

I think the best award went to Windsor and District CC who were voted by the other team managers for the Sportsman Award, they had entered a team with no ranked paddlers and some that had only been canoeing for six weeks, the comment by their Team Manager was they have really caught the bug and want to take up slalom – great! One father had a tear in his eye when he saw his ten year old daughter in her first slalom who got all the gates, a proud dad and another convert.

My thanks to all the clubs taking part the BCU Slalom Committee and all the officials and the Environment Agency.

It was satisfying to see higher division paddlers helping and supporting the lower end of the sport. A full set of results can be seen on [www.canoeslalom.co.uk](http://www.canoeslalom.co.uk)

Jim Croft

## Wild Water Racing Junior European Championships

20-23rd July, Bihac Bosnia

Jessica Oughton won a bronze medal racing against the best paddlers in the world to secure third place in the individual classic race in the WK1 class.

At just 17 years of age, this is truly an outstanding performance that Jessica will be especially proud of, as she just missed out on a bronze medal in last years' Junior World Championships after coming fourth.

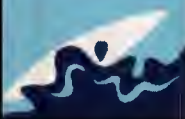
Other notable performances: Sandra Hyslop who achieved two top ten placings, seventh in the classic and ninth in the sprint and Ben Oakley who came a well deserved tenth place in the sprint. Visit: [www.wildwater.org.uk](http://www.wildwater.org.uk)

## World University Championships

7-10th September, Krakow Poland

Jonnie Schofield wins gold in the Wild Water Racing event and David Florence wins gold in the slalom event. Congratulations to both.

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GB Anna Hemmings

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# Fuelling your performance

Whilst Great Britain's canoeists prepare to challenge for medals at major international events such as European and World Championships, and of course, the Olympic Games, the sport recently received a major boost with the announcement that the BCU has entered into a unique new partnership with Lucozade Sport.

Uniquely placed to help support you throughout training and maximise your performance during competitions, the BCU's new partner will provide all members from club paddlers to the sport's elites, with access to safe and effective sports nutrition products - high performance drink powders, nutrition bars and carbohydrate gels designed to meet the nutritional demands of canoeists.

## Top Tips from the Lucozade Sport Science Academy

Planning and organising your nutrition and hydration strategies around other commitments is no easy task. However, given the importance of sports nutrition to your training and competition performance, it is essential that you try to do so as effectively as possible. Loss of fluid and a reduction in the body's carbohydrate stores are two major causes of fatigue during training and competition. Therefore, as a rule of thumb the three best pieces of advice we can give you to help you achieve your sporting goals and fulfil your potential are:

1. Try not to miss breakfast – even if you do train in the morning
2. Make use of the times when you are not training to maximise your food and fluid intake
3. Ensure you refuel and rehydrate after training to help speed up your recovery – even if you train at night

Make sure that you stay well hydrated throughout training and competition (a minimum of 2 L per day) drinking little and often and in the periods before, during and after exercise. Practically you should be aiming to drink 200-500ml immediately before training, every 15-20 during training and depending on your sweat loss during exercise approximately 500ml after exercise. At the highest level of canoe performance, there is an issue regarding a tolerable level of dehydration that may in fact improve performance by reducing the weight in the boat. This is however based on the assumption that the level of dehydration is not great enough to affect performance, both physically and mentally.

Currently a large amount of applied research is being undertaken in the area and across other sports such as boxing. However, as yet there are no firm guidelines or

position statements and it remains best practice to ensure you are well hydrated for performance unless you are competing at the highest level and advised by a suitable team physiologist and/or nutritionist.

During training that is prolonged in duration (more than 60 mins) it is also advisable to consume small and regular amounts of carbohydrate to ensure that your energy levels remain topped up. The amount of carbohydrate to consume does however depend on the duration and intensity of the training session with the harder and longer training sessions requiring carbohydrate intake towards the higher end of the range. Typical carbohydrate intakes will therefore range between 20 and 60 grams per hour. The consumption of your typical isotonic sports drink provides a practical solution without talking in a bulky source.

*‘Loss of fluid and a reduction in the body’s carbohydrate stores are two major causes of fatigue during training and competition.’*



GB Andrew Daniels and Allen Spensor

Immediately after training, try to take in some form of protein along with 50g of carbohydrate (3 medium pieces of fruit, one Lucozade Sport energy bar and one banana, a round of jam / honey sandwiches or 6 Jaffa Cakes.) The science behind this suggests that the blend of both will help muscle repair and fuel repletion – both extremely important especially after completing higher intensity training.



# Lucozade Sport Products and Your Performance

## Fuelling the sport's elites

Actively addressing the contamination concerns and nutritional needs of Great Britain's elite squad, the partnership will see Lucozade Sport supply a range of contaminant tested sports nutrition products, specially manufactured to provide a complete solution to their specific nutritional needs. Canoeists will have access to the latest products from the Lucozade Sport Science Academy's specialist product development programme including the Recovery and Hydrate drink mixes used to such great effect by the successful Team GB rowers in Athens. With the global nature of competition, competitors will benefit from these specialist products at training camps and competitions throughout the world.

## Lucozade Sport Energy Bar

An ideal way of ensuring sufficient energy intake between meals, the nutritionally balanced bar has been shown to be a very effective way of ensuring energy reserves are adequate when training or competition is extremely demanding.



## Lucozade Sport Carbo Gel

The no compromise fuel of choice when you are under pressure and energy delivery is critical. The formulation of pure carbohydrate has been designed for easy and effective on-the-move refuelling when you need to perform at your best.



## Lucozade Sport Recovery Drink

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## Lucozade Sport Body Fuel

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'Used regularly Lucozade Sport is your insurance policy against dehydration, energy depletion and poor recovery.'



Campell Walsh in action

## What is the LSSA?

The Lucozade Sport Science Academy (LSSA) works closely with elite athletes and sports associations to increase its knowledge of the impact of nutrition on sporting performance. This knowledge has been applied in the development of an outstanding range of products that benefits both elite athletes and the exercising public. It is this commitment that athletes have come to rely on when choosing to use Lucozade Sport's scientifically proven formulations during training, in competition and for recovery. To gain a further insight into the work of the Lucozade Sport Science Academy, visit [www.theLSSA.com](http://www.theLSSA.com)



\* Journal of Sports Sciences 13, pg 283 - 290

# Winding down the

# Snake

A wilderness expedition

The float plane backed against the far bank of the tiny mountain lake, revved its single engine, and stormed across the short strip of water. At the last possible second, it rose into the air, banked steeply to avoid the nearest mountain and roared away, abandoning six people, three canoes, camping gear and enough food to keep us in generous outdoor living comfort for over two weeks.

We were committed to 520km of river paddling through uninhabited wilderness down the Grade II/III Snake River in the Yukon province of Canada.

However, two kilometres of portage lay between us and the river. We had to ascend the nearest hill, cross over and lower boats on ropes down the far side, splash through muddy creeks, and force a passage through scratchy scrub. Huge blue barrels, carried in special back harnesses weighed at least a ton each (measured in Royanne units). Cool boxes, laden with frozen meat, were transported between two people staggering a hundred metres at a time. By lunch on the first day, we were only half way and I was absolutely exhausted. My personal gear, so heavy when I was checking it through the airport was a mere package in comparison. I decided our guide, Michel must be a mini-elephant in disguise. After Bill and I staggered across a short section carrying our craft between us Michel carried all the boats, one at a time, stocky legs marching effortlessly over the rugged country.

Finally, a shingle bank, sand, and the Snake river, crystal clear, sparkling in the sunshine. Paddling was easy - where the water was deep enough, but we were in and out of the boats, hauling them across the shallows, till we reached our first camp site. Facilities were basic - running water close by; cooking and heating - collect your own firewood; toilets - dig a secluded pit amongst the bushes (and burn the toilet paper). Michel's cuisine à la fresh air was superb. Forget tins and dehydrated powders, the effort of portaging all the frozen food was more than worth it, and when that ran out, there was fresh fish for the catching.

Just two rules. Leave only footprints as a sign of your passing and don't pitch the tents near the kitchen area - roving grizzlies will head for food and leave the sleeping quarters alone. We took all non-inflammable rubbish home with us and filled in the last, fire pit and grey-water sink before leaving.

We landed to inspect the first real rapids, Michel giving sound advice on the route to take. The father and son team from Holland were justly apprehensive; "The travel agent did not tell us there would be rapids." They had done a four day canoeing course - on the rather flatter water of the Dutch canals. "Me neither," added Dominique, from France, who had been in a canoe just twice before being lured onto the trip - but as he was bow paddler for our guide, the chances were high that he would get a dry passage.

Tales round the camp fire



Rapids

I looked guiltily at the almost pristine canoe we'd hired for the trip, our own boat having the quality finish of coarse sandpaper. Michel reassured me, "Royanne, you have paid to scratch this boat".

We negotiated that first rapid in a variety of ways - the Dutch by swimming, Bill and me via close encounters of the rocky kind. After three days, our hull was a veritable gallery of artistic impressions but our paddling skills were much improved.

The trip began beneath blue skies and grilling sunshine but several days later the river entered a narrow funnel of a valley flanked by dark menacing mountains. Exhausted from paddling into a biting



Breakfast on the upper snike



wind which whipped white caps off the waves, we pitched camp early - just in time to shelter from a truly awesome thunder storm. The patter of precipitation lulled us to sleep and we woke to a muffled silence. The tent felt smaller than usual - compressed beneath several inches of fluffy snow.

## FACTS :

Logistics including guide, food, tents, canoes, transport from Whitehorse and back again, arranged by Ruby Range Adventure Ltd [www.rubyrange.com](http://www.rubyrange.com)





# ke

n, Yukon, Canada

The floatplane trip



Dozens of tracks were evidence of abundant wildlife. Caribou crossed our watery path, antlers waving like a winter forest. A grizzly shambled towards our camp one dusk, sensed our alien presence and melted into the gloom. A moose, standing shoulder deep in the river, her calf sheltered in her lee bellowed defensively at our passing. Beavers slapped their leathery tails to warn of our approach.

**We reach the BIG rapid.**

Bill and I watch Michel guide his boat through<sup>1</sup> Enter deflector round rock on right, sweep past rock on left, pull hard to avoid solid black wall, swing into main

stream and cross-draw to catch the final eddy. We discuss survival tactics, Michel stands ready with throw line, Dominique shakes our hands. To rousing cheers we were through so fast we hardly had time to enjoy it.

We paddled triumphantly on, confident that the hardest section was now past. The BIG BIG wave train lurked round a bend, hidden until it was too late to escape. Michel, with the Dutch close behind him, negotiated in style. We missed the deflector. Eye witness accounts describe our boat high on the crest of the first wave. Great view of the following peak from up there but we shipped too much water in the hollow, slid sideways as we rose sluggishly up the



The moose



The portage



The Upper Snake



Paddling snowman

next slope, and toppled gently into the current which spat us out further downstream.

The Snake widened, multiple channels threading amongst the shingle bars and timber stranded after the spring meltwater floods. We joined the Peel - a vast expanse of sediment-laden water with a barely perceptible current. Four days left, 200 km to go and paddling all the way. Heading north, we crossed the Arctic circle. In the night sky above our final campsite, a shimmering curtain of mystical aurora light emphasised the vastness of the wilderness we had travelled through. ●

**Royanne Wilding**

## Anna Hemmings takes double national title

Anna Hemmings, from Surrey, this weekend reconfirmed her status at the top of British canoeing by winning both the K1 and K2 Senior Women's disciplines at the National Marathon Championships. Competing at Reading CC, Anna achieved a time of 2 hrs, 3 mins and 39 secs in the singles discipline, beating her closest rival by a comfortable 3 mins and 4 secs. On Sunday, Anna repeated the tough 16 mile course together with Nicky Taylor, fellow member of Elmbridge CC, to win the doubles discipline, and become a double national champion.

Anna's performance also confirms her selection for the K1 Senior Women's event at the World Championships. As the reigning Marathon Canoeing World Champion, Anna will be looking to add to her incredible tally of nine world and European medals.

Hemmings commented: "I'm thrilled to have won both the singles and doubles disciplines in Reading this weekend - it feels great to be a double national champion. This particular stretch of the Thames can be quite hard to race on as it's so busy, which makes the water really choppy. On Sunday it was also very windy, which slows us down a lot and affects our times, but overall we had some great racing. It was a good course and although right now I am totally shattered, I am really excited about the Worlds next month."

**Marathon World Championships**  
23-24th September, Tremolat France  
For results visit [www.bcu.org.uk](http://www.bcu.org.uk) and go to the marathon section.

## Flat Water Racing European U23 and Junior Champs

**28-30th July, Schinias Greece**  
The championships were littered with personal bests from all GB athletes racing in Schinias, Athens on the Olympic course.

### Selected GB results

**JW K1 1000m:**  
5th GBR Sawers Louisa 4.03.1  
**JW K2 1000m:**  
7th GBR Cawthorn Rachel/Walker Jessica 3.51.1  
**U23 WK1 1000m:**  
8th GBR Hawkey Jenna 4.08.1  
**U23 MK1 1000m:**  
4th GBR Daniels Tom 3.33.4  
**JWK1 500m:**  
5th GBR Sawers Louisa 1.56.0  
**JWK2 500m:**  
6th GBR Cawthorn Rachel/Walker Jessica 1.48.3

# World Flatwater Racing Championships

Ours is a great sport. Whilst working for TV at the Athens Olympics I spoke to a number of journalists who had decided to stay on after the rowing events for the canoeing. I was pleasantly surprised to hear that in their minds the close racing, dramatic finish line surges and charismatic athletes, made canoeing as interesting as any of the rowing events. It was a surprise to them that canoeing gets so little media coverage. Perhaps we need to look at the way we promote our sport to ensure it takes its rightful place in the media.



Tim Brabants

### Great racing

Over 60 nations competing ensured close racing in all categories. Watching Pakistan compete in their first world championships and Serbia compete (and win a medal) for the first time as an independent nation was as exciting as watching the 'usual suspects' Hungary and Germany duke it out and pushing the limits of what is possible in a kayak. In the case of Hungary's Katalin Kovacs and Natasha Janic their limit was six events entered and six gold medals won! There were surprises too: Mexico's Everardo Cristobal pushed Russia's Leviathan Maxim Opalev out of a final spot in the Mens C1 1,000m event by a whisker only to go on and win the event deposing defending champion Andreas Dittmer from Germany and beating Spain's Olympic champion David Cal.

### Great characters

Canoeing proved to have its fair share of brave gladiators: both old; Josepha Idem from Italy making yet another final, and new: our own Louisa Sawers. Barely returned from European Junior Championship success she made the A final of the women's K2 1,000m event with Abi Coulson. Here we must turn again to the indefatigable Katalin Kovacs and Natasha Janic, as famous for their frosty relationship as for their crew boat prowess. What an advertisement for female canoeing: revered in Hungary as superstars, they blend goddess-like athleticism with raw power in such a way it both inspires budding female and captivates male paddlers!

### Great Britain?

Britain's European Champion, Tim Brabants, opened up the championships with a dramatic race. Tim, who had looked sharp in qualification, was led out by Canada's 'man of the moment' Adam Van Koeverden but kept his head and moved ahead with 200m to go, pushed hard by the always fast finishing Kiwi Ben Fouhy. However, out in lane nine Sweden's Marcus Oscarsson paced his race to perfection and just pipped Tim on the lunge for the line. A fantastic world championship silver to go alongside Tim's Olympic bronze and European gold.

Brabants, 29 years old, a qualified doctor in Nottingham, has returned to the GB Canoeing team this season after completing his medical qualifications and a six month stint as a house doctor in Jersey. His performance in Hungary caps an outstanding first season back after a year's absence to complete his medical qualifications.

This proved to be Britain's only medal at these

Championships. However, there were promising results from Ed McKeever and Ed Cox who narrowly missed out on the 500m K2 A final and made amends by taking fourth place in the 200m event.

Szeged 2006 will be remembered by every one of its 100,000 strong crowd as one of the

best world championships ever. As a canoeing fan I enjoyed commentating on such an exciting event with so many memorable moments. With more facilities and expertise being made available to our athletes in the run up to London 2012 we are sure to see the next British medalists emerge. ●

### Malcolm Johnson

#### Selected GB results

<b>MK1 1000m A Final:</b>	2. GBR T Brabants 3.39.41
<b>MK1 Men 500m B Final:</b>	7. GBR Ben Farrell 1.51.9
<b>MK2 1000m B Final:</b>	1. GBR Paul Wycherley/Peter Almasi 3.21.1
<b>MK2 500m B Final:</b>	4. GBR Ed Cox/Ed McKeever
<b>MK2 A Final 200m:</b>	4. GBR Ed Cox/Ed McKeever 00.33.2
<b>C2 1000m B Final:</b>	7. GBR Matt Lawrence/James Train 4.00
<b>WK1 200m A Final:</b>	9. GBR Lucy Wainwright 00.42.6
<b>WK1 500m B Final:</b>	5. GBR Lucy Wainwright 1.54.4
<b>WK2 1000m A Final:</b>	9. GBR Louisa Sawers/Abigail Coulson 4.02
<b>WK2 500m B Final:</b>	3. GBR L Sawers/A Coulson 1.46.6
<b>C2 Men 500m B Final:</b>	9. GBR James Train/Matt Lawrence 1.47.2

For full results visit: [www.worldclass-canoeing.org.uk](http://www.worldclass-canoeing.org.uk)

## PADDLE THIS

### Canoe Polo World Champs GB take fifth place

The key canoe polo event of the year took place last weekend, the seventh World Championships, in Amsterdam, Netherlands. The women were there to defend their World and European titles, but the competition was just too tough. The women's team achieved fifth place, with Germany champions.

It will be a disappointment for the women who won gold at the ICF Canoe Polo World Championships in Miyoshi, Japan in 2004, silver in the IWGA (International World Games Association) World Games in Duisburg Germany 2005 and gold in the European Championships, held in Madrid, Spain in September 2005.

The men's team were also aiming high, they won silver at the European Championships last year and hoped to go clinch gold this year, but it wasn't to be.

The U21 men did better, they achieved fourth place, behind Spain, Netherlands and France the champions.

Curly Barker, Chairman of the Canoe Polo committee commented, "The teams will be disappointed, but they do have good skills and teamwork and are capable of bouncing back to the top. This result will just make them stronger and more determined to win in future championships." Congratulations to the teams for good performances!

Visit: [www.canoe polo.org.uk](http://www.canoe polo.org.uk)

#### Results

Men:	Women	Under 21 Men
1. France	1. Germany	1. France
2. Italy	2. New Zealand	2. Netherlands
3. Netherlands	3. Netherlands	3. Spain
4. Germany	4. France	4. Great Britain
5. Great Britain	5. Great Britain	

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WCA Centre of Expertise



**I would like to say thank you to the BCU. Why you may ask? For several reasons. Firstly I can legally paddle most places far cheaper, being a member, than I could by buying several different licences and I get free insurance.**

Secondly thank you to all the LRAs especially Sue Drummond and Dave Proctor, the Upper Severn LROs. Thirdly for your magazine, Canoe Focus, which have been very enjoyable.

I paddle a coracle and at the beginning of last year I answered a call for people to take part in The Great Coracle Challenge, from the source of the River Severn to Shrewsbury, early in September. The most I'd paddled in a day was about six miles on the Montgomery Canal's dinghy dawdle day. Luckily there was one other person who was mad enough to think of doing the same, and follow it through, my brother Dave Nicoll (who had built the coracles and found out about the BCU originally). So now it was pay back time I had to do the organisation for him, as I was closer to the Severn.

My first thoughts were to look at the source, I had a romantic vision of carrying coracles up to the source and floating them down to where we could safely start paddling. A trip over to Hafon Forest and a walk up to the source, about 3.5 miles on steep tracks and along a very shallow, narrow, rocky stream soon scotched that idea. I might add we're both pensioners. Plan B was to drive by van to the forestry access road nearest to the source with a mere 1,200 metres from there, uphill.

Back home I was a bit worried, I'd seen an awful lot of shallows and fast moving water and rapids, and wondering if we could actually manage the long trip to Shrewsbury, however long we took over it. That's when I contacted the Upper Severn LRAs. They told me about the Welsh Rivers book which covered the Severn up to Pool Quay and Sue Drummond sent me a copy of her original Canoeist's Guide to the Severn. So now at least I knew a bit about what might be coming in between the bridges and had a few more access points.

Saturday, September 3rd came all too soon. Being of advanced years we'd decided to travel home each night for a bit of home comfort. So it was an early start, (well for us) up at 6am and off for 7.15am, even had a chat with the local radio station on the way (it helped to raise the profile of the local hospices we were raising money for).

We met up with Michael and Jennie from the Tourism Association, Danny a photographer and Daniel Kawczynski the MP for Shrewsbury by a bridge downstream from Llanidloes, the speed of the water underneath started Dave's knees knocking. Daniel wanted to help carrying the Coracles to the source and when 'big brother' needed a rest, (he's older than me) Daniel took over and carried Dave's

# The great Coracle challenge

'Shrewsbury' Coracle all the way up and most of the way down, me being stubborn/stupid carried my 'Ironbridge' coracle both ways.

After photos at the source it was off to the start of our waterborne adventure. After a quick snack we loaded up the coracles, with our dry bags, spare paddle, maps, cheap satellite navigation, plenty of water, waterproofs and umbrella and launched at Llanidloes 'port' slipway at 2.30pm. A 20 yard paddle and we stepped out in mid-stream as the water was too shallow before the bridge to continue. We dragged or let coracles float for the next 100 yards over the shallow rapids and got back in for the next 50 yards.

This was the pattern for the rest of the next three hours, as we checked depths and wondered if we could get through the channel. We finally arrived at our first check point at about 5.30pm, only five miles on the water that first day. One good thing was that the fast water under the bridge at the first check point which had looked so daunting that morning was a doddle to paddle, apart from a few scrapes along the bottom.

The next day we were more confident at reading the water and were slightly more adventurous. This meant trying more rapids without getting out to check them, the water was still rather shallow and on one rapid Dave hit a rock and immersed himself, the coracle stayed dry and upright. I managed an 18 inch straight drop on one rapid much to our surprise and we saw lots of Kingfishers, Dippers and Buzzards close up. I got a hole, luckily smallish, and we put a temporary patch of plumbers tape on to stop me from sinking. The finish was with a flourish as Ken met us just before the end saying that there were the fast rapids just round the bend, with trees that we'd hit if we went down them. So we got out and had a look, and decided to run them, we think he was impressed when he watched, we told him they were not as bad as some we'd already done. We'd also had to negotiate two lots of barbed wire strung across the river by farmers and had travelled 20 miles on the GPS and had our first head winds which slowed us down considerably. Then it was home again and a more permanent job on Lizzie Moonlight's bottom.

The rest of the trip was delightful and we both enjoyed it immensely, in the end we'd both capsized and also had a partial immersion slipping on loose rocks while walking in the water, each rescued a sheep, reunited a wayward dog with its temporary owner and seen lots of wildlife over the eight days it took us to get to Shrewsbury. Apart from Thursday when we were joined by two friends in their coracles for the morning we'd not seen any other craft moving on the water until we reached the outskirts of Shrewsbury.

On the final Sunday morning after a gentle paddle from the Show ground, the Tourist Association kindly gave us a civic reception as we finished at Porthill Footbridge. Afterwards we paddled, unfortunately not into the sunset, but to Shrewsbury Weir just to finish off our trip. On emptying the van at the end of the trip when lifting Dave's Ironbridge coracle (we'd taken it as a spare just in case and it didn't have the extra calico on the bottom, nor the extra patches and paint that we'd had to put on at the end of most days when we found holes in the bottom of our trip boats) it felt like a real light sports model compared to Lizzie Moonlight and Shrew.

Lizzie Moonlight had travelled a total of 98 miles (on the GPS) while on the water. It took us 43 hours but coracles only go at a maximum speed of about two miles per hour flat out on still water with no wind. There was some current but the water was rather low so we didn't get too much help from that and couldn't run all the rapids. Whereas a canoe/kayak can bounce/slide over the rocks our calico is a little bit more vulnerable. We were very pleasantly surprised at how well the coracles had performed. I think sitting up on top of a small inherently unstable craft like a coracle is often thought of as silly, and tackling rapids in them classed as mad, but we had a great time, and raised over £1,730, for the Hospices. ●

**Wendy Gee**



The start



The cut

# Suggested paddles



Where can I go paddling is often the question from new and experienced paddlers. Well, we are campaigning for greater access to the 98% of waterways we do not have access rights on... but in the meantime there are some interesting paddles around and the following are a few suggestions. Our hope is to offer a variety of suggested paddles as whilst some

canoeists are interested only in rapid or white (wild) water rivers, others enjoy competing and there are also many others who enjoy paddling quietly along, exploring and visiting new scenes and developing awareness of nature round them. In our selection of paddles we hope to cover everyone's needs.

## PADDLE THIS:

### Waterhead, north end of Windermere Lake – four miles or more

**Osmap Outdoor leisure map South Lakes**

**Starting place:** Waterhead, A591

**Car park:** Waterhead car park, pay and display. Toilets payphone

**Set down point:** launch from fine shingle beach opposite direct onto lake.

Avoid ducks and swans.

Cafés many nearby. Three Hotels within view

**Access to water:** cross road from car park to lake shore

**Things to see en route:** The route is circular and can be done in either direction depending on wind, as this is open water with four miles of fetch from Bowness. It is described here clockwise. First obstacle are all the commercial craft to and froing from jetties with the lake steamers accessing the biggest jetty. Unlike other water, Windermere is a highway, and has special navigation rules (from LDNPA). The hierarchy of craft is different. Two are important for canoeists, the lake steamers have right of way over every craft, powered or unpowered, and canoes give way to everything. We are the lowest as the most manoeuvrable.

Once past jetties, and Ambleside YH, (which isn't in Ambleside!) thread your way through moored craft to Holme Crag Field which is National Trust so landing okay. Picnic?

From Holme Crag, look east at Lowwood hotel, an old coaching inn. Refreshments and landing on beach.

Before striking out for Green Tuft island, look around for commercial traffic who have right of way. This is across open water, look at the Langdale Pikes in distance to west, with Fairfield Horseshoe of fells to north. Wray Castle is just visible above oak trees. It's a modern folly, and in possession of the National Trust, as is the land behind Green Tuft Island, used as NT Low Wray campsite. Toilets. Landing possible.

Follow shore through gap behind Bee Holme to emerge at mouth of Blelham Beck, and Pull Wyke Timeshare is impressive mock Tudor building, Huyton Hill.

Large bay is Pull Wyke Bay, a water fowl refuge. Sandpiper,

Red Breasted Merganser, Tufted Duck, Goldeneye, Pochard, Little Grebe, wagtail, Cormorant are all possible.

The right hand headland Pull Wyke bay is called Brock Crag but there are no badgers. They are in conifers further back.

The little island is Seamew Crag. A gull colony with dwarf battered tree. In the 1980s this island was uninhabited by birds. Watch out for under water reefs extending out from shore to Seamew Crag.

The park land on shore from Pull Wyke to Brathay River mouth is privately owned, including Brathay Bay shore and Brathay's natural harbour. One of three natural harbours on lake.

The large building looking down onto Brathay Bay is Brathay Hall; a Georgian mansion used commercially.

Once across Brathay river mouth, rough marshy ground leads back start point. Borrans Park is public council park at very head of lake.

**Places to eat/picnic:** all National Trust land

**Finish venue:** where you started

**Egress point:** where you got in

**Car park:** as above

**Toilet facilities:** have not moved

**Nick Mortimer, BCU Rawthey River liaison**



If you have a suggested paddle... please e-mail the text and images to the editor of Canoe Focus:

[peter@canoefocus.co.uk](mailto:peter@canoefocus.co.uk)

Text is preferable in Microsoft Word format and images as 300dpi JPEGs saved at highest quality.

Access on-line @

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

## To who it may concern

As Chair of Paddleplus I have some sad news. It is with deep regret that I have to let everyone know that Adam Brewster passed away on Sunday 6th August due to complications following a number of operations.

I am sure that I speak for everyone in passing our sincere condolences on to Jean and Anneka, his wife and daughter. Adam was a well loved and highly respected member of our club whose influence has rubbed off on everyone that has paddled alongside him. The sight of Adam and Meg his pet Labrador who went everywhere with him on our paddling trips and club nights will be sorely missed.

Adam was Access Officer for the Wreake in Leicestershire East Midlands

**Jo Paddleplus Chair**

The BCU extends condolences to his family and friends.

## access for all

Support the Rivers Access Campaign

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

### Get involved in a Local Access Forum

**Birmingham Local Access forum would like a canoeing representative to be a member of their forum. Could it be you?**

#### Public Rights Of Way Local Access Forum

The Countryside and Rights of Way Act 2000 required us to set up a Local Access Forum (LAF). The Local access forum acts as a statutory advisory body relating to access and public rights of way.

Meetings of the City of Birmingham Local Access Forum, of which members of the public are welcome to attend, take place regularly in the Council House, Victoria Square

#### What does the Local Access Forum do?

The forum has a wide role in advising upon strategic access, recreation and public rights of way issues to Birmingham City Council. It comments on the draft maps prepared by the Countryside Agency showing open country and registered common land and helps to develop a rights of way improvement plan which assists the Council in its aims to encourage walking and cycling within its area.

The council is required to ensure a reasonable balance between the number of members representing differing interests. Forum members are supposed to respect local circumstances and the needs of integrated land management, environmental, social, economic, educational, health interests ethnic diversity and gender

#### Who can join?

The current Local Access Forum consists of 12 members and a small number of vacancies still exists for members of the public

For more information or an application pack please contact John Hall

email: [PublicRightOfWay@birmingham.gov.uk](mailto:PublicRightOfWay@birmingham.gov.uk)

### PADDLE THIS: River Crouch Estuary, Essex

**Woodham Ferrers to Battlesbridge and back – on the tide! Around five miles in total.**

A great family paddle when the tides fall right. Very suitable for touring kayaks and open canoes. The lower part of the river is quite exposed, so watch the wind.

From South Woodham Ferrers follow the signs to the country park (thorough a housing estate). Marsh Farm Country Park is on the left – keep ahead to the car park beside the estuary and launch either from the shingle or from the slipway. The trip works on neap tides but is best on Springs. Aim to leave Woodham Ferrers an hour before high water (Dover + 1 hour 22 minutes)

Paddle upstream with the rising tide. There is a yacht and motor boat club on the right bank to avoid, but otherwise the trip is very peaceful, with lots of wetland birds to observe on the way. You'll also see a number of old moored sailing barges in various states of repair (and decay) before you eventually come to the old tidal mill at Battlesbridge. The water flowed into the pool as the tide rose, and then when the tide ebbed the lock gates closed and the water flowed out through the water wheel, driving the machinery. Now the gates are chained open and the rising and falling tide produces a jet or even a wave. (If you live in East Anglia, then any moving water is worth getting excited about!)

You can carry on up the River Crouch on the rising tide until the tide turns; the river gets very narrow, but it is fun to explore.



Even more fun is to explore the Barge Inn (draught beers include Adnams Broadside, Courage Directors and Charles Wells Bombardier) and the antiques warehouse at Battlesbridge (the largest in Essex). The view across the salt marshes from the restaurant at the top of the antiques warehouse is really spectacular.

When the tide turns, paddle back to Woodham Ferrers. Don't leave it much more than 45 minutes after high water at Battlesbridge to return, or you will have a muddy get-out!

**Dave Savage**



### PADDLE THIS: River Thames

I enjoyed Robert Yeowell's description of the water between "dismal, dirty Reading" and "Arny and Lord Fitznoodle at Henley" (to quote Jerome K Jerome). To extend Robert's tour by about four miles, you can turn right (downstream) when you reach the Thames just below Shiplake Lock. Soon on your right is a public slipway, closely followed by the 'St George and Dragon' at Wargrave.

Jerome tells us that it boasts a painted sign showing the saint, killing the dragon on one side, and relaxing with a

pin of beer on the other. It gave me a tremendous buzz the first time I visited the pub about ten years ago to find the sign, lovingly restored, hanging in the bar. Pubs change; so far we've always felt welcome there. Anyone who's not sure can ring 0118 940 5021 and ask.

If you carry on downstream for about two miles, on your right is the entrance to the Hennerton Backwater. It's not easy to spot: if you reach Marsh Lock, you've gone half a mile too far. It's worth quoting Jerome again: "Its entrance is studded with posts and chains, and surrounded with notice boards, menacing all kinds of torture, imprisonment and death to anyone who dares set scull upon its waters – I wonder some of these riparian boors don't claim the air of the river and threaten everyone with forty shillings fine who breathes it – but the posts and chains a little skill will easily avoid; and as for the boards, you might... throw them into the river." Non-violent direct action, in 1889!

No obstructions these days: some things have got better. The narrow backwater passes between tranquil grass fields, then millionaires' back gardens, then through a low bridge and out on to the main river just downstream of the pub.

This also makes possible a figure-of-eight tour of around eight miles, starting at Wargrave, down the main channel of the river, up the backwater (normally very little flow), up the main channel past Wargrave and Shiplake Lock and islands, down the St Patrick's Stream and Loddon back to Wargrave.

**Chris Jones**



## Happiness is canoeing

Natascha Engel MP (North East Derbyshire) came along on 11th August to meet Reverend Matt Barnes and the Danesmoor Youth Activity Group and members of the Rivers Access Campaign at Pools Brook Country Park, Staveley, Chesterfield. Danesmoor Youth Activity is a local community group established to provide activities for young people in Danesmoor and Clay Cross.

Natascha listened to what we had to say, especially noting the huge positive impact canoeing can have, not only on health but on social development as well.



Natascha has just joined the new all-parliamentary on angling.\*\* (stated in the angling press as a new powerful group to discuss angling issues!) The group is being chaired by Martin Salter MP (Reading West). We discussed the fact that everywhere else in the world, unlike England and Wales, all watersports co-exist and that should be the same here. We did stress our views that the two sports/pastimes of canoeing and fishing are not mutually exclusive and handed her a press release stating that: **Canoeing is the most popular watersport for the fifth year running!**

This was reported in the independent survey carried out on behalf of the RYA, BMF, MCA and RNLI. The trend is also evident in the steady and consistent growth in the BCU's membership figures, which are increasing between 6-9% per annum.

Natascha agreed that the two sports should not be in conflict and that not only could the two activities support each other but could really help encourage outdoor activities, social skills and a healthier life style. She recognised the economic impact that canoeing has not only locally but also nationally.

Natascha then went, carrying her own canoe had a great time and has already arranged with Matt to go back and canoe with them again. Many thanks to Matt and the Danesmoor Youth Activity group and instructors for their help on the day.

### \*\*Members of the new angling group include...

Martin Salter MP (Labour, Reading West)  
 Baroness Lin Golding (Labour)  
 Charles Walker MP (Cons – Broxbourne)  
 Lord Williams (Labour)  
 John Thurso MP (Labour, Caithness)  
 Mike Penning MP (Cons, Hemel Hempstead)  
 Danny Alexander MP (Lib Dem, Inverness)  
 Michela Grove MP (Cons, Surrey Heath)  
 Jon Cruddas MP (Labour, Dagenham)  
 Adam Ingram MP (Labour, Kilbride)

Notice how many of these have Scottish constituencies!! Interesting to note that the Scottish Land Reform Act 2003 has been successfully implemented and all outdoor activities co-exist and that obviously includes canoeing and fishing!

Why not write to them expressing your concerns that the two sports are being set up to against each other when in fact canoeing is wholly inclusive and more and more fishermen now purchase canoes to fish from.

## Fishing vs canoeing

Much has been written in recent weeks about fishermen being attacked whilst they are trying to fish. In fact a press release was put out from FACT ( The Fisheries and Angling Conservation Trust – the national umbrella organisation for fisheries conservation and angling), it stated, that FACT deplores the alleged criminal damage and assault on anglers, which has no place in society let alone at a fishery where people are enjoying a peaceful day out.

We can turn this around and say: We deplore the alleged criminal damage and assault on canoeists, swimmers and other water users (as well as their cars and other equipment,) which has no place in society let alone at a river/lake where people are enjoying a peaceful day out. This also includes stones thrown and wires across rivers etc?

The rivers access campaign is campaigning for access for all (manually powered craft and waders etc)... and that includes for fishermen. There are many rivers etc that in reality should be open to fishing and the campaign is about opening them up too.

### For example

The EDM 957 Rivers Access for Non-Powered Craft recognises the fact that lack of access to the inland waterways prevents us all (swimmers, boaters, gorge walkers, waders, walkers etc) enjoying the waterways and participating in healthy outdoor activities. We are all restricted to using the rivers that have either an ancient right of navigation still existing or have statutory rights of navigation created in more recent times. This restriction also affects anglers.

It is believed that the two sports can easily co-exist as they do everywhere else in the world. It had to be level playing field though. Everybody should be able to enjoy their sport in peace and that includes canoeists too.

Canoeing is not against fishing, in fact, in a press release which was titled, 'Canoeing is the fastest growing watersport for the 5th year running' it was stated "A rapidly increasing number of the people who are interested in canoeing and the purchase of kayaks is from fishermen who are taking up the growing pastime of kayak fishing i.e. fishing from a canoe/kayak." We do not want to see the saboteurs using canoes to do the disruption and us getting the backlash.

## Improved Hurley Lock

Along with the paddlers who enjoy the freestyle paddling on the main weir and using the backwaters for canoe training, walkers, picnickers, campers and anglers, Hurley village and the river attracts over 160,000 visitors every year.

As part of the Thames Waterway Plan, the Environment Agency in partnership with the Royal Borough of Windsor and Maidenhead, and Slough Council have provided improved facilities for the high number of visitors and work in outdoor education. A new



## Good news on harbour dues

Fees payable by users of the River Hamble have been revised following representations by canoeing, kayaking and rowing enthusiasts.

New harbour dues, which help pay towards the upkeep of the popular river, came into effect at the beginning of the year when the River Hamble Harbour Board agreed that all users would have to pay a contribution.

Now after careful consideration it has been agreed that vessels without sails or engines that are being rowed or paddled will be exempt from the requirement to pay. This equates to around £1,500 per year.

Chairman of the Harbour Board, Cllr Tim Knight, said: "The new arrangements for charging harbour dues were brought in so that all boat users paid their share towards the upkeep of the river. However, users of canoes, kayaks and rowing boats put forward a clear and compelling case. Canoes and kayaks are a cheap and convenient way for people to take part in water-based activities, and these activities have little or no environmental effect. Canoeists and kayakers also make limited use of the facilities directly provided by the Harbour Authority.

"In the light of these points, the Board has agreed to remove harbour dues for these particular groups, and will also refund any 2006 harbour dues already paid by canoes, kayaks and rowing boats on production of a valid receipt."

## access for all

Support the Rivers Access Campaign

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

### Local River Advisors -

#### River Avon - Bristol (Source to Bath)

Peter Lander who has been the longstanding LRA for the Avon is stepping down from the role where he has greatly helped to maintain access on the river. Thanks go to Peter for his work and for seamlessly passing on the role to Martin Harral who can be contacted at 39C Great Hinton, Trowbridge, Wilts, BA14 6BY, Tel: 01380 870202, E-mail [martin@pawprintsuk.co.uk](mailto:martin@pawprintsuk.co.uk)

#### River Wear, below Stanhope, Northern

Jonathan Roberts, 10 Brierville, Durham, DH1 4QE email: [durhamkayakclub@aol.com](mailto:durhamkayakclub@aol.com)

#### Regional Access Officer, Cumbria

All enquiries for the attention Regional Access Officer are to be directed to Cumbria Development Team -

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

Mark Davies who has held the post for four years is to stand down. His input to access work is greatly appreciated. During this period Mark has been closely involved with regional issues - improving access to the River Greta for a 365 day arrangement, providing views to Local Access Forums and liaising with the Environment Agency on a range of matters; plus contributing to national discussion.

### NW canoe access seminar

The 2007 North West Canoe Access Seminar will be held on Saturday 27th January 2007 at the Burrs Activity Centre, Bury.

All paddlers, River Advisors and anyone interested in access are welcome to a morning of presentations and discussion about river and access issues. Contact Chris Cleaver BCU NW Region Access Officer for further information.

[chcleaver@tiscali.co.uk](mailto:chcleaver@tiscali.co.uk)

building on the lock island comprises public toilets and accommodation with boat storage, changing rooms and showers for the Royal Boroughs Community and Youth Services Unit outdoor education project. Canoeing at Hurley for young people forms a key part of the project.

The new log cabin styled building costing £300,000 was funded by the partners, the New Opportunities Lottery Fund, and supported by the Hurley Village Association. It was formally opened on 22nd August by Hurley village resident and TV sports presenter Steve Ryder and the Mayor of the Royal Borough, Cllr Margaret Cubley. Steve Ryder remarked that the new building would provide a facility for young people to develop and enjoy healthy outdoor sport and the physical activity provided by canoeing.

## SCA launches Paddler's Access Code leaflet

The Scottish Canoe Association (SCA) launched its latest access advice to paddlers at the Wet West Paddlefest. The SCA's advice is contained in a leaflet entitled 'Paddlers' Access Code - Access Advice for Paddlers in Scotland'.

Copies of the leaflet are available in shops and visitor centres, as well as being sent out to all SCA members and being available electronically on the SCA website.

The SCA is responding to the change in access laws in Scotland following the introduction of the Land Reform Act in 2005 and the emphasis on responsible behaviour in the Scottish Outdoor Access Code that accompanies the act.

The Paddler's Access Code is the SCA's interpretation of the act and code as it affects canoeists and kayakers paddling on Scotland's waters. The advice contained in the code includes recommended practices on land and water, as well as providing specific guidance for paddlers on rivers, lochs, sea, canals and reservoirs.

SCA Access and Environment Officer, Mike Dales said: "The laws of access in Scotland have changed now and the basis on which we take access has changed. This leaflet is essential reading for all those who paddle in Scotland. I would urge all paddlers to sit down with this leaflet for at least an hour, to read it and to consider how it is going to affect them."

Mike went on to say: "Our new access system is designed to be easy to understand and therefore easy to teach. We are calling on all outdoor centre managers and canoeing instructors to study this code and to build it into their teaching of canoeing."

The SCA are grateful to Scottish Natural Heritage (SNH) for their financial support in producing the leaflet. The Paddler's Access Code can be found on the SCA website under 'Access & Environment' and then 'Paddler's Access Code'.

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

## Breast cancer and watersports

### The benefits revealed

We have known for a long time the benefits of watersports for all which was highlighted by Women's Hour on Radio 4 (13th September).

At the end of this month the world's first ever dragon boat championships for breast cancer survivors are taking place in Singapore. More than fifteen female teams will be battling it out on the water including the UK's Pool of Life crew from Liverpool. Traditionally breast cancer survivors have been warned against repetitive arm movement for fear of exacerbating lymphoedema, a condition causing painful

and debilitating swelling in the arms. Yet new research reveals it may actually be beneficial.

Have a listen to the section (about 30 minutes into the programme) - it is inspiring! Canoeing too has its benefits and there are many women who canoe for fun or compete after having had treatment for breast cancer. Men also suffer from breast cancer too, so we need to push the watersport aspect (and in our case canoeing), so that the benefits can be felt by many more people.

What would help this too? Well the Government living up to their claim to promote a healthier life style by giving us all access to water!

## DEFRA funding slashed

The Department for Environment, Food and Rural Affairs has cut its budget by nearly £200m over the next six months. The cut is in response to an increase in payments to farmers and additional civil servants to deal with the mismanagement of agricultural payments. The Government may also be facing a fine from the EU for delays and shortfall in payments in time. Costs incurred for Avian flu are also attributed to the cut. The budget cut is expected to impact on flood defence work, nature conservation and the canal system.

British Waterways (BW) has disclosed it has lost £7.6 million in Grant in Aid (GIA - monies from the Treasury) in this financial year with the prospect of another £1.5 million reduction this autumn. Boating groups believe BW will have GIA reduced by £25 million in the period 2008-11. A 30% initial increase in boat licence fees is not ruled out along with a reduction in service, and staffing levels.

This news follows hard on the heels of the Environment Agency (EA) proposing a 48% increase in charges for boat registration over three years with the EA meeting objections by saying funding will match the charges. The prospect of this matching funding remaining in place is questionable with the EA losing £28 million nationally in this financial year and expecting the same level of cuts for 2007/08. Boat users are naturally very wary. In the 1990's charges were increased for promised improvements and budget cuts caused the work to be cancelled.

Boating groups are expressing concern to government ministers and the EA that reduced funding will bring long term damage to the waterways and levels of participation. For BW funding, paddlers are urged to write to: Rt Hon David Milliband MP, DEFRA, Nobel House, 17 Smith Square, London, SW1P 3JR [david.miliband@defra.gsi.gov.uk](mailto:david.miliband@defra.gsi.gov.uk)

For the EA's proposed increases as discussed in the August edition of Canoe Focus, write to the Chairman, Sir John Harman: Chairmans Office, Environment Agency, Millbank Tower, 25th Floor, 21-24 Millbank, London, SW1P 4XL.

Natural England have incurred a £12 million cut in GIA before it formally comes into being this October. The agency has a remit for conservation, access and recreation. The first casualty in the Natural England programme is for the public consultation on Coastal Access to be put back to the next financial year. Their Recreation Strategy consultation and three pilot schemes for gaining access by payments from central funds (not users) are expected to follow suit.

Boating and recreation groups will be taking a close interest in the next Comprehensive Spending review that is a government process to determine departmental spending for the years 2008 to 2011.



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# BCU 70th anniversary



**Samantha Donovan**  
July adult winner



**Sam Stephenson**  
July youth winner



**Ben Parfitt**  
August adult winner



Thank you for all the wonderful entries we have received so far! The winners for July and August (as voted by you) are:

- July adult winner -** Samantha Donovan
- August adult winner -** Jonathan Swale
- July youth winner -** Sam Stephenson
- August youth winner -** Ben Parfitt

**Prizes: Monthly winner**

A winner will be chosen each month until December 2006. Each month one adult will win £25 Cotswold vouchers and one youth (under 18 years old) will win £25 WHSmith vouchers. Winners will be announced on-line and in future editions of Canoe Focus.

**How winners are chosen**

Once we receive your photograph it will be uploaded onto the BCU website where people can vote for their favourite image by emailing the number of the photograph to [pete@bcu.org.uk](mailto:pete@bcu.org.uk)

**Jonathan Swale**  
August adult winner



**Overall winner**

At the end of January 2007 one overall winner from the youth category and one winner from the adult category will win a digital camera worth £150!

**How to enter**

Email photographs in jpeg format to [chloe.nelson-lawrie@bcu.org.uk](mailto:chloe.nelson-lawrie@bcu.org.uk). Or send in photographs on a CD to: BCU, John Dudderidge House, Adbolton Lane, West Bridgford, Nottingham, NG2 5AS. Remember to provide contact details that including: membership number, name, address, telephone number and age.

# 70th anniversary photo competition



JANUARY  
 FEBRUARY  
 MARCH  
 APRIL  
 MAY  
 JUNE  
 JULY  
 AUGUST  
 SEPTEMBER  
 OCTOBER  
 NOVEMBER  
 DECEMBER



mon    tue    wed    thurs    fri    sat    sun  
 1    2    3    4    5    6    7  
 8    9    10    11    12    13    14  
 15    16    17    18    19    20    21  
 22    23    24    25    26    27    28  
 29    30    31

## 2007 Paddling Calendar is ready to purchase!

### Your Christmas present problems solved!

We have produced a calendar from the BCU's 70th anniversary photograph competition (see picture). The competition has captured the imagination of members and we have received hundreds of entries to date.

The photographs demonstrate the real diversity and fun of the sport and we hope that this will be the first in a series.

The Calendar is A3 size, easy to write on, brightly coloured and full of fantastic paddling photos!

Calendars are £8 only (including postage & packing) so buy your calendar now, whilst stocks last.

### How to purchase

#### Order form

Fill in the order form (enclosed in this magazine) and return with a cheque for £8 payable to BCU, to:

#### British Canoe Union

John Dudderidge House  
 Adbolton Lane  
 West Bridgford  
 Nottingham NG2 5AS

**E-Shop:** Visit the E-Shop on [www.bcu.org.uk](http://www.bcu.org.uk)

**All calendars will be dispatched mid-October**

## Liverpool Youth Fest

Take Queens Dock Liverpool – add the fantastic resource of Mersey Sport plus over 100 young people who competed in eight different disciplines throughout the day and you'll have Mersey Youth Fest!

This long running event has again proved to be another great success. Friends of Allonby CC, Merseyside's Top Club 2006, again worked really hard to provide a great day for young people from the NW region.

Young people entered teams in slalom, polo, sprint, open canoe, Bellboat, Dragonboat, ergo and a 'paddle's up' event with each team entered in a round-robin of events. Competition amongst some of the teams was at times intense as desperation to beat other local teams took hold with parents on the dock wall encouraging and helping motivate the young people over the day.

A huge thanks goes to the team at FOA CC for all their hard work for the event, all the teams and their parents who made the day work and the team at Mersey sport.

Photo's of the events are available on their web site [www.foacc.com](http://www.foacc.com). Hopefully see you there next year.

**Gareth Field – PDO North West and Yorkshire**



# CLUBS R US!

We've been really impressed by the amount of activity going on in clubs and centres over the summer period and the number of young people being helped to start and stay in the sport. Quite a few of you have also found time to achieve the prestigious BCU Top Club and Sport England Clubmark awards and the following articles tell us a bit more about the clubs and their achievements and a brand new club!



and a fleet of mountain bikes for school and youth groups are used on the marshes nearby.

Extensive are development has undergone at the premises over the last couple of years thanks to diligent fundraising, and now there is a great new building with offices a large social room with pool table, a gym for off the water training, kitchen, and a big balcony over looking the canal. On the ground

floor there is lots of storage for a range of different boats, changing rooms and a workshop for maintaining the bikes.

Ex-teacher Mickey Gordon who is Chief Executive at Leaside has been largely responsible for the development over the last decade. Most of his time is spent raising funds but Mickey also has a background in the sport and is a fellow

of the Royal Geographic Society.

Uniquely Leaside have over a number of years taken a group out to the Himalayas. Local young paddlers from Hackney have had the opportunity to travel with Mickey to Nepal, where over the years they have built a school. There is also an opportunity to trek in the mountains and raft on the awesome rivers.

Recently the club has been recognised in its success and the opportunity it provides to young people by being awarded the prestigious Top Club award from the BCU and Sport England. Sue Hornby from the BCU Youth Programme was there to present the award at the annual club BBQ where there is an opportunity for all members old and new to meet.

On top of the food and drink and excellent atmosphere of the club, there was a first class display of playboating expertise by its young members as well as presentations of annual awards for volunteering and the 'Young Member of the Year' award.

Eilis Kelly, a young member of staff and a trainee level two coach who herself is a member since the age of 14 said, "Leaside's BBQ's is always an excellent night as it's a great opportunity for both old and new members to relax and enjoy themselves in a non sporting atmosphere... it's good to catch up with faces from the past who have always remained loyal to the club"

Local people in Hackney who go to Leaside are proud of their club and rightly so, where on the strength of the club's staff volunteers and coaches, the club goes from strength to strength. We wish them the best of luck in the future.

To find out more about Leaside visit [www.leaside.co.uk](http://www.leaside.co.uk)

## Leaside Top Club status

The nation's capital of London is by many normally associated with traffic, noise, crowds etc and not with outdoor activities like canoeing. However, London has a very lively canoeing scene across the city. Canal systems that have for years been used for trade to take goods from the docks all over the city, are now home to a number of active canoe clubs making good use of the London's man-made water ways.

Many of the canoe clubs in London and some of the coaches, group leaders and competitors, can actually attribute their success, or at least their beginnings in the sport to one club in particular: Leaside. The club has been providing opportunities for local people from east London to go canoeing, for over 40 years and over that time the club has seen many generations of canoeist start up on the water. Leaside is a charitable trust originally set up in 1963 by the Inner London Education Authority, which over the years has seen many successes including the first female sprint paddler to represent GB in the Olympics and world championship events. Leaside still has members representing Great Britain in marathon racing.

One of the biggest strengths of the club are the members who start their paddling at Leaside and go on to train as coaches and introduce new paddlers to the water, whether it is at Leaside or not. In fact the club has strengths in many areas, and is involved in different kinds of activities. Leaside has a strong racing team who are very successful in national regattas and local events such as the Essex winter series the final of which the club hosts every year. Leaside also travels outside of London on white water trips, Whilst on club days and evenings their fleet of G-forces get a good work out on the water

## Basingstoke Canal CC presentation day

The 15th July marked the culmination of the Basingstoke Canal CC's efforts to achieve Top Club status when they were presented with both the Clubmark and Top Club award by James Arbutnot MP. Also attending were national representatives from the BCU, James Hives, Regional PDO, Ian Brown the Director of the canal,

plus other key canal users.

The club has been working hard to meet the Clubmark criteria and ensure that their facility, policies and procedures are in place to welcome everyone irrespective of age, gender or ability. This included coaches and volunteers attending a number of Sport England's workshops to support this and ensure they are bang up to date at the sharp end.

During the day there were a range of events including a race, some freestyle paddling and a polo match with the presentations being followed by a BBQ. It is hoped that this event will also raise public awareness of two important factors.

The future of the canal itself is currently in the balance. Since its restoration some 20 years ago, it has become an invaluable asset to the community. Sadly sources of funding are diminishing and vital maintenance work on the canal has been put on hold.

Secondly, as canoeists, we paddle a mere 2% of the rivers in England and Wales and James Arbutnot is one of many MPs who agree with us that this is quite unreasonable. Currently anglers and 'riparian owners' have a stranglehold on this valuable national resource. The law needs changing and public awareness needs to be improved. There is a right to roam but no permission to paddle!

Lee Mathews the BCCC Chairman said: "We are primarily a family club, open to all, with a membership in excess of 200 we aim to introduce parents and children to canoeing. The club was formed in 1979, is affiliated to the BCU and is one of the largest and most diverse canoeing clubs in southern England. Disciplines include flat water racing, slalom, touring, white water, canoe polo, freestyle and sea canoeing. To help encourage newcomers to the club and existing members broaden their canoeing experience – the club owns a range of both general purpose and specialist boats available to all to try or borrow. For more details about the club and how to join please contact: Lee Mathews, BCCC Chairman, on : 07950 232193 or: [dusty.leemathews@tiscali.co.uk](mailto:dusty.leemathews@tiscali.co.uk)  
**James Hinves PDO Southern Region**

## Peninsula Paddlers day

Peninsula paddlers provided a top event to celebrate their Top Club status on the 11th June 2006. The celebration day was to

present the club gaining the BCU and Sport England's Top Club award and to celebrate the clubs effort at developing paddlesports in the region. The day started with an official presentation of the certificate from Nigel Timmins of the BCU and Jim Lester, Director of Cultural services for Wirral Council.

After the presentation the event kicked off in earnest. Bellboats raced up and down the Marine Lake in West Kirby, 'come and try it' sessions ran throughout the day, wavehoppers tried to sprint across the lake (many didn't make it), while Brookbanks demo fleet where in constant use. There was a fantastic examples of all the different forms of paddlesports on show throughout the day. Alongside this there was huge wall of information showing the clubs' adventures from around the world. With a constant stream of burgers off the BBQ and the sun shining we all had a fantastic day.

Throughout the day a huge number of people were introduced to paddling developing the profile of canoeing on the Wirral. A massive thanks must be given to all the team at Peninsula Paddlers for all their hard work, the boys from Brookbank and their fantastic demo fleet and Jim Lester.

**Gareth Field – PDO Yorkshire and NW region**

## Northern Star KC

The newly founded Northern Star kayak club based at Hollingworth Lake activity centre near Rochdale celebrated it summer of canoeing on August bank holiday. The young paddlers have spent their summer developing their paddling skills and the event was set up to test their new paddling skills in polo, lightning and freestyle workshops. The day was a fantastic success with lots of the club members excelling in a range paddlesports events culminating in a sprint at the end of the day.

A huge thanks is needed to Pennine and Macclesfield CCs for supporting the Lightning sessions, Sean McGrath of wildriver.co.uk coaching for supporting the freestyle sessions, Robin Hood Watersports for a great range of demo boats, Friends of Allonby CC for bringing a polo pitch and all the volunteers that made the day happen. Also to Wrigley Claydon Solicitors for sponsoring the club's future development.

**Gareth Field – Yorkshire and NW Region PDO**

## Christmas card competition

Could you be the designer of the BCU Christmas card this year? The BCU Youth Programme is searching for a design for 2006 so here's your chance to see your work in print and win a great prize.

The picture must be about Paddlesport and Christmas and the size should be around 150 x 210mm (A5). It can be colour or black and white – but must be hand drawn/painted. You must be under 18 and it must be all your own work. For more details check out the KidZone section of the website [www.canoe-england.org.uk](http://www.canoe-england.org.uk). But remember – we need your entries by 5th November – so get cracking!

Send your entries to: Youth Programme Competition, BCU, Adbolton Lane, West Bridgford, Notts, NG2 5AS. Please write your name, age, address and phone number on the back of your picture and include a S.A.E. for return of your picture.



## PADDLE THIS



**Introducing Ray Hudspith who has just started as our PE School Sport Club Links Development Officer...**

Hey! Where do I start when trying to give an overview of what I have done over the last 33 years in the sport of canoeing? Certainly a lot has happened over that period! I have been a level 3 coach for 19 of

those years and have experienced 20 years of canoe club and regional voluntary work. Having competed in slalom, whitewater racing, polo and freestyle; the highlight was securing a place with the British team to compete in Tennessee USA. I still hold two Guinness world records for Eskimo Rolling, completing 1,000 paddle rolls in 34 minutes, 43 seconds and 100 paddle rolls in 3 minutes, 7 seconds. I did find time to kayak while serving in the RAF and have fond memories of trips to the South of France and a fabulous play wave on the River Erft in Germany and trips to Augsburg. Nowadays, I love to go sea kayaking, whether with my wife, a group or often in the company of one of my two children in a double kayak. I was the organiser for the Division 4/5 slalom events on the River Tyne at Prudhoe and the first freestyle event on the Tees Barrage whitewater course. Some may be lucky enough to have tried the Crazy Kayak pool slalom/obstacle course held at Prudhoe Waterworld Leisure pool where I worked as a Duty Manager.

These experiences have given me an awareness of the difficulties and the hard work often thanklessly carried out by those that organise and administer canoe clubs and the many special events going on around the country. I have experienced the difficulties that clubs go through, where 'the same faces' turn up every week to coach and the young protégés disappear off to do their thing just when they are at the ability level to help out.

I too went off to do my thing, maybe a bit later than most. At the age of 40 I went to University and trained to become a teacher. Since graduating I have worked both in Primary and Secondary schools. During this time I have negotiated with other subject leaders to allow pupils out of their lessons to participate in outdoor activities and also have given up much of my own time in the evenings and weekends. I have also faced the onerous task of completing forms and writing risk assessments when applying for educational visits. This coupled with a lack of funds can be a real stumbling block for teachers wishing to use canoeing as an option of the PE National Curriculum to develop young people.

The PE School Sports and Club Links PESSCL strategy initiated by the DfES and DCMS, aims to increase numbers of school children (5-16 years old) participating in high quality sport during and after school and, in addition, to enhance school club links in a bid to raise the percentage of children attending high quality club environments. I, as BCU PESSCL Development Officer, will be supporting this initiative by increasing the numbers of children taking part in paddlesport. I am really looking forward to this challenge and would welcome canoe club coaches/representatives, teachers and anyone else interested in how the BCU aim to implement this strategy to get in touch with me through the Young People's Programme.

**Ray Hudspith, PESSCL Development Officer**

The move I am most often asked to coach is the cartwheel. Even though seeing somebody do 20 ends is described by lots of people as boring, folk still desperately want this move and who can blame them.

Cartwheels require control balance and co-ordination and are without a doubt the move that took freestyle from the majorettes/circus on into gymnastics with advance boat handling skills and more importantly AIR.

Before you can truly cartwheel properly you must learn to flat spin. Ok so that's not true in every hole or on every wave (e.g. pour over) but as a general rule it does work. Secondly if you can't get into the correct position you'll struggle to do retentive cartwheels. Remember from article 3 - Practice position then practice the move. Get some idea of where you want the boat to be (maybe by seeing somebody else doing it initially) and always try to start from that point. A rule to bear in mind is that "Green flowing water is generally the hardest and quickest – if you can break the surface the chances are you won't be able to keep up with the speed the water causes in the rotation between end 1 and 2."

Flat water cartwheeling is fun and when done correctly offers a good learning opportunity. The big difference with what we are explaining in this article and the flat-water cartwheel is that we are talking about using the momentum created by the force of the water rather than just the momentum created by the power in our bodies.

Once you have thrown the first end the second tends to follow the same routine no matter how you started so a good place to get cracking is by working out different ways of getting the first end to work.

To the clock – 12 o'clock is upstream the end of your cartwheels generally falling between the zone of 10 and 2. The closer to 12 your ends fall the more chance that they will be vertical and the further away (10 and 2) the more horizontal they tend to fall. You normally cartwheel straight upstream (12-6 o'clock axis) not across the hole (8-3 o'clock axis),

although in some holes you can cartwheel across).

### Against the Grain

Terminology (especially in canoeing) is stifling and against the grain stands a good chance of doing that. Luckily we can use pictures to go along with words so hopefully this will become clearer.

If you imagine the clock with 12 o'clock being straight upstream. The start point for this will need the nose roughly at 11 o'clock (dependant on direction of cartwheel). From here drop the upstream edge push down with the blade so that the nose buries and you will have thrown a single end cartwheel. This can be repeated on the opposite side by initiating at 1 o'clock.



### More detail

- Against the grain is what we would call an edge transfer move. It works with your ability to maintain edge tension whilst transferring from one edge to the other (i.e. lifting downstream knee and then the upstream knee).

# Principles of freestyle 4

## Forcing the ends Straight force

As you get a greater understanding of how holes work you start to realise there are places where you can force the end down. This is because the water in these areas is so aerated it does not really want to float you. This aerated water most often exists at the top of the pile.

Because the aerated water is not flowing strongly in any one direction you can force the end down without having to align the boat with the flow (so no need to be at 12 o'clock). This springs an opportunity as if you are cartwheeling to your right, you can start with the boat at 2 o'clock, then you only need to rotate through 8 hours before the next end become available at 10. This means you get to cartwheel without the toughest part ROTATION being perfect.



The second place where you can force down is in a sequence of cartwheels where the third end has momentum from the second end but needs a bit more force to follow through. This is the best time to use the forced end technique.

When forcing down you need to be aware that the blade can go deep in the water and so will be more difficult to recover for the second end. This is also a physical method so will zap your energy quicker.

When on the top of the pile:

- Place the paddle with the blade flat on the waters surface just behind the hip. Most important is that your blade on water arm is bent to between 80 and 100 degrees at the elbow with that elbow directly above the paddle shaft so that you can put your whole body weight down on the blade if necessary.
- Keep the blade as close to the side of the boat as possible.
- As you push down on this blade push on your footrest on the same side as the blade. If you feel balanced try to lift the blade and then reinitiate it to the water as this creates more power (just like pressing down with a hammer on a nail as opposed to lifting it and whacking the nail). The

## PADDLE THIS: THE CLOCK

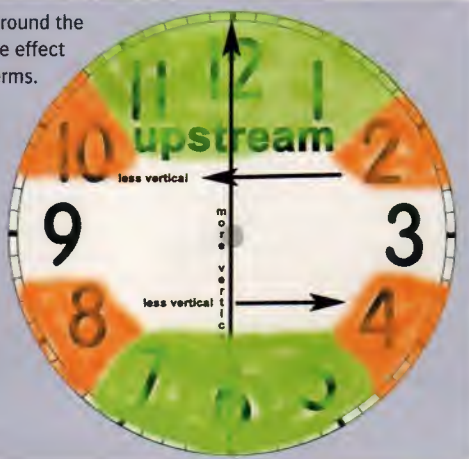
Body movement during cartwheels tends to make the boat move around the hole and makes it difficult to retain. The secret is understanding the effect your movement has and taking control of it. Try to think in these terms.

**If I lean forwards I make the nose heavy and the tail light**

**If I lean backwards I make the tail heavy and then nose light**

For many freestylers the natural instinct is to lean forwards when going for the first end on the nose. This can be correct. However when it happens if you stay forwards the tail will be very light and when the second end is required (on the tail) it does not have enough weight (thus momentum) in it to travel through. The best option is to lean forwards and backwards with very minimal movement

We have given these cartwheel start techniques names that try to describe what is going on.



stroke is a push down and forwards movement.

- You may find that leaning backwards slightly and then returning to your neutral position helps get the end of the boat to go down.

The method works backwards too.

Assuming the stern of the boat is pointing upstream:

- Place the paddle with the blade flat on the water surface just between the knee and hip. Most important this time is that your elbow is still bent at around 45-60 degrees and the blade is positioned in the retentive part of the hole. Don't put any pressure on yet it is just for support so far.
- Turn your head and shoulder so that you are looking straight upstream on the opposite side to the blade.
- Push on the footrest on the same side as the blade and pull the blade.
- Keep the blade as close to the side of the boat as possible.
- If you feel balanced try to lift the blade and then reinitiate it to the water as this creates more power (the hammer action again). The stroke is a pull backwards movement.
- You may find that leaning forwards slightly and then returning to your neutral position helps get the end of the boat to go down.

### Double pump force

Double pump cartwheel technique sprang from flat water cartwheeling as a result of the paddlers need for more energy to get the end of the boat down. It only really works on the front of the boat (so far). It's used loads where paddlers want to take momentum into the cartwheel and has the added benefit of providing loads of energy without the blade having to go to deep into the water and thus be difficult to recover for the next end. That means the second end can come easier than the force only method.

A double pump is where you do a forward sweep that lifts the end of the boat before throwing down hard on a reverse stroke to make the nose bury. This little bit of momentum causes the reverse stroke to be much more powerful so creates the ability to go vertical.

- This forwards sweep is one of those in between strokes that by name would truly not make it either a forward power stroke or a sweep stroke.
- Start with the paddle at your toes and apply edge to you boat. Bring the paddle back in a power/sweep stroke so that the nose lifts. The stroke is between horizontal and vertical (45° approx) and should start with the arm straight and finish when the arm is bent to ninety degrees at the elbow. Have a play with this part of the double pump as breaking down the process and learning in stages sometimes makes this easier.

- From the 90 degrees at the elbow position and with the boat still on edge roll the elbow over the top of the paddle shaft and push down. Keep the blade close to the side of your boat. Check if your arm is pushing straight down or if it is going at an angle? If it is going at an angle you need to watch your hand on your next attempt and make sure you are pushing straight down.
- Push on your footrest to varying pressures on the same side as the paddle action. This will allow you to create the power you require to get the first end. Be careful that you are not being too powerful. Every paddler I know who learned this technique for flat water cartwheels who then transferred to moving water starts by putting way to much power on.



### Your paddle – horizontal

When you cartwheel the paddle drifts around a little but you really want to have an idea of a target where each blade should go. A general rule is to keep your paddle close to the boat and between your chest and belly button. Each season I take a session or two to get back on top of cartwheels and the thing that really works for me is to keep my elbows stuck to my ribs. This stops the blade moving around the hole too much and keeps the paddle shaft fairly horizontal.

You also need to be careful not to put too much weight on the blade as this will make it go to deep.



Keep your elbows tucked in and your paddle shaft fairly horizontal and know that your blade will always place in the correct place.

### Your edges – one then the other

A cartwheel is an edge transfer move and all cartwheels require edge transfer to happen so that you move from one edge to the other. A good way to make this happen is to think with your feet. So as you do the first end on the right you will be pushing on your right foot and when you do the second end on the tail change feet.

Edge transfer is essential to make the cartwheel work – think with your feet rather than your knees and enjoy power

as well as edge.

Ok there are the components, now here is a description of the cartwheel process.

- As the first end is happening – turn your head and shoulders in anticipation of the second end.
- Almost at the same time transfer the blade from the push down of the first end onto the pull down of the second. That means changing sides.
- Push on the foot rest as this is all happening.
- The edge transfer should happen naturally if all the other things are happening.

### Multi ends

In the early days when I was competing boy did I want to cartwheel, eventually I sussed it out, all that I needed to do was sit up straight and get back to my start point or second point. In reality the move was about being in two positions. So I practiced loads both on the water and at home doing little dances to make everything in the process natural. It took a season to sort but by the end of the year my cartwheel was as solid as my roll that to this day has never let me down.

The Golden rules of the second and Multi ends:

- Look back upstream.
- Get the paddle back to the start point as quickly as possible.
- Sit up straight – in perspective to the nose of the boat not the horizon – that means as you bury the nose of the boat your body will get closer to the water. Another way to describe this, as it is very important – if your body and the deck of your boat are at ninety degrees to each other that is where they need to stay.

- Keep the paddle low and your elbows tucked in.
- As you do multi ends you start to lean rather than edge.

### More Cartwheels – the variants

Years ago I wrote an article for Playboating magazine where I described Hand's Free cartwheeling on the flat. I could not believe the amount of interest the article created, with paddlers asking so many questions of something I had learned to strengthen my abdominal technique. Looking at freestyle today the technique is called clean cartwheeling and unlike the early version you hold onto the paddle. There are a number of variants with clean being one end and super clean being any number of ends after that point.

Cleans are all about ROTATION, balance and co-ordination. Once you have good cartwheel technique moving onto cleans is not that easy.

If you have just planted the front end simply get the paddle out quicker than normal bring to shoulder height so that the blade are face down to the water and rotate your whole body around with the blades in this position so that you are facing back upstream again. If you remember in article one we talked about rotating around so that you hit a maximum point. For cleans this is the area you are after but be careful as this can be ballistic (stops very suddenly).

To bring the next clean end (back onto the bow) you need to rotate again and bring your body slightly forwards so that the end buries. Repeat the process and you should be able to go clean for as long as your balance holds out.

Next edition we look at split wheels blunts and reverse blunts. ●

**See you on the water, Jacko**

### PADDLE THIS : TIPS

- To get more power remember the hammer.
- You should always look upstream.
- If it does not work – work on your flat spin.
- Body posture is key – go in with a lung full of air and think about posture.
- Make sure you breathe – sounds stupid but when you really focus it's surprising what you forget
- Keep your paddle strokes close to the boat and the boat will stay in one spot.
- For the front end you are always on the back of the blade and for the back end you are always on the front of the blade.
- The momentum expressed through rotation in the clean and super clean cartwheel can be expressed in all cartwheels.
- Push on foot rest and change foot pressure from one foot to the other between the ends
- If the hole is really flushy make your body rotation quicker.
- The hand is always in front of the hip – that way the cartwheel happens in front of you.
- The most common fault when the second end is the stern is to have the active paddle arm straight. This generally makes the blade place outside the retentive part of the hole – Your Boat will move towards your blade not the other way around.
- Sitting up straight is in perspective to the nose of your boat not the horizon line.
- Below deck activity is as important as above deck activity. It's not just paddle and body it's the rest as well!
- You can truly cartwheel when you can cartwheel at varied speeds, both ways and in a variety of holes.

## Letters

## How to spot the canoeing family

**Outside their home:** The garden always needs a little attention: the jungle look is so last year.

Garden ornaments include K2s of various colours (purple is good) displayed alongside hedges; not many garages are capacious enough to hold a good assortment of boats – unless they are playboats...

The front step is home to an assortment of canoe shoes, mainly blue or black and in various states of disrepair and malodour, and often half-enclosed in carrier bags (don't get too close to these!).

The washing line is always out and at least three times a week is laden with canoe kit, mainly t-shirts emblazoned with Banbury or various other items in dark colours. Occasionally, wetsuits, buoyancy aids, trainers, hats, gloves.

**Their vehicle:** The car. Usually an estate vehicle, always on the slightly dirty side and often sporting v-bars with attitude. The inside of the car is invariably full of kit, plus maps, number plates, half-empty bottles of water, long-lost canoe shoes, spanners, boat seats and straps. Often best to decline any offer of a lift if said car has been parked in full sun for any length of time with closed windows – the smell of canal is never good.

### Inside the home

**The hall:** Difficult to negotiate at all times due to more shoes decorating the floor, plus paddles propped up at odd angles in the corner and buoyancy aids drying on the radiator... that always smells pleasant!

**The kitchen:** Usually has bags of canal-perfumed washing waiting for the loaded machine to finish its cycle.

## CONTRIBUTION DETAILS

**Email:** peter@canoeofocus.co.uk

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

Plenty of washing up to do, but not much food around as no-one here has time to cook a meal, for goodness sake! "Just grab a snack, and let's go!"

**The computer:** Always on the go, with a queue of people who:

- just want to check their e-mails – won't be a minute
- just have to see what boats are on e-bay or on the Reading website
- need to use the computer for homework and won't be long, honestly, i.e. talk to all other contacts on MSN even though seen majority of them at club earlier on. This will take at least one hour, then ten minutes for a rushed piece of homework.

**Other rooms:** Always in need of cleaning and decorating. Never read house style magazines if you are feeling vulnerable!

Various children, tired from 'whatever', usually either slumped in front of something improving on the tv (honestly, Hollyoaks and the Simpsons are so educational), or else chatting about their main topic of conversation "which boat shall I try next?"

Mind the tents and sleeping bags left out to dry after camping (OK, so that was two weeks ago. Nylon takes such a long time to dry – it has nothing to do with not wanting to struggle the tents into their bags only to find that the pegs have been left out, and will not fit when packed the second time around).

As for the upstairs rooms... well, let's just leave that to your imagination, except, just how many showers/baths does one really need per day?

So, if you find yourself living next to a family like this, beware: you may just end up trying canoeing yourself. And, if the family's name is Murphy, let's just hope you are better organised!

**Melanie Murphy**

## Tenosynovitis

**May I bring to your attention the article on Tenosynovitis in the August edition. Even though the article is very comprehensive and well supported by current and valid references, I take exception to the final paragraph of the conclusion. The author portrays the view that Chartered Physiotherapists are the only profession capable of delivering an accurate assessment and treatment of the condition.**

I am sure that I represent the view of many experienced qualified osteopaths, sports therapists and remedial therapists that run very successful clinics and work with regional, national and international teams in many sporting disciplines.

**Nick Dinsdale MSST**

## St Kilda and the Flannans

**I am casting a net far and wide across the paddling world to see if I can get any help with pulling together a collection of stories/reports regarding crossings to St Kilda and the Flannans in Scotland (also Sula Sgeir and North Rona). There have been many and I am trying to capture them for**

**historical reasons and as a record to inspire and delight fellow paddlers.**

The initial plan is to try and get a significant amount of contributions to perhaps make a publication possible with photos and info etc, but in essence it would be a collective effort if people are willing to share their stories and adventures with a wider public. Any profit made would be reinvested in to the Stornoway CC and if we cannot get it published then we will create a link on our website where people can read the reports and history. I have heard so many anecdotes but would really like the genuine first hand experiences.

When the first team paddled out to the Flannans, they had to return because they couldn't land, a guy called Andy Stamp I think, or was it a Stornoway CC trip in 1994 – who did get there first? So many unanswered questions. Please email me [mjsullivan@btoopenworld.com](mailto:mjsullivan@btoopenworld.com). I cannot pay for any stories that may be used but full credit will be given for contributions and photos used. You will be helping to benefit the paddling community as a whole but also the local club here.

I have already had a commitment from a very renowned paddler to do a foreword that will context any publication arising.

I feel this will be a great addition to the paddling world of books and it will also serve as an attempt to get an accurate historical record of some of the committing paddles done in this part of the world.

If nothing else we can pull together a good collection of stories and info on our website.

**Mike Sullivan Stornoway CC**

## YORCIE NEWS: [www.yorcie.org.uk](http://www.yorcie.org.uk)

The hot summer has brought us the even hotter news, that the MANVERS project is gathering momentum. The steering committee (comprising members from Maltby CC) has been formed and is in negotiation with the site owner and actively seeking funding to build the centre and fit it out from a variety of sources. If all goes according to plan, there will be a useable facility by Spring 2008. For more information or to find out how to get involved, please contact the MSC (Manvers Steering Committee) secretary & regional vice chairman Keith Saunders at [all@saundersfam.free-online.co.uk](mailto:all@saundersfam.free-online.co.uk) or 01226 752903.

Last year was a good year with 20 paddlers in Yorkshire Region being awarded £4,650 by the SportsAid charity. The awards to Yorkshire polo players has enabled them to progress in the sport and has seen a number represent GB including two who were part of the GB U21 mens team that took fourth place at the recent World Champs in Amsterdam. There will be another round of awards in 2006/07. Unfortunately, because of the pressures on funding, there will be tighter criteria and fewer applications allowed from canoeing. The contact for polo is Keith Saunders who will be in touch. The application deadline will be in early February 2007.

The second full season of the Yorkshire Sea Kayakers has seen them visit three regions besides just Yorkshire. As you read this, they will be holding their end of season meet and ideas for the 2007 calendar are usually formed during this weekend. One idea for next year is to include dates which will divide up the whole Yorkshire coast and to paddle it as day trips. Any ideas please, or other requests for info to Ken Reece as normal on 01937-588786 and [ken@reecek.freeseve.co.uk](mailto:ken@reecek.freeseve.co.uk)

The region's newest group, the Yorkshire Single Bladers created for our open canoeists, is just getting started and thank you to those of you who have so far registered your interest. There may be an event before this, but save the 29th Oct for a day out. Find out more by emailing [ysb@yorcie.org.uk](mailto:ysb@yorcie.org.uk)

Coaches please note that RCO Ian Scott, now has a new land line on 0114 2492644.

It seems odd to be writing this article in August and having to include notes about an event in November. But this will be the last Canoe Focus before the Yorkshire Regions annual pie n' pea supper which includes a free ACM. Please reserve the 28th November to be at Ossett Cricket club, from 7.30pm. Elections of most posts are required this year. We will have a full 'after meeting session' on current subjects which involve members in the region but as always you are free to advise us about any subject you would like to be discussed. Details will be circulated by our regional secretary Jon Dakeyne on 0113 2250984 or at [jdakeyne@aol.com](mailto:jdakeyne@aol.com) and you should contact Jon please if you or your club or group want including.

If you are interested in finding out more about the regional team, the next scheduled regional team meeting will be on the 30th Oct in Leeds at 6.30 and again Jon is the contact.

Our regional web [www.yorcie.org.uk](http://www.yorcie.org.uk) continues to attract thousands of hits per month, and despite the already high levels of interest, Kate still wants more of you to send or add your events by letting her know at [webmaster@yorcie.org.uk](mailto:webmaster@yorcie.org.uk)  
**Dick. Dickconstable@canoeists.co.uk**





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# Fade to grey – an outing in Scandinavian chill

Winter months in northern Europe are famed for the brightness of the snow, the shortness of the days and the darkness of the nights. Up by the Arctic Circle this is an understatement for the weeks either side of the winter equinox where the sun never rises above the horizon, making life tough in the perpetual gloom of the twilight zone. The majority of inhabitants however live outside this special area, and their reality is considerably less black and white.

Despite its proximity to the Arctic, the frequent presence of high-pressure weather systems and associated expansive blue winter skies, the prevailing autumn weather in southern Finland comes from the southwest, meaning cloud and overcast skies. As Al Stewart sang of the infantry soldier's lowly perspective, "the grey skies of Russia (only 120km to the east of Helsinki) go on forever". To counteract this depressing reality, what better way to confront this grey, and what better vehicle to do this from, than a sea-kayak. And what makes for a messy, often dirty grey reality of melted snow on land, on water is ideal for the local speciality: ice-breaking.

Even if overhead there is a monotony of colour, on the water one quickly becomes aware of the variety. Granite rocks and pebbles on the stony shore contrast with the snow patches nearby. The windblown roll of matted reed that lines the shore has a glossier hue than the broken grass stalks in the adjacent fields. For my afternoon jaunt I had travelled 80km west from Helsinki to find a sheltered area of sea, as yet largely unfrozen, unlike the many inland lakes and ponds I had driven past on the way. Following a nearly a week of sub-zero weather, the few centimetres of ice on these were covered with a sprinkling of powder snow, reflecting a bright grey sky. By the sea shore the water is a few critical degrees 'warmer' and the wind more effective in maintaining clear water. The location is a familiar one to Jöns Aschan, proprietor of 'The Paddling Factory', a small rental operation working from his summer cabin located in the Swedish-speaking countryside outside the town of Ekenäs. Based at the side of the broad deep-water channel to Pohja, which ships keep open throughout the winter,

Aschan can offer ice-breaking outings through the winter. Early December saw ice-cover limited to sheltered coves and bays, ideal for novice ice-breakers.



Our route this afternoon was explicitly utilitarian – to the local general store, come fuel supply, come café, about 6km distant. In summertime this trip would witness numerous tourist cruisers, some yachts, silent fishermen, maybe other paddlers, not to mention a multitude of land and water-based wildlife. The destination would be a hub of activity of lightly-clad visitors mixing with dungareed and booted locals. December brings change: empty expanses of water, skies devoid of wildlife apart for some duck, and on our trip a distant circling sea eagle. This was no Arctic expedition, but after initial contact with a net-laying fisherman, the total lack of human presence during our trip confirmed that we were operating at the edge of the civilised world.

Unfortunately our attempts at ice-breaking our way through a channel on the direct route came to nothing. Powering the front end of the kayak up resulted in a few seconds rather perilous wobbling atop the ice before breaking through. Then one is left in the middle of a quivering mass of ice floes, which

restrict the paddle's access to free water and, when overcome, tend to trap it under the surface. Not fun for a novice!

As the prime focus for human interaction in countryside Finland through the winter, the local gas stations, like our destination, offer a swathe of supplies and services, the most popular seeming to be the hot coffee.

Bright jackets and hunting hats are huddled around cheery tables where local news is exchanged also with the storekeeper. Using English in this outpost of Finnish-Swedish civilisation was completely acceptable! However in contrast with the warmth of the coffee, the brightness even of the back of the shop where we had sat, and with the grey of the day was the cold darkness of the return journey.

The ice-cover on top of the kayaks was not a significant safety factor (though demonstrated the potential problem of an extended trip under these conditions), neither was chill after a few minutes exertion. Most challenging was in fact the lack of grey light to keep the visual senses reinforcing the sense of balance. As every drunk knows, walking a straight line with eyes shut is no easy matter. However as the remaining light faded it became apparent that in fact our isolation from civilisation was very relative. The skies overhead were soon very black, but the horizon ahead reflected the lights of Ekenäs 10km to the north west, and rounding a promontory was the distant glare of an industrial plant. These and the dim flashes of far navigation lights gave strained eyes the minimal stimulation to keep the kayak upright. The greatest threat to balance was from cramping forearm muscles, working overtime against the headwinds encountered on the last kilometres. In fact the most precipitous activity of the whole trip was exiting the kayak on shaky muscles, to find the landing stage slats covered with a sheen of smoothly rounded ice. The knobbly granite shoreline was a welcome surface on which to stand upright and appreciate the beauty of the blustery open water just travelled.

Equipment used: Barracuda sea-kayak by Prijon of Germany, paddle mitts by Palm of UK (very effective), and two piece Gortex drysuit by Polar Safety of Finland. ●

Jöns Aschan

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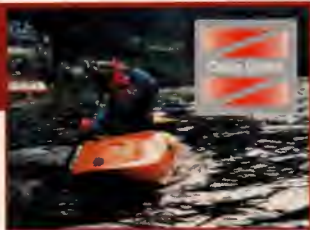
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## SITUATIONS VACANT

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Starting Salary approx £11K (depending on experience)  
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Closing date: 27th October 2006

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for an application pack contact, Avon Tyrrell, Bransgore, Hampshire, BH23 8EE or download from [www.avontyrrell.org.uk](http://www.avontyrrell.org.uk) or phone 01425 672347 or email [info@avontyrrell.org.uk](mailto:info@avontyrrell.org.uk)

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## SITUATIONS VACANT

## Activity Instructors 2007 Feb to Nov

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## SITUATIONS VACANT



## WOODMILL OUTDOOR CENTRE

Woodmill Lane, Swaythling, Southampton, SO18 2JR

### SHOP RETAIL ASSISTANT (30 hrs per week)

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

Pay Scale 4 (£6 per hour)

For an application form and job description please contact George for more details. If you would like to arrange a visit to the Shop please ring 02380 555993 or e-mail [info@woodmill.co.uk](mailto:info@woodmill.co.uk)

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Applicants require 2 NGB Awards from: BCU L2, RYA L2, SPA or BSA and driving licence, PCV preferable. Send CV to: Rob Bird, Outdoor Adventure, Atlantic Court, Wilmouth 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.

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Please contact Paul Knowles 01457 860200

## SITUATIONS VACANT

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# Activity Instructors

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## Weymouth Outdoor Education Centre Vacancies for 2007 season

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#### Experience

- Experience of working in an outdoor education preferably at an outdoor education centre
- Ability to teach a range of activities
- Enthusiasm for teaching young people from a variety of backgrounds
- Experience of teaching adults
- Ability to be able to work with minimal support

#### Qualifications - 2 or more NGB qualifications

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## Staff required for 2007 Season



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Or email: [bob@stubbers.co.uk](mailto:bob@stubbers.co.uk)  
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SITUATIONS VACANT



Southampton City Council

**WOODMILL OUTDOOR CENTRE**  
 Woodmill Lane, Swaythling, Southampton, SO18 2JR

**OUTDOOR ACTIVITY INSTRUCTORS  
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Woodmill requires Outdoor Activity Instructors to start immediately. First Aid and BCU Coach qualifications are essential and any additional qualifications related to the Centre activities would be desirable.

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

Pay Scale 4 (£232.00 per week)

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

**Whitewave: Skye's Outdoor Centre**

2007 Instructional staff required for a May start. Seasonal or Full Time.

Check [www.whiteact.demon.co.uk/job.htm](http://www.whiteact.demon.co.uk/job.htm) for job specification.

Contact: John White at Whitewave, Kilmuir, Isle of Skye  
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SITUATIONS VACANT

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- High Ashurst O.E.C, Dorking - Land based
- Henley Fort O.E.C, Guildford - Land based

Candidates should ideally hold the minimum of two N.G.B's covering the following:

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- RYA Dinghy Instructor
- SPA, GNAS and walking group leader

It is desirable that candidates have experience in; high ropes courses, off road cycling, climbing walls, raft building, orienteering and problem solving.

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Applications must be in by Friday 17th November 2006

Interviews will be held on 2nd -3rd December 2006



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Applications in writing, enclosing your CV, to:  
Mrs Michelle Cooper  
Dover Water Sports Centre, The Basement,  
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We are looking for trainee instructors to train and work from Feb to Sept/Oct. Enthusiasm and a willingness to learn are the key requirements. Some experience working with children is an advantage as are relevant NGB's. Living allowance of £150 + benefits paid.

### Instructors

We are also looking for experienced, NGB qualified instructors who have worked with a variety of groups in at least 3 of the following areas; rafting, kayaks, high ropes, gorges/canyons, environmental sessions, archery. The position is from May to Sept/Oct. £200-£250 + benefits p.w.

### Senior Instructor

Details on application.

Interviews are being held October/november. Please contact the centre for an application pack.

Dunolly Adventure Outdoors

Taybridge Drive  
Aberfeldy PH15 2BP

01887 820298

[Info@dunollyadventures.co.uk](mailto:Info@dunollyadventures.co.uk)  
[www.dunollyadventures.co.uk](http://www.dunollyadventures.co.uk)



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## ACTIVITY INSTRUCTORS

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For further information including application form contact:

Martin Plain at

Longridge SBC, Quarry Wood Road, Marlow, Bucks SL7 1RE

Tel: 01628 483252 E mail: [apps07@longridge.org.uk](mailto:apps07@longridge.org.uk)

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

## OUTDOOR ACTIVITY INSTRUCTORS REQUIRED

### Vacancies for 2007 Season

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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:

[info@lopc.co.uk](mailto:info@lopc.co.uk) Website: [www.lopc.co.uk](http://www.lopc.co.uk)

Closing date for applications for seasonal positions is 16th January

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



INVESTOR IN PEOPLE

## SITUATIONS VACANT

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We are also recruiting for chefs, general assistants and volunteers within our Hospitality Teams for the 2007 season.

For a recruitment pack please contact:

Personnel Manager  
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Newby Bridge, Ulverston  
Cumbria, LA12 8BD  
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Please send to [peter@canoefocus.co.uk](mailto:peter@canoefocus.co.uk) or by post with BCU membership number to: Canoe Focus, Members Classified, 49 Greenfields, St Ives, Cambs PE27 5HB. **ADVERTS CANNOT BE TAKEN OVER THE PHONE**  
Ads are posted on [www.canoefocus.co.uk](http://www.canoefocus.co.uk). It would be of great benefit to

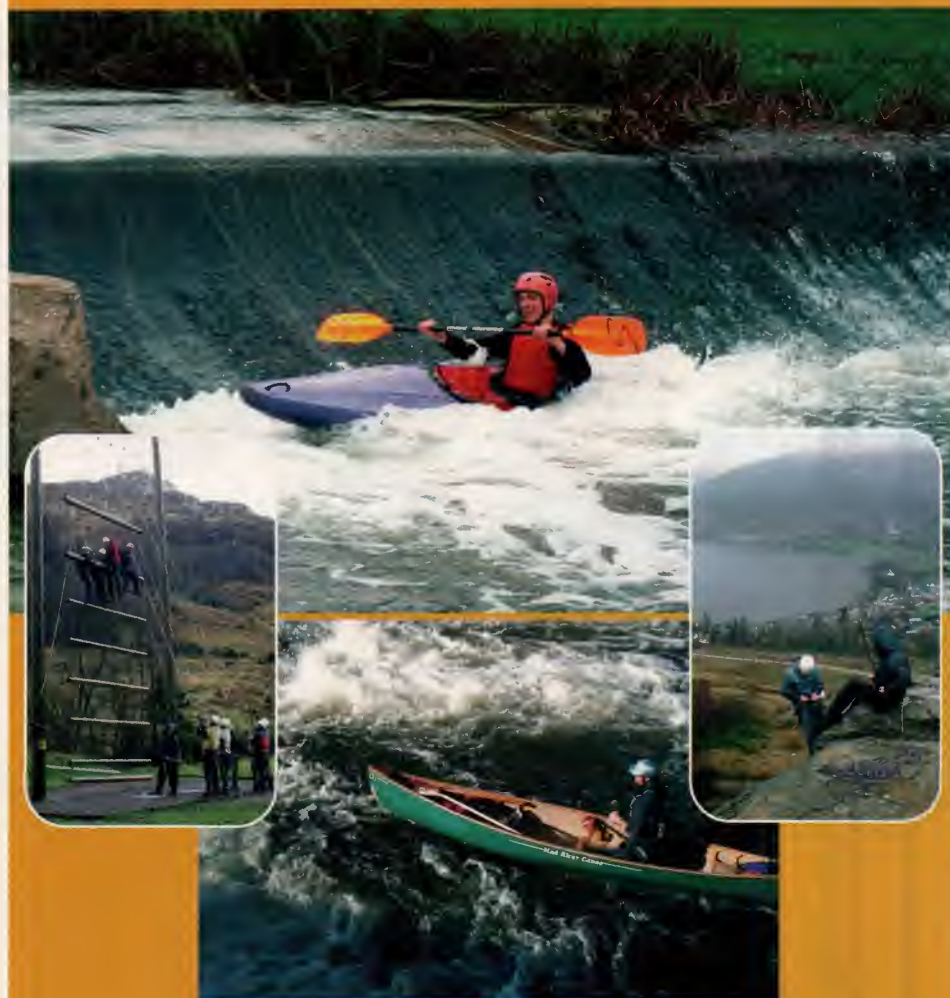
us and to the readers if sellers advise us when their items have been sold on the web. Alternatively, members can post, amend and cancel their own ads on the new BCU website. You will need a password which the BCU will email to you.

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

# The journey



This article was written by a student studying outdoor education at Shuttleworth College in Bedfordshire. The students were becoming aware of negative vibes being placed towards college courses and the quality of instructors that go into the industry from such courses. They wanted to try and add a different perspective to the argument and try to explain what they had gone through to prepare them for work experience



**Outdoor education what's that? I knew very little. Turning up for the interview not really knowing what I was getting myself into. When I came out the interview I was nervous but excited of what was to come; meeting lots of new people – what if they don't like me? Trying new things like sailing – what if I can't do it? What if I don't like it? And the masses of assignments work, the work experience abroad, it is so much to take in!**

**From the top**

The journey's been hard since day one – having an overnight camp with everyone who I had only met that day. Getting lots of assignments to do, health and safety, impact and sustainability – what did they all mean? Then on top of learning about the industry I am hoping to get into, there was also the practical side of power

Through my time on the course I have become more confident, learning to manage my time, how to work with people, becoming more independent...

boating, sailing and canoeing. Wanting to do your best while knowing you only having six weeks of each activity to get to a basic qualification, then there are the study tours. Study tour one is a river trip on the River Ouse in kayaks and open canoes, going down weirs and camping overnight, whilst the second study tour is at Loch Goilhead in Scotland. Taking part in as many activities as possible from sailing, kayaking, climbing, hill wading, to getting to the top of a Jacobs ladder. Not being comfortable with heights some of these activities were scary and challenging but I pushed myself outside of my comfort zones. The tours also give us the opportunity to talk to the instructors and asking them what it is really like to be in the job, how they got into the industry and what I need to aim for.

That's all the fun things but it's not always like that. There are the mountains of assignment work;

the break-ups; the make-ups; the challenges, job interviews and the life experiences. I have found them all hard but they have changed me and my outlook on life. Through my time on the course I have become more confident, learning to manage my time, how to work with people, becoming more independent and then there is the feeling of being completely out of my depth. All matters that have given me an understanding of what I have gained from outdoor activities and what others can gain and allowing me to see the bigger picture. Now I am getting ready to go off to the south of France on my work experience and work out there for four months. That will be the longest time I have been away from home in such a different environment but I am ready to cope with it and am looking forward to yet another new challenge to push my boundaries even further. Just have to finish the last few assignments before the end of term. ●

**Ann-Marie Jenks**

# On the Conwy



Well here we are again, standing at in the car park near Conwy Marina, ready to take part in the 2006 Ascent and Tour. We have collected our bib showing that we are in the tour and more importantly our wristbands which will give us a tea, a cob and a souvenir of the tour when we get to Dolgarrog at the other end!



We are now just chatting with the race marshall and choosing the best time to set off. Around us is a great mix of boats, testament to the wide appeal of the event. We're in Frank's Canadian and we've got our friends John and Paul in Paul's boat. On the beach we can see other Canadians, sea kayaks, tourers, marathon K1s and K2s, a whitewater racer, a sit on top as well as white water and general purpose boats in all shapes, sizes and colours.

The key is to let the flood tide get well established so that we have plenty of help from the favourable current and also do not run out of water in the upper reaches. There does not look as if there is much chance of this happening – it's just after the new moon and the spring tide is sluicing past the end of the slipway – there's even a couple of standing waves out in the middle! We are tempted to surf them but more serious things beckon. We decide the time is right, shoot off from the end of the slipway and accelerate past the pontoon heading south towards the castle and the three bridges. As we pass through the moorings we can see the strength of the tide as it surges past mooring buoys and some care is needed to ensure we don't broach across buoy or boat. A quick glance over the shoulder shows our friends are some way behind so we mark time to let them catch up, admiring the various boats in and around the marina.

The turbulence eases as we get beyond the narrows and the river opens up ahead of us. We are now into a rhythm although if we are honest the tide is doing more work than we are. As we stop paddling for a quick drink we slew round but do not seem to slow down that much!

Back on the river we continue to enjoy the ride. We enjoy overtaking people. Even though we are not in the race, we want to set a good time – perhaps improve on last year? And if people overtake us, well we're not taking it too seriously! We chat to a lady in a Pyranha whitewater boat, she's paddling really well, keeping pace with her friend in a much faster

Vela sea kayak. We point out to the friend that her rudder is neither up nor down and we pull alongside for a moment just to tap it down for her with one of our paddles, she reports an immediate steering improvement!

The miles slip by and the banks close in as the river narrows. Up ahead we can see the village of Dolgarrog and the two water mains which come down the hillside to the aluminium works. Suddenly the finish is in sight and we all dig in as we want to get a time at least as good as our friends'.

The bank is steep and slippery and we get plastered with mud as we help some of the kayakers get themselves and their gear up onto the bank. It sounds weird to say it but there is something marvellously invigorating about this estuary mud. The appearance is unspeakable but that salty smell evokes many long gone sunny carefree days! It fits well with the general holiday mood.

Many are finishing here (the race is upstream only) and loading their boats but we plan to head back to Conwy once the tide has turned. We walk off along the track to the village and locate the community centre where we can hand in our wrist bands and get our lunch. There is a huge range of canoeing gear on show. Some are in full whitewater gear with thermals and wet suits, others are more relaxed with cosy much-loved jumpers, floppy hats and buoyancy aids bleached by many miles touring in the sun.

We are-check the tide times and head back to the boats. The water level has risen considerably and the bank which we all struggled up 90 minutes before is now underwater. The tide is still coming in but as we watch there are a few moments of slack water and then it's turned north, lifting up into few waves as we now have wind against tide.

Setting off we now have the wind in our faces but it's still nice paddling with the strengthening current in our favour. If anything it's now even brighter and skin which has been starved of the sun

# '06

through the wintry months of February and March is now smarting and reddening. Still we have sun cream and hats so all is well.

It's a harder pull than in the morning and the miles are now starting to make themselves felt, but gradually the distance slips by and the estuary opens up ahead of us. Our friends have slipped behind again and we mark time while they catch up. (We later find they have been dawdling, exploring some creeks!) Some serious K2 paddlers overtake us, their Kirton boats knifing through the small waves and their wing paddles stroking in total synch. We admire and compliment each other's boats as we pass.

We can now see the monument up on the hill above Llandudno Junction which tells us that Conwy is just round the next bend. Last time we did the Conwy Ascent this bit was quite hairy as the tide funnelled through the narrows, but today it is more benign. The sands are uncovering and the waders are busy. We stop on a small beach to admire the Castle and enjoy chatting with a lady teaching her young labrador to play fetch in the shallows. Her son Jake joins us for a group photo.

Back on the water we are again taking care as we shoot through the moorings. The tide is so strong that some of the buoys are almost pushed underwater by the force of the flow.

Soon we are back at the start point and we quickly change, though it's hardly necessary because only my feet are wet. We pause to take in the fantastic scenery and wish we were staying for longer. High up near the hill behind are two paragliders – wow, that looks almost as good as canoeing!

As we drive home, we struggle to stay awake. We are drunk with fresh air. The hips are starting to feel sore from all that riding the waves and the car seems claustrophobic after the panoramic views we have had all day. Now we look forward to sharing all the photos we've taken and to planning the next outing. How long will we have to wait? See you next Tuesday at the Matlock slalom site? Sounds good to me, should have the kit washed and dry again by then.

Thanks to all the local paddlers who gave up their day to organise this fun event. ●

**Words by Paul Smith, photos by Frank Taylor and Jean Smith.**



## The 'Fusion'

Nathan Eades has got together with DB Xclusive and developed a new surf kayak design. Tired with cutting surf sessions short due to discomfort common with some surf kayaks of today, he decided to do something about it.

He wanted the comfort and manoeuvrability of a freestyle kayak combined with the speed and performance of a wave ski. The result is a surf kayak that is fun, comfortable and capable of all the high performance manoeuvres performed today and more!

"The 'Fusion' is super fast down the line and with it's short tail it is able to return back up the face of a wave vertically to punch the lip with phenomenal power. On a steep face, the boat picks up speed, making difficult sections seem like child play. I've not got this kayak onto a big wave yet so watch this space for when I do!"

### About the Manufacturer:

DB Xclusive, Dave Brown has been making Canoe polo products for over a decade and is renowned for build quality and impact resistance. His products are extremely lightweight, robust and finished to the highest quality possible in composite manufacture today.

Demo boats available:

Cornwall  
South Wales  
North Wales  
Ireland

Prices start at £800.

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

Nathan Eades



# Over the rainbow



I was lucky to be loaned the new Rainbow Idra Creek boat to try out and see what I thought, this boat will soon be launched onto the UK market so I took it to Holme Pierrepont to put it through its paces.

The boat handled very well in the holes and stoppers it edged nicely and was great for break-ins and break-outs. It was very responsive even for a small paddler, it paddled nicely in a straight line and with very little effort on the flat and moving water. The shape of the hull made it carve nicely and handle like a dream.

The Idra would be suitable for anyone from beginners to people who wanted to go creaking as it's a good all round boat. It features an adjustable seat with full plate footrests,

adjustable backrest with simple no nonsense cam locking system, rescue eyes on the front and rear grab handle with one on the centre front deck and one each side at the rear behind the cockpit. Even an elastic strap in the centre rail for a drinks bottle or throw line. The empty stopper is recessed so it does not get knocked if you find yourself inverted or scrapping down a rock face.

There is plenty of room to store kit for a trip with easy access to the rear and even when loaded the boat seems well balanced, also for the smaller paddler there is more storage in front of the foot plate.

Review Heather Slater. Pictures are of Paul Smith

### Specifications

- Length: 235 cm
- Width: 65 cm
- Weight: 17 kg
- Volume: 245 litres
- Adjustable seat, thigh grip and footrest.
- Front and rear foam pillar.
- Three Extra safety Iron D-ring for safety, drain plug.

Retail price £599

The boat is available through [www.yorkshireoutdoors.co.uk](http://www.yorkshireoutdoors.co.uk) 01302 886633 or the UK distributor Recreation UK in Reading 01189 412777 [www.recreationuk.com](http://www.recreationuk.com)



## READ THIS

### Fallen Pieces of the Moon

Robin Lloyd-Jones

128pp + 16pp colour section b/w photographs softback £14.99

ISBN 1-904445-31-4 240

Whittles Publishing

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A kayak trip in Greenland's Nuuk fjords through an area of amazing beauty Turreted fairytale peaks, glistening snowfields, waterfalls plunging over immense cliffs into the sea, a million tons of ice capsizing – this is the setting for *Fallen Pieces of the Moon*, an account of a kayak trip along the west coast of Greenland, paddling about 150 miles of coastline in the Nuuk fjords area.

Into the day-to-day account of contending with unsettled weather such as fog, unstable icebergs, midges and bugs by the billion, are woven insights into Inuit culture – their language, their shamanic practices, their hunting and navigation techniques and much more. On the way, the reader learns a great deal about the Arctic animals, pollution and the Arctic environment. Information on the early Arctic whalers, when whole fleets were beset and crushed by ice, is included; and an appreciation will be gained of the hardships endured by the Viking settlers and explorers such as Frobisher and Franklin who suffered scurvy, frostbite and starvation.

Told with humour, the book is endlessly informative and entertaining on topics ranging from cannibalism, kayak rolling and Inuit string games to cargo cults or how the invention of bully beef influenced naval tactics.

*Fallen Pieces of the Moon* is a celebration of a sparse, billion-year-old landscape where the roots of things, both physical and human, seem less hidden. It conveys something of the wonder and awe that Greenland inspires in all who have been there. It describes days of absolute stillness, sliding through shoals of waxing suns; ephemeral cloudscapes on broad-winged breezes; a high corrie where jet black ravens float in a crystal bowl of Alpine air; and the ever-present icebergs like cathedrals of glass, like floating jewels, like fallen pieces of the moon.





# The difference is in the taste

It is sometimes quite amazing how companies reposition themselves in their respective market places. Take Lucozade for instance. It struck me when I was watching the BBC drama 'Life on Mars', where the modern day detective is taken back in time to 1973, where in one scene, placed in front of him on his desk was one of those Lucozade bottles wrapped in that orange transparent plastic. When I was young that is how lucozade was and I always associated it with illness, however, wind on 30 years later and they are now on the cutting edge of professional sport – quite a transformation.

It was at that time in the seventies that Lucozade started their sports nutrition research which has led to the Lucozade Sport Science Academy (LSSA) which consults athletes of all abilities before developing the high performance product range that we see today.

I tested the the four products listed below during my fitness programme and whilst I am no Olympic athlete - the training schedule is still very demanding on my ageing body. I have used similar products in the past from a rival manufacturer but never found them to my taste at all.

## Lucozade Sport Energy Bar

Starting before the session there is often a need to take on extra energy - particularly if your last meal was many hours ago. The orange tasting energy bar has a zesty taste to it and should, in my humble opinion, be eaten around 30 minutes before exercise and not immediately before, as you need your blood for oxygen – not breaking down food! The bar is made of cereal and topped with a layer of orange gel and can be too sticky if consumed on its own – I found it easier to eat with a drink to help wash it down.

**£0.79 per bar**

## Lucozade Sport Isotonic Body Fuel

The powdered sports drink is available in two flavours of orange and lemon. This is an isotonic fuel that has been formulated for replacement of lost fluids through hard breathing, sweating etc with carbohydrate intake

to help maintain muscular work, coordination and concentration. ideally you should consume anything from 200-500ml before exercise and a few big gulps every 20 minutes or so during exercise. The other advantages over plain water is lost electrolytes are also replaced. Personally, the biggest benefit is the taste – I found the orange flavour in particular was very much to my liking - better than any other isotonic drink I have tasted. The individual packs contain enough powder for a 500ml drink and are easy to mix with a few shakes of your exercise bottle.

**£6.90 for a pack of 10**

## Lucozade Sport Carbo Gel

During exercise you will need a boost from time to time particularly for long sessions. The Carbo Gel has been a really pleasant revelation, as other gels I have tried have had an unpleasant taste though you will still have to get used to the texture. This one in orange flavour is actually quite palatable. The gel is made of pure carbohydrates in easily opened packaging and are easy to carry in a pocket. I found the gels work better if consumed every half hour or so during exercise.

**£0.99 per sachet**

## Lucozade Sport Recovery

Finally, for after the workout you need to replenish the body's energy and protein stores. The protein helps with repairing the muscle fibres, reducing any ache you may feel the next day, whilst the carbohydrate replenishes your energy levels. The taste is fairly neutral with a citrus twist and it is easier to mix than whey powder and therefore easier to consume. The mix will restore your fluid balance

helping to combat dehydration.

**£6.90 for a pack of 10**

When used together they can provide the perfect solution to your exercise needs and combat each stage of the negative effects on your body. Above all else though, is that I simply prefer the taste over past products that I have tried and that is a big plus in this market place.

**Peter Tranter**



## PADDLE THIS

### Gumotex introduce Super-Portable Inflatable Kayaks

Gumotex have released their much anticipated Lite-Pack range onto the market. The first boat in this range is the Twist, packing down to the size of a small sleeping bag and weighing only 6kg. Lite-Pack durability far exceeds requirements for recreational paddling.

Twist I: RRP £209.95

Twist II: RRP £269.95

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



You can order these products separately or as training packs from the LSSA's online shop [www.thelssa.com/shop](http://www.thelssa.com/shop) and have it delivered direct to their door - orders received by 2pm will be delivered the next working day to addresses within mainland UK.

## Events

### Canoe Camping Club

#### Thames & South East Group

**Sunday 22 August**, River Thames, Henley to Maidenhead

**Sunday 12 November**, R Wey from Godalming (half day about six miles)

**Sunday 3 December**, Basingstoke Canal from Woking (half day about six miles)

The group welcomes individuals and families as guest paddlers. Trips are normally 10-12 miles and suitable for open canoe and kayak. A BCU sticker or navigation authority licence is required. For further details contact:

Robin Hickman: 01403 267244  
[Robin@rhickman.freemove.co.uk](mailto:Robin@rhickman.freemove.co.uk)

### BCU Canoe Polo Committee

**Annual Consultative Meeting will be held Sunday December 3rd 2006 at the headquarters of the 73rd Derby Scout Group, Allestree, Derby, commencing at 12.00 noon.**

Details of topics under discussion will be available nearer the time at:  
[canoepolo.org.uk](http://canoepolo.org.uk)

For more information contact:  
[chairman@canoepolo.org.uk](mailto:chairman@canoepolo.org.uk)

### North West Paddle Festival

21-22nd October

Salford University supported by Brookbank Canoes are holding a new weekend event at the Burrs Country Park.

This annual event will incorporate coaching, competitions and entertainment for all levels of kayakers and canoeists. The main aim is to encourage more people into the sport, from universities and clubs to families and local kids.

There will be introduction to white water courses, flat water tuition and 'have a go' sessions for complete beginners plus competitions for teams and individuals with some great prizes on offer! There will be demo boats available from all the usual manufacturers for you to try and camping will be available on Friday and Saturday nights with evening entertainment.

For more information see Brookbanks web site at:  
[www.brookbankadventure.com](http://www.brookbankadventure.com) and choose 'other events'.

### Scottish Exhibition to focus purely on paddlesports

28-29th October

The Scottish Canoe Association's annual exhibition, which takes place in Perth will reflect the true spirit of the Scottish paddling scene. Stuart Smith, SCA Chief Executive, says it will continue to focus purely on paddlesports and associated activities.

"We're offering visitors everything linked with the sport. They can buy new equipment and get information on coaching and access to water in Scotland. The workshops and presentations are designed to inspire paddlers - to help them improve their skills and increase their enjoyment of the sport."

This year, presentations include 'In Search of Wild Places' by Canadian, Chris Cooper; 'Scottish Sea Kayaking - A Photo Tour' by Douglas Wilcox and Colin Calder's 'Gourmet Food from a Camping Stove' will inspire paddlers to cook more creatively when away on a trip. Check out the philosophy at  
[www.abdn.ac.uk/~ltu006/images/GourmetGrub2004/](http://www.abdn.ac.uk/~ltu006/images/GourmetGrub2004/)  
[www.abdn.ac.uk/~ltu006/images/GourmetGrub2005/](http://www.abdn.ac.uk/~ltu006/images/GourmetGrub2005/)

Workshops topics include surf kayaking, whitewater

safety and rescue, Greenland style paddles, kayak emergency repairs and planning a sea kayaking trip.

Since its reinstatement two years ago, the exhibition has earned a reputation as a very successful and popular celebration of the paddling scene north of the border. Last year it attracted around 1,500 visitors over the two days - some English enthusiasts who planned a short break around the event. As well as taking in the exhibition, they made the most of the opportunity to paddle on Scotland's rivers and lochs. For anyone considering the trip north, there's even the temptation of a real Scottish Ceilidh on the Saturday night!

All information including updates on speakers, Filmfest and trade stand bookings on [www.canoescotland.com](http://www.canoescotland.com)

### Surfs up this winter

Simon Hammond together with his team of surf kayak coaches at Shoreline Outdoor Pursuits are pulling out the stops to provide development days and courses for all budding surf kayakers. Whether you just want to improve your surfing or are aiming for specific surf qualifications there's a course for you. With the World Surf Championships due to be held in Northern Spain in October 2007 now is the time to get moving.

- 22nd October - Four star surf training day
- 28th October - Four star surf assessment
- 11th and 12th November - Five star surf training
- 9th and 10th December - Level 3 surf coach training
- 3rd and 4th February - Level 3 surf coach assessment

All enquiries to Simon Hammond email

[hammond.family@virgin.net](mailto:hammond.family@virgin.net)

### Avon Descent

12th November

The event starts at Stratford on Avon and finishes ten miles downstream at Bidford on Avon with six weir shoots or portages. There are classes for K1, K2, WWR, C2 touring and racing and touring. Handicaps are applied to even out the kayak classes. The start is at 12.15pm with late entries up to 11.30am. This is an ideal warm up for the Exe Descent or a good day trip for those looking for an enjoyable paddle. Last year over 100 paddlers took part.

Contact Nigel Wooltorton at Mercia CC. Tel: 07833 705806 or e-mail [merciacanoecub@yahoo.com](mailto:merciacanoecub@yahoo.com)

### Wilderness Lectures

([www.wildernesslectures.com](http://www.wildernesslectures.com)) has two canoeing lectures this coming season.

One by Paul Grogan (Barbed Wire and Babushkas, 7th Feb 2007) and the other by Peter Bray &/or Jeff Allan (Circumnavigation of S.Georgia by Kayak, a British first, 4th April 2007). Our lectures run every year on alternate Wednesdays, in Bristol, drawing an audience that spans Cardiff to Swindon (or further) and Gloucester to Devon.

The second is to highlight our annual Wilderness Award. This is a £500 cash award given annually to someone who is going somewhere that makes us, the Wilderness Lectures organisers, jealous... That's about it really, the criteria are pretty simple and it's a minimum bureaucracy award - a simple application then, if successful, £500 towards having a good time. In return, the recipient agrees to come and give a lecture in our series. The award has been running for several years and we haven't yet had an application from a canoeist. We always try to include canoeing lectures in our series and these are very popular, so it would be great to be able to give a grant to a canoeist. Full details are on the site and the closing date is November 30th.

## PADDLE THIS

### Helly Hansen Adventure Challenge Series

15th October at Woolmer Forest Fervour, Hampshire  
 3rd December at Weavers Down Winter Warmer, Hampshire

The first challenge took place on the 3rd September in east Sussex. It was misty, muddy and drizzling, but the challenging course proved to be adventurous, fun and fast for the 'Usual Suspects' (James Bean, Gary Vallance, Tom Phillips), who came in at 02:39:16 to take pole position. First time racers all got into the spirit of the event, and all finishing teams completed the challenge within five hours.

Some of the many comments from racers include: "brilliant mountain bike and running routes; great atmosphere; fantastic race; fun ditch and river crossings; well organised; some excellent single tracks; see you at the next one..."

91 teams (including almost 25% of teams who completed Pippingford, east Sussex) have already registered for the second event in the Helly Hansen Adventure Challenge Series on October 15. It's a three-way mix of trail running, mountain biking and kayaking, for teams of three, with plenty of testing challenges thrown in between legs. Those signed up include Dee Caffari, the first woman to sail single-handed, non-stop 'the wrong way' around the world (against prevailing winds and currents).

To register for the Helly Hansen Adventure Challenge Series visit [www.trailplus.com](http://www.trailplus.com), [www.sweatshop.co.uk/adventureraces](http://www.sweatshop.co.uk/adventureraces), [www.hellyhansen.com](http://www.hellyhansen.com) or call the booking line on 01628 820368.



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Habitat 80 - Volume: 80 gallons | Length: 8'4" | Width: 25.5"



hab·i·tat (hâb'î-tât'): *n.*

1. the place where a person or thing is most likely to be found
2. a structure that affords a controlled environment for living in extremely inhospitable locations.

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