

# Canoe

## FOCUS

### Canada x 3

**Yukon, Bloodvein and Ottawa rivers**

Round Britain in 80 days (part 1)

A Scilly weekend

No ordinary person - Henry Blogg

Deep lochs of Scotland

Sea paddling Portugal **plus**

The Ardennes, Pyrenees and Thames

Ullswater  
'suggested  
paddle' to  
pull-out



February 2007 | No. 165 | £2.00



**Competition:**  
Slalom 2007 –  
the coming season –  
bring it on!



**Photo competition:**  
Winners and runners-up  
for the months of  
November and December

# Free Demo Day Sunday 20th May



We are proud to be again holding our annual demo day at Sale Water Park in Manchester. This is the third year it has taken place here and is always a massive success, with people coming from all over to try out boats for free. In collaboration with the major manufacturers we have a huge range of craft from sea kayaks and playboats, to open canoes and sit on tops. There really is something for everyone. Including Youth freestyle clinics from the BCU, Taster sessions for beginners and courses available for more experienced paddlers. See [www.brookbankcanoes.co.uk](http://www.brookbankcanoes.co.uk) for more info.

**WHERE: SALE WATER PARK  
SALE, MANCHESTER.  
JUST OFF THE M60 AT J6.**

**WHEN: SUNDAY 20TH MAY 10AM - 4PM**

**COST: FREE! JUST REGISTER ON LINE OR  
CALL 0161 474 1499**

# BROOKBANK

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

## Our Shops

### Our Ultimate Catalogue 07



Call or go online for your brand new 2007 brochure packed full of more products, more information and more advice!

**Brookbank Scotland**  
Unit C10 Inveralmond Grove,  
Inveralmond Ind. Est.,  
Perth, PH1 3UG  
[www.brookbankscotland.co.uk](http://www.brookbankscotland.co.uk)  
01738 622 723

**Carlisle Canoes**  
Old Raffles Parade,  
Wigton Road, Carlisle,  
Cumbria, CA2 7EX  
[www.carlislecanoes.co.uk](http://www.carlislecanoes.co.uk)  
01228 531 703

**UK Canoes**  
Unit 8, Lansil Ind. Est.,  
Caton Road,  
Lancaster, LA1 3PQ  
[www.ukcanoes.co.uk](http://www.ukcanoes.co.uk)  
01524 388 850

**Brookbank Canoes**  
Unit 23, Meadow Ind. Est.,  
Water Street, Stockport,  
Cheshire, SK1 2BX.  
[www.brookbankcanoes.co.uk](http://www.brookbankcanoes.co.uk)  
0161 474 1499

**Paddlesport**  
Park Farm Est.,  
Compton Verney,  
Warwickshire, CV35 9HJ  
[www.paddlesport.co.uk](http://www.paddlesport.co.uk)  
01926 640 573



The official magazine  
of the British Canoe Union

John Dudderidge House,  
Adbolton Lane, West Bridgford,  
Notts NG2 5AS  
Tel: 0845 370 9500  
Fax: 0845 370 9501  
E-mail: [info@bcu.org.uk](mailto:info@bcu.org.uk)  
[www.bcu.org.uk](http://www.bcu.org.uk)  
ISBN 0953-010X

**BCU Enquiries**

Above address

**President**

Albert Woods

**Chair**

Brian Chapman

**Chief Executive**

Paul Owen

**Annual Subscription Rates**

**UK inland:** £19.00

**Overseas:** £24.50

Supplied free to BCU members

For subscription, please contact the  
BCU on the above contacts

**Publishing Contractors**

2b Graphic Design  
49 Greenfields, St. Ives,  
Cambs. PE27 5HB  
Tel/Fax: (01480) 465081

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

**Canoe Focus Enquiries**

Above address

**Editor**

Peter Tranter:  
01480 465081

**Assistant Editor**

Debbie Colt

**Advertising Sales**

Anne Egan:  
01480 465081

**Illustrations**

Richard O' Donovan

**Printed by**

Warners, Bourne, Lincs

**The BCU vision is to:**

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

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

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

# Contents

## Regulars

**5 Comment** By CEO Paul Owen.

**6 News**

**28 Surfer's ear**

**37 Suggested paddle and access news**

The Ullswater Canoe Trail and news from the Rivers Access  
Campaign including an on-line petition you can sign.

**46 Letters**

**50 Profile of Henry Bloggs**

Comparing Bloggs against a 21st century world-class athlete in the  
name of K2 racer, Paul Wycherley.

**52 BCU Calendar and photographic competition**

Winners and collection of superb photographs from November and  
December 2006.

**54 Youth**

Christmas canoe polo, YouthFest 2007 and other news.

**56 BCU news**

Regional and latest news from and for BCU canoe and kayak clubs.

**61 Classified**

Nine pages of courses, accommodation, events, insurance and the  
latest job vacancies in the watersport's industry.

**71 Paddler's Gear**

New kit and products from Enhance, Glyn Edwards Kayaks, Palm,  
Pyranha, Perception and Ka-y-ak Spraydecks.

## Competition

**26 Surf**

BCU Home Internationals

**28 Canoe Sailing**

IC National Championships

**48 22nd Marathon International**

Entered by a British team in a bellboat!



## THANKS

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

Lucinda Manouch, Rob Eyton Jones, Reg Hatch, Jack Upsall, Muff Upsall, Vic  
Brown, Tim Magson, M Bailey, Dave Halsall, John Watson, Andy Biden, Simon  
Hammond, Phil Lester, Ross Montandon, Jon Davies, Peter Montandon, Pat  
Buckingham, Tamsin Phipps, Kevin East, Kevin Ellis, Serena Shores, Dick  
Constable, Lee Pooley, Chloe Nelson-Lawrie, Sue Hornby and Mike Devlin.

**Front cover photo:** Paddling the Bloodvein River.

**Photo:** David Halsall

## Features

### 22 Canada

The Army Canoe Union enter a  
team for the Yukon River Quest.



### 24 Canada

Eight days of open canoeing on  
the Bloodvein River.



### 30 United Kingdom

Three paddlers circumnavigate  
Britain in 80 days.



### 32 Canada

A tremendous summer in the  
vast outdoors of Ottawa.



**14 Sea paddling in  
Portugal**

**18 Ardennes in  
Belgium**

**20 Thames from  
source to sea**

**42 Scilly sea  
kayaking**

**58 Pyrenees WW**

**70 Scotland's lochs  
and mountains**

### YOUR CONTRIBUTIONS MAKE CANOE FOCUS HAPPEN.

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

Next Copy date is the **1st MARCH 2007**. Material arriving after this date cannot be included in the **APRIL 2007** issue. Canoe Focus encourages contributions of any nature but reserves the right to edit and condense to fill the space available and unless otherwise stated the publishers assume no responsibility for the return of unsolicited manuscripts, artwork or photographs. Opinions expressed in this magazine are not necessarily those of the British Canoe Union, its committees or members. The printing of an advertisement in Canoe Focus does not necessarily mean that the British Canoe Union endorse the company, item or service advertised. All material in Canoe Focus is strictly copyright and all rights are reserved. Reproduction without prior permission from the editor is forbidden.

# HUGE Choice HUGE Value!

<b>CAGS</b>					<b>PFD'S</b>						<b>DRY SUITS</b>			
	Palm Cobra £89.95	Yak Osprey £119.95	Peak Deluxe £139	Palm Sidewinder £159.95		Astral Aquavest 300 £129.95	Peak River Guide £99	Yak Freefall £69.95 <b>OFFER £55</b>	Kayakit Shoulder Pad £20.00	Palm Symbiant Whitewater £89.95		Rollo Kayak Drysuit £399		
	<b>DRY PANTS</b>						<b>NEW ARRIVALS</b>							
		Yak Kestrel £84.95	Palm Sidewinder Combi Bib £179.95	Palm Sidewinder £129.95		Nookie Extreme £94.95		Nookie 3/4 Pants £44.95	Nookie Glove £14.95	Palm Vertigo £74.95		Pinetto Semi Dry Cag £90.00	Palm Quartz Shoe £22.95	SixSixOne DJ Elbow Pad £24.99
<b>ACCESSORIES</b>								<p><b>152 LEEDS ROAD, HECKMONDWIKE, WEST YORKSHIRE, WF16 9BJ</b></p> <p><b>MAIL ORDER HOTLINE 01924 444888</b></p> <p><b>ONLINE SUPERSTORE <a href="http://www.roho.co.uk">www.roho.co.uk</a></b></p>						
	Nookie Fleece Pants was £44.95 <b>OFFER £39.95</b>	Peak Paddle Mitts £19	Level 6 Juice Lite Deck £19.99	Jackson Airbag £29.95									<p><b>Packages are our speciality - don't see what you're after, just ask!</b></p>	



## WHITEWATER

### The Canoe Centre

From flat water to white water  
From recreational to competition  
6,000 square feet of paddler's paradise  
All 5 minutes from junction 1 of the M3

Tel: 01932 247 978,  
Fax: 01932 241 368,  
Email: [info@wwtcc.com](mailto:info@wwtcc.com),  
[wwtcc.com](http://wwtcc.com)  
Shepperton Marina,  
Felix Lane, Shepperton,  
Middlesex, TW17 8NS,  
Great Britain

# Comment

by Paul Owen, Chief Executive

## Happy new year and welcome to February's issue

Whether your news year's resolution has been to get out in your boat more, to try a new type of paddlesport or to support the Rivers Access Campaign more proactively, we wish you all the best in the forthcoming year.

### Annual General Meeting

The BCU's AGM takes place on 10th March, 2007, at: Sport Scotland Headquarters, Caledonia House, 1 Redheughs Rigg, Sough Gyle, Edinburgh EH12 9DQ. Enclosed in this issue of Canoe Focus are the details of the AGM, which can also be found on the BCU website.

### Special business

In addition to the standard agenda items, some Special Business will also be addressed (See agenda for further details). This is due to the fact that it was recently recommended that rather than the chair of the Sports Management Committee being automatically a director of the BCU it was more appropriate that the Chair of the World Class Management Group had this role. The Sports Management Committee in reality only meets occasionally to discuss areas of common interest between the sporting disciplines.

### ICF Congress meeting

At the ICF Congress which took place in Kowloon Hong Kong between 13-14th January, Greg Smale was elected to the ICF board of directors as Chair of the ICF Canoe Polo Committee. We wish him all the best in his new post.

### Youth Olympics, Australia 17-21st January

Over the 4 days 23 Nations, 2,200 competing athletes, 190 events and 16 sports took part in the bi-annual Youth Olympics in Australia.

**Men's K2 1000m** - Gold - Stuart

Hastings & Andy Daniels

**Men's K4 1000m** - Bronze - Hastings /

Daniels / Hide / Boyton

**Women's K1 1000m** - Silver - Rachel

Cawthorn

**Women's K1 500m** - Silver Rachel Cawthorn

**Women's K2 500m** - Silver Rachel Cawthorn & Louisa Sawers

The slalom men just missed out on medals. Results from the finals were as follows:

**Men's K1** - 4th - Toby Jones 211.52

**Men's C1** - 4th - Greg Pitt (GB) 222.52, 9th Mark Proctor (GB) 274.63

All of the young athletes who took part did extremely well – a great sign for the future! Congratulations to all. Visit [www.canoe.org.au](http://www.canoe.org.au) for more info.

### Slalom World Championships 2006 – medal controversy

In the Prague World Championships 2006, there was controversy surrounding an appeal made by the Italian federation, which saw a 50 second penalty for missing a gate reversed by the jury. The area of contention being whether the jury should have even heard the appeal, as the original decision and confirmation by the Chief Official was considered to be a 'judgment of fact'.

The GB Slalom Team Management in Prague prepared a written protest to the Jury, on the evening of the event, to protest at the decision to grant the Italian Appeal (we were the only team sufficiently organised and aware to undertake this action). Our protest was rejected.

This matter was investigated by the ICF board that determined that there was an ambiguity within the rules and decided to award Julien Billaut with a gold medal and to allow Cipressi to keep his (meaning there are now two gold medalists) and Campbell Walsh remains the bronze medalist.

The GB Slalom Team Management made an inquiry with the Chief Judge about the 'gate touch' by the French athlete. Our inquiry was rejected. From a BCU perspective we do not believe that the original appeal should have been allowed. However, it seems completely wrong not to award Campbell Walsh a silver medal. Our frustration is further compounded when it is clear to the entire slalom community and several million TV viewers that the French paddler should also have been given a two second penalty for a gate touch. This was not spotted by the events officials. At the time of writing this item for Canoe Focus the BCU is still considering further action.

**Julien Billaut** – Gold

**Stefano Cipressi** – Gold

**Campbell Walsh** – Bronze

### New Directory format

Following feedback from members suggesting that the yearbook in its current format is not user friendly and could be improved, the yearbook has been replaced with a new format 'directory', which is enclosed in this issue of Canoe Focus. The directory contains information that our members need 'on the move' and all other general information will be posted on the website.

### A reminder of new BCU telephone number

If you have not yet updated your records - the BCU have a new telephone and fax number:

Telephone number: 0845 370 9500

Fax number: 0845 370 9501

### 2007 paddling calendar

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. The calendar is now on sale for £4.50 plus £1.50 p&p.

### Rivers Access Campaign

The Rivers Access Campaign (RAC) highlights the need for new legislation with a ten minute rule bill – Public Access to Inland Waters Bill 2007.

As Canoe Focus goes to print (Wednesday 24th January) a ten Minute Rule Bill is being presented on our behalf by Des Turner, MP for Brighton. The Bill outlines the need for legislation, similar to the Scottish Land Reform Act 2003. The legislation would identify canoeists and other water user's right to access the waters as well as codify their responsibilities.

Over the past year, the RAC has received increased publicity in national and international media; today's Ten Minute Rule Bill will show that legislation is the only way forward for access to inland waters. It will help keep the rivers access issue firmly on the government's agenda.

It has taken a lot of lobbying to get this opportunity, and until now we have had to keep our activities quiet so as not to prejudice the work that has been done. Members writing to their MPs have helped in the lobbying process as more and more MPs now recognise that voluntary access agreement will not work and another way forward has to be sought.

The Public Access to Inland Waters Bill (2007) gives everyone (non-motorised users) statutory access rights to and along most inland waters.

However, people will only have these rights if they exercise them responsibly. All rights of navigation will continue to exist and are unaffected by the Public Access to Inland Waters Bill (2007).

A legal right of access to rivers would provide more recreational opportunities for a group of people who want to use the water for recreational and educational purposes including canoeists, swimmers, and boaters and members of the general public with knock-on benefits for public health.

### Access petition

A petition launched on No.10 Downing Street website, by Mr Roger Lovell has received 2500 signatures so far and is high on the list of the top petitions. The petition calls for the Government to pass legislation giving canoeists and all other users of un-powered craft the free right to navigate rivers and canals in England and Wales. Visit <http://petitions.pm.gov.uk/Canoeists/> to add your name to the petition.

### Boat and Caravan Show , NEC Birmingham 17-25th February

The BCU are at the Boat and Caravan Show along with ACT (Association of Canoe Trades), Palm, Perception and Whitewater Consultancy.

### The International Canoe Exhibition at the Outdoors Show, NEC Birmingham 16-18th March

In this issue of Canoe Focus a dedicated insert with the magazine will give you all the information you need. Or for you can visit the website [www.theoutdoorsshow.co.uk](http://www.theoutdoorsshow.co.uk)

### Rivers Access Campaign at the Outdoors Show!

This year, there will be a Rivers Access Stand at the Outdoors Show. The aim is to promote the campaign and to rally as much support as possible from paddlers and non-paddlers alike. The stand will be in the Outdoors section of the show.

### Save money by booking your tickets early

If you book before the 3rd March, you can buy two tickets for £18, just quote the code CF2 when calling the ticket hotline on: 0870 010 9086 or when buying on-line.

Tickets cost £14 per adult on the door, so you could save £10!

### Happy Paddling!

## Newly developed skeg systems for sea kayaks

Skegs have been used for years to counteract a kayak's tendency to weather-cock. A reliable skeg in tough sea conditions goes a long way to increasing on-the-water safety. Amid plenty of kayak design improvements over the years, the humble skeg hasn't seen much change – until now.

The Hydro Skeg®, jointly developed by Kari-Tek and Nigel Dennis' Sea Kayaking UK (SKUK), uses simple hydraulics to offer heightened reliability and levels of control. The fully corrosion resistant skeg, operated by a responsive deck-mounted slider, is housed in a durable plastic, watertight skeg box and is virtually maintenance free.

Kari-Tek's Geoff Turner says: "With the Hydro Skeg®, the paddler has greater control over how much skeg blade is in the water, and can react quickly and easily to varying sea conditions. There are no wires to kink or ropes to fray and the robust blade retracts undamaged if knocked in use."

The Hydro Skeg® will be on Kari-Tek's Stand at the Outdoors Show, NEC Birmingham, 16-18 March. It's available as a self-install kit for your existing sea kayak, and Kari-Tek also offers a retro-fit service. The Hydro Skeg® is now available as an option in all new SKUK kayaks. For info see [www.karitek.co.uk](http://www.karitek.co.uk)

## PADDLE THIS

# Canoe and kayaking is ranked as the most popular watersport

The Paddlesport of canoe and kayaking is the most popular watersport, the Sport England Active People Survey has revealed.

The survey, which questioned 363,724 people in all 354 English Local Authorities, provides a picture of sport and active recreation across England in general and also provides more detailed information on individual sports.

The survey disclosed that 100,696 adults (16 years plus) take part in Paddlesport at least once a month. The survey also reveals that the sport of canoe and kayaking is ranked an impressive 39th out of the 74 sports surveyed in total.

An impressive average of 2½ hours per session of activity is undertaken by the paddlers four times per month.

All of this is good news for the sport and recreation which is growing fast. The Sport England figures highlight the number of people who regularly participate, but the latest RYA\* 2005 survey clearly demonstrates that over 1.5 million people participate in canoe and kayaking in the UK in total.

The survey also reflects the British Canoe Union's encouraging membership trends, which continue to grow



at a consistently strong rate. Membership in England has increased by 9% this year, with total membership of the BCU a record 60,000.

Chief Executive Paul Owen comments, "These latest figures consolidate previous research and confirm the position of canoe and kayaking as the most popular watersport. It is of no surprise that more and more people are taking part in canoe and kayaking, as it is a truly diverse, fun, safe and inclusive sport which caters for all."

For more information on the survey visit [www.sportengland.co.uk](http://www.sportengland.co.uk) or [www.bcu.org.uk](http://www.bcu.org.uk)

## BCU Touring Award Scheme

Have you heard of the BCU Touring Award Scheme?

These awards have been around for a number of years. This award scheme is based on the distance that you paddle either in a year or over a number of years. In fact the same mileage can count for both awards. You need to start logging each trip you paddle and recording the distance you paddle during that trip. There is a log book which helps you to record all your trips and it has just been updated.

At the end of each year you calculate how many miles you have paddled and then you can apply for on of the following BCU Touring Awards:

15 miles -	Elementary Award
100 miles -	Bronze Award
250 miles -	Silver Award
500miles -	Gold Award

There is also the BCU Annual Inter-Club Touring Trophy which is designed for BCU clubs to compete against each other. Each club calculates how many miles all its members paddled in one year. This collective total is then entered into the Inter-Club Award and the club with the most accumulative miles wins a Club Shield. This shield and the other touring awards are presented to the winners at the annual BCU National Canoe Exhibition at the NEC.

## PADDLE THIS

### Nite International launch new Nite Watches website



Nite International is delighted to announce the launch of the new Nite watches brand website and online store, allowing consumers around the world to view and buy Nite sports watches.

[www.nitewatches.com](http://www.nitewatches.com) now features faster load speeds, improved product photography, simplified navigation and a safe and secure on-line store to ensure customers can discover everything they need to know about the stunning collection of Nite sports watches. The new site also includes an interactive community section allowing users to enter monthly competitions, read news and reviews, gain answers to FAQs, as well as locate their nearest Nite stockist or request a brochure.

Nite watches combine strength and durability with a unique with a unique illumination system known as GTLS (Gaseous Tritium Light Sources). This technology enables easy reading in any light condition without battery drain or the pressing of buttons.

### BCU Touring Award

Finally there is the BCU Touring Awards, for cumulative distances. Once you have paddled over 1,000 miles over any period of time you can apply for one of the BCU Touring Awards:

Bronze Award -	1000 miles
Silver Award -	2500 miles
Gold Award -	5000 miles.

The BCU Touring Award log book is a great way to record all your trips in great detail, so that when you reflect on last year's paddling you can be reminded of that short trip on the Thames with an ice cream, paddling in the Southern French sun down the Ardeche, or experiencing the local culture on our paddling trip to Nepal. The log book is also a great way of recording your mileage for all the BCU Star awards, Paddlesport awards and your coaching awards.

If you want more information about the BCU Touring Awards please contact me Adrian Barclay, BCU Touring Award Administrator, via the BCU website or the BCU head office. Adrian Barclay, BCU Touring Awards Administrator, Tel. 0208 651 5261

# pyranha®

**Bring your fleet / club boats up to date in 2007  
With the market leader:**



**To try demos and get a quote pop into your local Pyranha dealer 'For Enthusiasts by Enthusiasts'**

Dealer	Location
Berr Creek Adventure	Upton
Brookbank Canoes	Stockport
Brookbank Canoes Scotland	Perth
Canoe Kayak Trader	Leamington Spa
Carlisle Canoes	Carlisle
Deiperite Measures	Norlithgham
GO2H2O	Ripon
Highland Canoes	Avermore
Hunterdshire Canoe and Kayak	Orcup
Kent Canoes	Wrotham
MotSPORT	Reading
Nurdule	Clacton-on-Sea
Portable Sport	Warwick
Pooleworth's	Bala
Robin Hood	Heckmondwike
Stirling Canoes	Stirling
UK Canoes	Lancaster
Up & Under	Cardiff
West Midlands	Walsoll
Whitewater the CC	Shepperton

Phone	Website
0970 0508203	<a href="http://www.berrcreekadventure.co.uk">www.berrcreekadventure.co.uk</a>
0161 4741459	<a href="http://www.brookbankcanoes.co.uk">www.brookbankcanoes.co.uk</a>
01738 622723	<a href="http://www.brookbankscotland.co.uk">www.brookbankscotland.co.uk</a>
01924 889928	<a href="http://www.canekayaktrader.co.uk">www.canekayaktrader.co.uk</a>
01228 531703	<a href="http://www.carlislecanoes.co.uk">www.carlislecanoes.co.uk</a>
0115 98116815	<a href="http://www.deiperite-measures.co.uk">www.deiperite-measures.co.uk</a>
01765 635333	<a href="http://www.go2h2o.co.uk">www.go2h2o.co.uk</a>
01479 810116	<a href="http://www.highlandcanoes.co.uk">www.highlandcanoes.co.uk</a>
01981 580555	<a href="http://www.hunterdshircanoe.co.uk">www.hunterdshircanoe.co.uk</a>
01732 884688	<a href="http://www.kentcanoes.co.uk">www.kentcanoes.co.uk</a>
01189 645912	<a href="http://www.motSPORT.co.uk">www.motSPORT.co.uk</a>
01265 812146	<a href="http://www.nurdulewaterports.co.uk">www.nurdulewaterports.co.uk</a>
01926 640573	<a href="http://www.paddlesport.co.uk">www.paddlesport.co.uk</a>
01678 526008	<a href="http://www.paddlesport.co.uk">www.paddlesport.co.uk</a>
01924 443843	<a href="http://www.pooleworths.co.uk">www.pooleworths.co.uk</a>
01756 478820	<a href="http://www.robin.co.uk">www.robin.co.uk</a>
01624 380850	<a href="http://www.stirlingcanoes.co.uk">www.stirlingcanoes.co.uk</a>
02720 578579	<a href="http://www.ukcanoes.co.uk">www.ukcanoes.co.uk</a>
01922 479279	<a href="http://www.upondunder.co.uk">www.upondunder.co.uk</a>
01932 247978	<a href="http://www.wmcc.co.uk">www.wmcc.co.uk</a>
	<a href="http://www.whitewaterthecc.com">www.whitewaterthecc.com</a>

**www.pyranha.com**



## Tickets 2008 Olympic Games in Beijing

The BOA advise to book early for tickets to the Beijing Olympic Games.

Although they are requesting that the Beijing Organising Committee for the Olympic Games (BOCOG) treat the UK ticket request as a special case and that our allocation should reflect that we will be the next host National Olympic Committee, it is still felt that demand will outstrip supply.

Visit Sportsworld's website [www.sportsworld.co.uk/beijing](http://www.sportsworld.co.uk/beijing) and you will be able to identify which client group you fit.

The needs of the governing bodies and athlete's families and friends will be given an appropriate prioritisation.

## Loving their craft

Harbour Boats was established in September 2005 by John and Heather Heason who have worked at building the company's assets up from just £30 to some £40,000 and now have a small factory unit and a retail area in Poole, Dorset. They started after becoming involved in paddling in 2000 and always aim to give their customers a friendly, honest and personal service, something that they found lacking on occasions when they were customers.

They stock an extensive range of Nookie Clothing and accessories and the kayaks they build can be seen outside where you cannot fail to be impressed by the wooden decks that gleam in the sunlight and when picking one up be amazed by how light the craft actually are.

John and Heather are only too happy to take you through the build process and no matter how busy they are, always make you feel relaxed with the offer of a hot or cold drink. Their love of their craft and caring personal attitude shines through in everything they do.

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

## PADDLE THIS

# Birdman of Bognor...

Or... "What Level 5 Coaches get up to when the rivers are dry."

Paul Fessi took part in the 2006 International Birdman Competition to raise money for Diabetes UK for children with diabetes. So far Paul has raised £3,405 up to December for his jump.

It involves chucking one self off an 11 metre scaffold tower into the sea and Paul decided to do it in a kayak disguised as the flying brick.

Paul is a BCU White Water Coach and works for Hanson PLC as an Engineering Manager and wants to raise the profile of Diabetes, of which some of our top sports persons suffer.



## Do you live in the South East of England and have a favourite paddle?

Pete Knowles of Rivers Publishing is editing a new full colour guide book to be published later this year.

This builds on the success of the 'White Water Massif Guidebook - Fluffy's guide to the friendly rivers of Southern France.'

As Canoe Focus went to press the publishing team are still arguing about whether to call the book 'Pub paddles of South East England' or something like 'Best Canoe trips in South East England'. Then there is the question of how much that ubiquitous duck 'Fluffy' is going to be involved - Pete says that at the moment 'Fluffy' is languishing in the cold wet Lake District surrounded by horrid, rushing torrents and would love to go paddling with new friends on a nice warm friendly river!

Pete is looking for help in several ways:

- 1 Identifying the most enjoyable paddling trips - 'easy but interesting'.
- 2 Writing up the trip. Scope for loads of evocative writing but not quite as easy as it sounds - Pete says you need to know a lot and may need to spend quite a bit of time on research about that bit of river - history, buildings, personalities, etc. Besides the usual information on access points, parking, pubs, cafes, etc.
- 3 Photographs - Rivers Publishing will need inspiring, happy, colourful, photos. That silly duck 'Fluffy' will happily come on holiday for a while and model!

Those who use Rivers Publishing books, know that one of their strengths is that they are a sum of many people's contributions. Pete says "I like to think that they are more interesting and accurate because of this local expertise and we would really like your help!".

Please look at [www.riverspublishing.co.uk](http://www.riverspublishing.co.uk) for more information or contact Pete Knowles - 017687 73686 or email: [pubpaddles@riverspublishing.demon.co.uk](mailto:pubpaddles@riverspublishing.demon.co.uk)

## HandiRack wins 'Smart Gadget' award

HandiRack UK is delighted to announce that at the Good Housekeeping Institute Innovations of the Year Awards 2006, the HandiRack won the 'Smart Gadget' category. The judges commented that the HandiRack is thoughtfully designed on every level and is great for trips when your eyes prove bigger than your car boot.

Judges on the panel included Louise Chunn, editor of Good Housekeeping and Peter York, social commentator and design consultant.

In addition to this and following an invitation to enter the 15th ispo BrandNew Awards Winter 2007, the HandiRack has been selected as a Hardware Accessories finalist. Eighteen judges, international sports experts, tried and tested the products of 231 participating companies from 23 countries and selected 31 finalists.

HandiRacks are available for purchase at £49.99 from Cotswold Outdoor ([www.cotswoldoutdoor.com](http://www.cotswoldoutdoor.com)), Graham Tiso, Field & Trek, A1 Motor Stores, selected watersport and camping specialist outlets, online at [www.handirackuk.com](http://www.handirackuk.com) or by calling 0870 6000 929.





New for 2007

# LENDAL ION BLADE

Introducing Lendal's new  
luminous blade.


Have you seen the light?

#### Features


- Luminous
- Paddlok compatible
- Glass reinforced polypropylene construction
- Available in Kinetik Touring and Kinetik Touring S shapes

#### Benefits

- Increased visibility at night
- Tough and chip resistant
- Superior performance for the price



Fully Charged



Not Charged

Please note this paddle is not a safety product.

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

**JOHNSON**  
OUTDOORS  
TWO DECADES OF ADVENTURE

## Celebrate 50 years of Longridge magic!

Longridge Boating Centre are celebrating their 50th Birthday this year. They are inviting anyone who has camped, been on the water, visited, worked or volunteered at Longridge in the last 50 years to get in contact and join in their celebrations.

The reunion is on 2nd June 2007 from 2-8pm – an afternoon of celebrations to mark 50 years of magic. Stalls, local bands, refreshments and a timeline dedicated to names and memories from all five decades of Longridge's history. If you have photos or memorabilia that you can lend to the team for inclusion into the timeline, then please contact [events@longridge-uk.org](mailto:events@longridge-uk.org) or 01628 486595.

In the evening they will be holding some form of evening meal if you would like to carry on reliving your old memories.

If you have visited Longridge in the last 50 years, go and reminisce, meet old friends and make some new ones.

## PADDLE THIS

### National Boat Caravan and Outdoor Show

17-25 February 2007

Halls 2, 3, 3A, 4 & 5, NEC, Birmingham

Ticket hotline: 0870 730 0963

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



Camping, sailing, canoeing, paint-balling, holidaying abroad and caravanning are all available at the show. The Show will also offer visitors first-time opportunities to see some of the newest 2007 products from some of the leading outdoor brands as well as provide free entertainment for the whole family, including a canoe and kayaking pool in The Canoe Village, run by the BCU.

Surrounding the pool will be stands from Perception Kayaks who are bringing their new Carolina 12 and 14 touring kayaks, Palm, Dagger, Wilderness Systems and White Water Consultancy who will all be showing off the cream of paddling equipment and offering advice about the type of boats and kit available to both existing paddlers and anybody looking to start out.



For more information on the show visit

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

## Lake District access

Lake District National Parks Authority, Lake Activities And Services Questionnaire

Over the next three years, the LDNPA are working towards developing access and recreational opportunities for lakes, rivers and the coast in the National Park. The Authority has sought views for the registration and charging for the use of un-powered vessels on Windermere, Ullswater, Coniston Water and Derwentwater, plus whether users would be willing to pay for specified services. The link [www.lake-district.gov.uk/survey/](http://www.lake-district.gov.uk/survey/) refers although the deadline for replies has passed.

The BCU has advised the LDNPA it strongly disagrees with any introduction of registration, licensing and charging for the use of vessels recognised by the union for canoeing to include

sailing canoes; and payment for specified services. The call for payment is much to do with the charging and speed limit policy for power boats that has driven users away.

Paddlers already make a substantial payment for the use of LDNPA car parks, other facilities and general taxation. Other users such as walkers, climbers and cyclists are not subject to registration, or additional charging and it is unreasonable for extra conditions and costs to be imposed on the sport and recreation of canoeing.

The four specified lake services under discussion for a willingness to pay are: rescue service; advising and helping lake users; looking after shoreline, islands and habitats; byelaw provision and enforcement.

The BCU has commented that walkers and climbers do not pay for mountain rescue and paddlers do not pay the RNLI, Marine Coastguard Agency or any other organisation or emergency service for assistance.

Attention has also been directed to the statement by the DEFRA minister for Diversity, Barry Gardiner MP in the foreword to the DEFRA consultation document 'Outdoors for All' May 2006: "most facilities for outdoor recreation are paid for to some extent by national and local taxpayers and we want to make sure that everyone has the same opportunities and that we reduce any barriers to enjoying what is on offer".

### The LDNPA proposals will counter the Government's aims for:

- Outdoor education, the health agenda and increasing participation in physical activity.
- Improving local economies – tourism.
- Increasing the overall level of economic activity.
- The green agenda – canoeing is an environmentally benign activity and should be encouraged.

The LDNPA is largely funded by tax payers to provide a natural resource for the public and recreation. The BCU believes the Authority should manage this undertaking with fiscal prudence and not seek additional income streams from users. The Authority should also re-visit their policies for powerboat use to address the fall of income from registrations.

Greg Bartlett, Cumbria Regional Access Officer raised many of these points on the Radio Four Today programme on Thursday 18 January.

## PADDLE THIS

### What is the UK's favourite sport?

What are the nation's top ten sports? Football is undoubtedly a national obsession, but thereafter it is not as straightforward. To get a definitive answer Biofreeze®, the fast acting pain relief gel, is hosting a nationwide survey on [www.biofreezesport.co.uk](http://www.biofreezesport.co.uk). Each registered vote will enter a prize draw to win £500 worth of sports equipment and the results of the survey will be released at the end of March.

The survey marks the launch of The Biofreeze Amateur Sports Injury Clinic on [www.biofreezesport.co.uk](http://www.biofreezesport.co.uk), a unique on-line resource for amateur sports enthusiasts. The website features a dedicated section for water sports which examines injuries specific to canoeing and how canoeists can identify, treat and prevent these injuries.

The site has been developed with TV sports and exercise physician Dr Catherine Laraman, who has provided medical consultation for the Manchester Commonwealth Games in 2002 and the BBC's 'Run for Glory' in 2006. As Dr Laraman explains, "The Biofreeze Amateur Sports Injury Clinic will be a great resource for any canoeing enthusiast concerned about common injuries. It will help them find out more about what they can do to prevent against injury, as well as what kind of treatment they might need."

The Biofreeze Amateur Sports Injury Clinic also features sporting news and up to date fixtures, events and rankings lists on each of the fourteen sports featured, making it a one stop shop for sports fans nationwide.

Cast your vote now at [www.biofreezesport.co.uk](http://www.biofreezesport.co.uk) and have your say on where the nation's true sporting passion lies. For further information on the Biofreeze website please contact Kat Forse on 0117 9064522 [kforse@brayleino.co.uk](mailto:kforse@brayleino.co.uk) or Aisling Mustan 0117 9064528 [amustan@brayleino.co.uk](mailto:amustan@brayleino.co.uk)



**(MALONE)**

changing the way  
you get there



AutoLoader VX

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



**Pelican**

Versatile  
Affordable  
Accessible

Classic canoes from £469  
Available from all good retailers

**AVONCRAFT**  
[www.avoncraft.co.uk](http://www.avoncraft.co.uk)  
01707 33 00 00



Stand C154  
NEC Birmingham  
The Outdoors Show 2007

Canoes  
Kayaks  
Sit-on-Tops  
And more...

**AVONCRAFT**  
[www.avoncraft.co.uk](http://www.avoncraft.co.uk)  
01707 33 00 00

**OBITUARY HUW EVANS – a tribute by Angelo Conti****First meeting**

I first met Huw some 19 years ago – he was walking down the main road past my bungalow in full canoe kit still dripping water. I asked if he was OK – “Yes”, Huw said, “just walking back up for my van”. I had just started canoeing myself at the time and so immediately offered him a lift which he gladly accepted – this was the start of a friendship that would last many years. Huw was taking a group of Girl Guides down the River Gwili and left them having lunch so he could sort out the shuttle – ever resourceful and forever introducing young people to a wonderful sport. I recognised in Huw someone, who not only knew what he was talking about, but was prepared to share that skill and knowledge with others.

**Never boasted – two tours of duty**

I have never met a man who in his lifetime has done so much and yet boasted about it so little. Few knew that he served in the army before becoming a canoe instructor then a businessman – He fought in the Falklands, in fact I found out recently that he did two tours of duty there – he never spoke about one of them in any detail.

**Wynion – Huw saved my life**

I have always felt safe canoeing with Huw. I have one vivid recollection of canoeing on the Wynion in North Wales as it went into quite a significant spate – with ten (too many) paddlers in the group and a swollen river. I made a mistake and got into a very dangerous and life threatening situation. Swallowed up into a sump with a tree in it to be ejected into the gorge below, breathless, disorientated and out of my boat all I saw was Huw looking down on me shouting “line”. There was the throw line inch perfect to save me – later there was a consensus that all the paddlers were at the edge of their skill level and not one except Huw made the breakout and the rescue.

**Started business**

Huw had only just started his business when I first met him and was selling paddles and some bits and pieces out of the back of his van at canoe events, not forgetting the biggest array of paddles I have ever seen in a barn on his father’s farm, family conscripted to help start the business of course!

**Adventures**

We must remember that while Huw was developing a business, training youngsters, organising pool sessions and going to shows he also found time to

engage with the more adventurous elements of the sport. With expeditions to the “Tila Khosi” River in Nepal ( a first descent I believe), paddling in Corsica, The Alps, The Grand Canyon, Rivers in South America and many first descents of the lesser know torrents throughout Wales as well as crossing the Irish Sea (something his Mum did not know about until very very recently!) He even found time to take his father, Richard for a canoe trip down the Ardeche Gorge in France. I know Huw was very pleased by this trip with his father.

**Diversified – Bronwydd**

Huw further diversified and moved from Llandysul to Bronwydd, taking over the old village hall and then completely rebuilding it to create what must be the largest canoe shop in the UK. He moved away from the direct retail and into distribution, becoming White Water Consultancy International.

**Past few years**

I am sorry that during the past few years Huw had less time for paddling in the way we used to – his commitment to his family, a growing business and my changing career meant we had less time on the water. In fact the last trip I had with Huw was not in a canoe but in altogether different pursuit – motorcycling. Huw, myself and two other friends, Steve and Hywel rode to Italy last July and then rode up the highest mountain pass in Europe some 3,000 metres off road.

Huw’s interest in motorcycling became just as involving as his canoeing. An active member of the Yamaha XJR club he went on and organised many rides with this club. His thrill seeking saw him riding on the racetrack and putting in some very respectable times at Pembrey Race Track on his Kawasaki and also enjoying the bike he loved, his Ducati 999R on the twisty roads we have in this area. Always the best for Huw, no compromises. Very recently he even realised a dream with the purchase of his Porsche Carrera. (now I am jealous!)

Huw lived life to the full – he made time to enjoy the fruits of his work. I spent many an afternoon talking about life the universe and meaning with Huw – he was a friend in the truest sense - not replaceable, never to be forgotten and an influence for many.

I know he has many many friends throughout the world who will echo my thoughts. We must never forget Huw’s smile and love for life. This world has lost a good man but given us a legend.

Thank you Huw for being my mate.

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

**As we turned the year the regional membership turned over the 2,000 threshold and I find it unbelievable that over 1,200 of these are also coaches. Most of the clubs I know are desperate for more coaching support. If you have some spare time and would like to help at a club please contact me and I’ll point you in a grateful and local direction.**

I also find it strange that of the 44 clubs in the region only five have contacted Kate for a free web page. Not only is it free, but Kate will do it for you if you ask. Last year YOUR web took 250,000 hits. Are you really sure you wouldn’t like your club to have featured in that publicity? Interested but stuck? Drop Kate an email to [webmaster@yorcie.co.uk](mailto:webmaster@yorcie.co.uk) please put ‘web’ in your subject.

Thank you to everyone who supported the ACM and to the new members of the regional team who volunteered their services, Heather Emms from Knottingley CC and Paul Lister from Malton & Norton CC. Paul is a member of the team working on the Howsham Mill project (R. Derwent) and who were runners up on the restoration programme.

Contact details for all the regional development and regional coaching teams are in the new directory. A big thank you to Sam Cook for an absolutely stunning Alaskan presentation and for showing us that it doesn’t have to be Grade 5 and all white knuckle stuff. Thanks also to Gareth for an equally professional presentation about his role in support of the regions Junior paddlers. If you want to sample some more of Gareth’s skills and humour then get to Halifax CC at Sowerby Bridge on Sat 10th March for the U16 Freestyle and Boater X event. It starts at 10am with a coaching morning and then the events are in the afternoon. The only prerequisites are that you have paddled on WW before and are willing to give it a go. Register with Gareth on [gareth@bcu.org.uk](mailto:gareth@bcu.org.uk) or tel 07738 185885. If this wasn’t enough then you need also to save the 19th May for the YouthFest in Leeds at Roundhay Park (White Rose CC) and Gareth is again the contact for more info.

Calendar compilation is on the go for all our regions recreational groups, Washburn, sea kayaks, open canoes and are all available on the region’s web at [www.yorcie.org.uk](http://www.yorcie.org.uk) Remember you can also add your event details to the YORCIE telephone information line 0845 833 8654 by ringing either our regional Secretary Jon on 0113 2250984 or Norman on 01132 737393.

**Meet the Flockers**

The next regional ‘flocking’ of coaches will be on Sunday evening 11th March 7.30 at Fearnville Sports Centre Leeds. The CoachFest is again at Aldwark on the 21-22nd April. Full details are as always available from ‘oops Janet’ by email at [paul@pcartwright.freeserve.co.uk](mailto:paul@pcartwright.freeserve.co.uk) Please put ‘oops’ in your subject. Please note that the previous edition of CODE had a mistake in the Yorkshire section as there will not be a revalidation day as part of this years CoachFest.

Congratulations to two of our Harrogate coaches Gillian Hainge and Will Lund, who have announced their engagement.

The regional team are here to help. Our next few meetings are 26th Feb, 30th April and 25th June. If you’d like to know more, receive regional info, or come to a meeting, then please contact Jon at [jdakeyne@aol.com](mailto:jdakeyne@aol.com)

**Birthdays**

2007 sees the 21st for White Rose CC, the 60th for veterans Leeds CC, but the telegram goes to the Scout Association at 100 this year. How many of us can trace our paddling roots to the Scouts? Happy Birthday to you all.

**The last word.**

But one final birthday well worth a mention is your very own Yorkshire BCU Region which is 25. And for me it has gone full circle. 25 years ago I sat with Dave Stanley and others stuffing calling notices into envelopes to invite folk to the inaugural Yorkshire (which was then ‘& Humberside’) meeting at Chapeltown Community Centre. It was a big turn out and an instant success. In the main this was also due to our guest speaker. A chap who had just taken a group of Sea Kayaks up round Norway, Sam Cook. And he’s still doing it! Thanks Sam and to everyone else who supports the region.

The list is long and impressive.

**Happy New Year to you all.**

**Dick** [dick.constable@canoeists.co.uk](mailto:dick.constable@canoeists.co.uk)



**Tybee** **NEW**

The first city of Georgia and a beloved kayaking destination, Tybee Island

**Stikine**

**NEW - PERFORMANCE CORE**  
Ultimate creek and river running paddle

Werner Paddles offers more than light weight paddles. We design every aspect of our paddles to work as a whole. Advanced designs with more features and selection allow every kayaker to individually fit their paddle and experience ultimate paddle performance! Ultimate paddle performance means you have more fun on the water. Isn't that the whole idea?

Log on to our web site to view our assortment of paddle models and options. Be sure to check out the Design Features page and try our Interactive Guide to a Great Fitting Paddle!

Advanced Designs + Great Fit =  
**Ultimate Paddle Performance**



**WERNER**

WWW.WERNERPADDLES.COM  
WWW.SYSTEMXKAYAK.CO.UK  
INFO@SYSTEMXKAYAK.CO.UK

**IT'S YOUR Adventure...**  
ocean - river - mountain

Snowdonia's Premier Canoe Shop  
Mail Order  
Comprehensive Quotas for Centres, Schools and Clubs  
10% Discount for BCU Members

WCA Approved Centre  
Specialist Sea Kayak School  
White Water & Open Canoe Skills

Llanberis - Snowdonia  
Tel: 01286 879001  
[www.surf-lines.co.uk](http://www.surf-lines.co.uk)

Surf-Lines

Let our coaching convince you

BCU courses  
personal coaching  
UK and Abroad

**tomparkercoaching.co.uk**  
coaching and guiding

**>Target aquired\_**

**Daggel**

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

My day started really early (for me) at 9.30am, when I met Frank who runs 'Outdoor Tours' outfitters on the promenade. There I was in my bikini top and flip flops all excited for the day ahead and here was Frank all wrapped up in his big fleece, jumper and long trousers. My attire obviously amused him and seemingly caught the attention of the local fishermen who waved and smiled as they walked past with their big lobster pots and fishing nets.

The little village of Alvor has its own natural lagoon filled with fishing and leisure boats, which opens out onto the Atlantic Ocean. Further along there are long open beaches and a number of small coves tucked under the cliffs. We decided to launch off one of the beautiful golden beaches where the surf was a little intimidating, but Frank assured me was fine. I was feeling a little chilly, especially when the sun disappeared behind a large cloud, so on went my cag and trousers and the idea of a suntan disappeared.

I sat there in my boat, as Frank, up to his waist in water, braved the waves to push me out to sea. It was fantastic. I had never been out in such big surf before. It gave me an incredible buzz being amongst it all but I have to admit feeling happier when we left the white frothy stuff behind. The swell became larger but smoother the further out we went, which made it a nice easy paddle and I even braved getting my camera out. The rock formations all along the coast were like nothing I had seen before. Colossal pyramid shaped rocks pushing their way out of the crystal clear waters. The cliffs seemed to radiate a warm orange glow from the suns rays and then there, in the distance a school of dolphins. I could have watched them all day but it was now lunch time and time to head to shore.

Back towards the white frothy stuff again, I really wasn't looking forward to this bit at all. I had managed to stay dry all morning and even though the sun was now out, I didn't want to get wet. Frank smiled at me, expressed my concern, he said "it'd be fine" with glint in his eye. I tentatively paddled towards the shore with worried glances behind waiting for that inevitable wave to get me and then it came. I went higher and higher as this wave grew and grew. It got faster and faster and then, just for one second..... I was surfing. I was on the crest of a wave and it felt great. I wanted this feeling to go on and on, it was awesome. I turned my head to see if Frank was watching. Then, "Ouch" the next thing I knew, my boat was being twisted round, flipped up, turned over and hurled towards the beach. I was under the water having being hit on the head by my paddle. I tried to stand up only to be knocked down by the next wave. I tried again, this time I got to my feet, had chance to take a breath just before another huge wave came and wiped me out again. It took several attempts and a good trashing from the sea before I finally managed to crawl ashore. After a few minutes reflection on the beach, I couldn't decide if that had been the best few seconds of my life or worst, either way it was lunch time and off we went.

The food in Alvor is marvellous. Last night I had the most delicious Vegi Korma I've ever tasted at the 'Indan Hut 2' just off the promenade (sorry, but it was so good, it had to get a mention).

For lunch we chose the Windsurfers café situated on the beach. It had stunning views and served the most perfectly presented pancakes I've ever seen. The freshly caught Sardine's in a toastie were out of this world too according to the others. As we ate and watched the kite surfers playing on the waves, we

# Paddling in Portugal

It's 6pm in the evening, the middle of winter and I'm sat here under a palm tree drinking cocktails with names I can't pronounce. I'm here in Alvor, a traditional Portuguese fishing village relatively new to tourism but already home to a selection of excellent restaurants and most importantly, a canoe outfitters.

discussed our plans for the afternoon. Frank had been booked by some other clients so I decided to hire one of his open boats and potter around the harbour and up the estuary for a few hours on my own.

It turned out to be a great decision. I picked up the canoe from the harbour and paddled

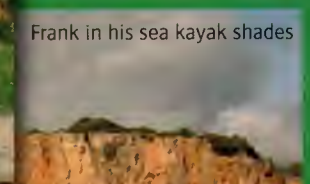
my way carefully through the criss-cross of shore lines appearing in every direction from beneath the beautifully painted fishing boats. The tide was still coming in and the canoe was a little harder to paddle than my lovely Prospector back home, so it was a bit of a hack to get out



Alvor sandy beach



Caves canoe land



Frank in his sea kayak shades



Lucinda Manouch



FACTS : WEBSITE

[www.outdoor-tours.com/eng/eng-visit.htm](http://www.outdoor-tours.com/eng/eng-visit.htm)

onto the estuary, but it was worth it. As I paddled along I saw some remarkable birds like the Spoonbill which are so unusual they look like cartoon characters. Further along I saw a turtle as he swam straight past me totally oblivious to my presence. About 1km further on I stopped on a small beach. I had seen what looked like an old canoe beached up but on closer inspection it was some sort of homemade catamaran. As I sat there wondering who had built it and if it would still float, I noticed two caves in the cliffs above the beach. There were clothes and cooking implements scattered all around. Someone was actually living there and by the looks of it had done so for a very long time. This was probably his boat I was sat on. I really wanted to find out more but I didn't want to intrude and time was getting on, so I got back in my boat and gently paddled back towards the village. The scenery was so stunning and so tranquil that I almost didn't notice the 50 or so flamingos (Yes flamingos) that had landed ahead and blocked my way back to the harbour. What an amazing sight and so close too, only thing was, I didn't know what to do. I needed to get back to the harbour before dark and the sun was already starting to set. There I was with 50 pink, (well more a dirty whitish colour really) large, imposing and very long beaked birds in front of me. It's not a scenario that's ever come up in any paddling books I've read. So I decided the safest option was to just drift through. I crouched down as low as I could whilst still being able to peek over the side and hoped the tide would do the rest. Being so close to so many exotic creatures, not knowing if they would attack or ignore me was absolutely mind-blowing. As I got closer the flock seemed to move from side to side, then just like gates magically opening, they separated and there in front of me lay a clear way through the entire flock. As I drifted through, too scared to even breathe I

Carvo beach



imagined what this must look like from the shore and hoped someone somewhere would have their camcorder out and were capturing this moment.

Now here I am sat back on the shore drinking my cocktail. I'm watching the last rays of sunshine disappear behind the palm trees and beneath the sea. I think a trip back in the summer is definitely in my plans, with temperatures in the high 20's and best of all, water that is lovely and warm.

I can't promise the flamingos or the turtles but if you're after a great day out paddling around some of Europe's most spectacular coastline then Alvor is a great place to start. ●



By Lucinda Manouch.  
Photographs by L&A Manouch

## Harbour Boats Chesapeake and Mill Creek canoes/kayaks

All hand built in a wood fibre glass construction. Registered boat yard (HBH). Also available inflatable tenders. Main dealers in Dorset for Nookie clothing and accessories.



**Tel: 01202 461256**

**www.harbourboats.co.uk**

5a Allens Lane, Hamworthy, Poole, Dorset BH16 5DA

**\_tracking  
Agent\_**

**www.daggereurope.com**

# 2007 slalom season —



## Thinking of coming out of 'retirement'?

If you stopped paddling slalom a while back or even just recently, then it is easy to re-start! Why don't you dust off your gear and give it another bash? Furthermore, new boat regulations introduced in 2005 have meant a whole crop of super-easy, super fun boats have come onto the market.

They are already going for second hand prices and have revolutionised the sport. If you have a go in one, you'll not believe how much fun they are to paddle! Plus, you needn't start from Division 4 – you can ask to be put back into the division you left. Contact John Woods: [john.woods@ntlworld.com](mailto:john.woods@ntlworld.com), 16 Holcot Leys, Rugby, Warks, CV22 5S1

Right: Campbell Walsh, Olympic Silver Medallist @ Grandtully Premier Race, April 2006 (photo by Rob Eyton Jones)

The new season in canoe slalom is just around the corner. As this edition of Canoe Focus goes to press, the early season race organisers will be dusting off the timing equipment and sharpening the judges' pencils!

## The basics

For those of you who don't really know what slalom is about – read on! The object of canoe slalom is to negotiate a course defined by hanging poles against the clock. There are two sorts of gate; green and white gates are downstream gates (negotiated with the main flow of the river); and red and white gates, which are upstream gates. These are normally positioned in slack-water or eddies. Normally, there will be six upstream gates and the rest will be downstream. A two-second penalty is added to your running time for touching a gate with your body, equipment or boat. A whopping 50-second penalty is added to your score if you miss, deliberately displace or negotiate a gate in the wrong direction. At novice level, you have two official, timed attempts at the course. Your best total time (including penalties) will decide your final result.

Although it is often called 'canoe slalom', most people compete in kayak singles classes. This is because kayaks are more forgiving and easier to manoeuvre when you first start out. Men and women compete in kayak class, where they are known as K1M and K1W, respectively. There are also canoe classes. Single canoe (C1) or double canoe (C2) classes can be raced by women or mixed crews, but they are only contested by men at international level (although there is talk of changing this in the future). Specialised slalom race boats are made of high-tech carbon fibre and kevlar materials. When you first get going, however, you can take on a slalom course in anything from a general purpose plastic boat, a freestyle boat or an open canadian canoe! If you get hooked though, there are lots of second hand boats for sale and a proper slalom boat will let you whip the turns and accelerate like a pro!

People of any age can compete in slalom. In fact, it is one of the best things about canoe slalom – all competitors in the same division race the same course. For example an under 14 racer in K1W class could find herself competing for the same points as world silver medallist Fiona Pennie! Prizes are normally given out in under 14 years old (U14), U16, U18, U23, senior and veteran age groups, but there are often even younger ages categories. Whether you are young or old, good slalom technique will always hold up well against raw power and strength!

In the UK there are five divisions. Novice (or Division 4) through to Division 1 and then the Premier Division. The Premier Division is



David Florence, World University Champion @ Grandtully Premier Race, April 2006 (photo by Rob Eyton Jones)

where the top racers compete for the honour of becoming British National Champion. There are also special races, like the National Inter-Club Championships, National U14/U16 Championships and a home nation international race series.

The UK Championships are often decided at special races that coincide with British team trials.

## GETTING STARTED

### Some information

The first Division 4 race will be at Stone on the 11th March 2007 and the first race in the Premier Division series is at Canolfan Tryweryn on the 1st April!

For more info look at the 'Starting in Slalom' leaflet or Slalom Yearbook (available from the BCU).

For more general information, check out [www.bcu.org.uk](http://www.bcu.org.uk)

Race information, advice, news and links can be found on [www.canoeslalom.co.uk](http://www.canoeslalom.co.uk)

To find out about some of Britain's top racers, see [www.campbellwalsh.com](http://www.campbellwalsh.com), or [www.davidflorence.com](http://www.davidflorence.com)





# bring it on!

## The cutting edge

The British team races at the Olympic Games, where canoe slalom is always a hit with the public. Britain has an excellent record at the summer games. In Athens 2004, Helen Reeves won the bronze medal in K1W class and Campbell Walsh won the silver in K1M. Needless to say, Beijing 2008 is the focus for the current members of the British team. With London 2012 on the horizon, canoe slalom is gearing up towards an exciting few years!

At international and Olympic level slalom races are held on very powerful and demanding rapids. The course will challenge the most gifted technicians and push their limits of power, endurance and mental focus. A single two-second penalty will almost certainly wreck a racer's chances and fifty-second penalties are like a death sentence! Racing is so close that if a racer hits a wave full-on, instead of glancing it, they will lose a vital half-second and have to settle a few places further down the leader board! If you ask any elite slalom racer, (and they will often be only too happy to talk to you) they will tell you that the thrill of 'nailing' a run down a tough course is worth many hours of practice.

Many members of the British team are supported by the National Lottery. This allows them to train twice a day, all year around. They train overseas frequently, in order to practice on the race venues for World Cup races or World/European Championships. The great thing about canoe slalom in the UK is that some of the best racers in the world are British, and they compete as often as possible in the Premier Division series to test and sharpen their skills. This makes racing in Britain a high quality experience and it means you can bump into some real international heroes during a slalom season.

enter the race on the day (but you can enter in advance). You get given a bib and a start list to see the race order. There are chances to practice on the race course before your official runs, but don't tire yourself out by doing too much – save your energy for your race runs! There will be more experienced racers around who can give you some advice or tips on techniques. At most race venues there will be a refreshment spot, where you can get a hot drink and some food. You can't be racing all the time, so slalom is a good social sport. Between runs people chat and meet with their friends. Because slalom is effectively a time trial sport, a camaraderie exists amongst the competitors. There is no point in troubling your opponents – the course will do that for you! It's best to challenge yourself and get the buzz from doing the course 'fast and clean' – that is, without any penalties and harnessing the full power of the water.

If you manage to negotiate the course swiftly and precisely you may even be able to gain promotion to Division 3! As your skills develop you will realise the positive impact that slalom has on many aspects of your canoeing. Your water-reading ability will improve, your mental focus will increase and boat feel and water skills will be sharpened. Slalom skills have a strong relevance to canoe polo, sprint racing, river running and freestyle. If you paddle at a good level in another discipline and need a bigger challenge then you can apply to start in a higher division. So why not? - Come along and give it a go! Whether you are an aspiring

Olympian, general cruiser or creek demon, canoe slalom has something to give you! ●



## The next step

Has all this whet your appetite to try canoe slalom? Perhaps you want to have a shot at a slalom race? You'll probably be wondering what this be like. At novice level you can



Fiona Pennie, World Silver Medallist @ Briancon, France, June 2006 (photo by Reg Hatch)

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

locked on!



**Fancy a gentle paddling holiday on the continent? Too far to travel. Rivers too big. Need too much information. Which rivers? Which sections? What about access? Where can we camp?**

If you have been put off from going abroad, then try the Ardennes in south eastern Belgium – it's entertaining canoeing made easy.

Last summer the three of us, Muff, Vic and Jack, loaded up Vic's Berlingo with canoeing gear, camping gear, a kayak, an open canoe and a bike. Once across the Channel it was just four hours or so to Florenville in Belgium and our campsite right on the River Semois.

The Ardennes is a deeply and convolutedly dissected limestone plateau – on the map, the Semois reminds you of the join between the bones of a skull – twisting and turning, doubling back and forth – and there lies one of its attractions for canoe touring – 33 miles by river can be just ten miles by road. The role of the bike is becoming clear.

This part of Belgium has got canoeing sorted – access points are frequent and well signed (from river and road). Weirs are similarly well signed with clear directions to portages and there is even a website which shows (in English) which rivers are open for canoeing – depending on rainfall. Of course, this is partly on the back of a busy commercial canoe hire sector – you won't be alone on the river – but since there are miles of river, it never gets crowded.

From the Florenville campsite, with the tents now up and the bike belayed to a tree, we drove off upstream to Chiny, a small village which, like much of this region, saw action during the Battle of the Bulge in the Second World War. Ample parking next to a canoe-hire outfit, and an easy launch. In August this was the highest access point according to the website; in winter access could be made at Tintigny another 15 miles upstream.

The Semois is a remarkable river – for something like 110 navigable miles (we did about 55 miles) it

drops at a steady rate creating almost continuous riffle water, enough current to help the miles pass by, enough interest to keep you on the lookout for rocks (in summer, shallows) and the odd gentle weir to shoot (all engineered to allow the canoe-hire customers to navigate unaided). Stretches of still water are rare – gentle paddling at its best. A couple of hours, or so, and we had covered the five miles back to the campsite, where Muff and Vic prepared lunch while Jack cycled back to pick up the car. Lunch, then he's off in the car to Chassepierre to drop the car off at the next access point and then a quick cycle back to Florenville for the afternoon's paddle. Seven miles this time in around two or three hours, paddling a little harder towards the finish as we approached the witching hour of 6pm – the time when canoeists have to be off the water for the fishermen (and women!). 6pm to 9.30 am are reserved for fishing – but that leaves plenty of time for paddling. During the day both parties share the river with no problems, just keep away from their lines and paddle past quietly, if only it were so simple here!

Our plan for the next two days was to canoe to Bouillon, 33 miles downstream, stopping off on the way at Cugnon after 16 miles. A short drive to Bouillon, a quick word with the very helpful campsite manager, and we were back at the campsite packing the gear into the boats, with the bike safely locked away in the manager's garage. The two days



paddling took us through the deep gorge – high cliffs, heavily wooded, with constantly changing views as the river wound its way round turn after turn. The only problem was finding the campsite at Cugnon – because there were so many to choose from! Once we'd found the right one, we pulled the boats out and we were soon putting the tents up just 20 yards from the river – and 50 yards from the bar!

On entering Bouillon is an impassable weir, clearly signed with a portage marked on the left bank. No questions about the weir – a vertical sluice with a deadly stopper, but rather than take the signed portage

we dragged the boats over the bank just downstream of the weir and got in again there. The campsite was just beyond the only other portage, round a set of sluices. (These dam up the river to create a pedallo park through the town in summer. In winter they are open and you just canoe straight through). Soon Muff and Vic were putting up the tents and Jack was cycling back to get the car – just two hours cycling to cover the two days paddling!

Bouillon is the site of the stunning Chateau Bouillon, home of Godfrey, Duke of Bouillon who set out in 1096 for Jerusalem on the First Crusade. (Our journey was less ambitious!) We spent a fantastic afternoon exploring this building; it's well worth a visit. Our final day took us ten miles down to Poupehan... where the car was waiting, Vic having done the cycle shuttle earlier that morning. 55 miles in four days, base-camping for three nights, camping out for one night – gentle stuff, but still that feeling of achievement, of journeying down a river.

Since we had a late afternoon crossing booked, we decided to visit Bruges on the way back and have a paddle round the canals. On paper very straightforward; we found parking right by one of the outer canals, a portage round a lock and

we were into the inner system, but we soon reached the 'rat run' of the tourist tour boats – so we turned away from the honeypot centre and paddled around the outskirts – still impressive and a fascinating area.

We stopped for a coffee just out of Bruges on the way home - and watched apprehensively as an official-looking van pulled up beside our car and out got a fellow pointing at the canoes and us. Though not flashing, that clearly was a blue light on top... does Bruges have canal police? Had we broken some by-law?? "Your canoes?" he asked. "Er, yes." And there followed 15 minutes of questioning – where had we canoed, where had we camped, had we tried the Meuse and Ourthe, what did we think of the Ardennes, how do we find the weight of a Royalex boat... it turned out that he was canoe mad, had seen our boats as he had driven past and had stopped for a chat! A fitting end to our stay in Belgium – 'Canoeists welcome here' could be its motto. ●

**Jack Upsall, Muff Upsall and Vic Brown**



**FACTS : INFO**

[http://mrw.wallonie.be/cgi/dgme/sibw/sibw.kayak.seu\\_j11.pl](http://mrw.wallonie.be/cgi/dgme/sibw/sibw.kayak.seu_j11.pl) has daily information (in English) about which rivers are open for canoeing  
[www.belgiumthelaceto.be/ebrochures.php](http://www.belgiumthelaceto.be/ebrochures.php) the Belgian Tourist Office site for the Brussels and Wallonia region.

# paddleworks

SIOP KAYAK CYMRU

## Kayaks & Canoes



**PADDLEWORKS BALA**  
98 High St, Bala, Gwynedd  
01678 520 808



**PADDLEWORKS LLANGOLLEN**  
Mile End Mill, Llangollen, Denbighshire  
01978 861 444

**Mail-order • Free shipping on most items**  
**Shop securely online at our website: [www.paddleworks.co.uk](http://www.paddleworks.co.uk)**

## PERFORMANCE KAYAKS

**66 UPHILL WAY**  
**UPHILL**  
**SOMERSET**  
**BS23 4TN**  
**01934**  
**613612**  
**WWW.KAYAKS.CO.UK**



## FYNE BOAT KITS

18 models from open boats to sea kayaks.  
Build in as little as a week. The kits contain all that is needed including pre-cut joints & panels, epoxy & manuals to make a strong boat to be proud of.



[www.fyneboatkits.com](http://www.fyneboatkits.com)  
Tel: 01539 721770 Fax: 01539 447662  
email: [info@fyneboatkits.com](mailto:info@fyneboatkits.com)

>Dagger Agent  
operational  
Spring 2007.

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



OI at the source of the Thames

**I have wanted to paddle the Thames from source to sea for a long time. It's 150 miles, so I took a week off work – now to find someone to go with. "February?" was the answer from most – "Are you mad?" – so that was another no I guess. OI, I thought, he'll do it! Never paddled so he won't know what he is letting himself in for!**

# The Thames

## Source to sea

We set off on Sunday morning a little worse for wear after Saturday night. My girlfriend dropped us off in Ashton Keynes near Cirencester in the Cotswolds.

"Whose idea was this?" was a frequently asked question throughout the first day. With huge hangovers and far too much kit packed into the boat, we struggled through brambles and hawthorn bushes, over and under fallen trees and bridges and carefully negotiated barbed wire fencing. In and out dragging and portaging we covered a total of six lousy miles in

a matter of five hours before pitching the tent in a paddock that someone had kindly offered to us for the night. Sporting cuts and with hair that proved that we had been dragged through a hedge backwards we headed for the pub in Cricklade.

The river only becomes easy paddling just east of Cricklade where it meanders with a steady flow towards Lechlade and St Johns Lock, the first of many, a total of 44 locks including Teddington Lock. It is worth noting that many of the locks are closed for maintenance out of season and a portage is necessary, but many are still operational and the keepers are happy to let you through. The lock keepers however are quite stringent on licensing and are keen to see your membership sticker displayed.

Mid week the weather brought some very favourable winds and we were able to sail a good few miles each day before the wind either changed direction or completely dropped. With an improvised sail made from the expedition tarp and a

couple of paddles we were able to sail past the fishermen, dog walkers and gardeners. "Cheats!" – I think not.

We were averaging 22 miles a day, some days more, simply because the nights were so spectacular. Clear nights with a full moon reflecting off the dark water lit the night sky and gave us some fantastic paddling. The only problem with the clear nights is of course the cold temperatures.

Camping sites were not a problem as people down the riverbank including publicans and lock keepers were more than willing to accommodate two stinking paddlers. Beer gardens became a favourable choice at the beginning of the week, however the nearer we got to London the more manicured the lawns were. Islands were also a favourable choice, the best being at Hurley.

The river starts to become more and more urbanised shortly after Maidenhead and its quite strange to paddle through places like Windsor and Staines with a loaded boat watching people walk in and out of restaurants dressed in suits.

Our last night was spent on a beach beside Chertsey Weir after covering a distance of 27 miles. A beach is fine to sleep on when the weather is dry but unfortunately during the night and for the rest of our last day it rained. We arrived at Teddington in a very wet boat with half the beach clinging to us.

OI, my apprehensive old friend, had never been in an open boat before. His only paddling experience was probably a couple of days in a kayak back in his school days. This was quite an undertaking and one which has encouraged him to go on more expeditions in the near future.

I'm not sure why we chose a week in February but it turned out to be a fantastic week, clear blue skies, favourable winds and hardly any rain. After some amazing sunsets most of our evenings were spent paddling illuminated by an amazing full moon with its light reflecting off the ice particles and the water.

A brilliant week, with great company on an amazing river! ●

**Tim Magson**



Sailing



Locking down



# GRUMMAN CANOES.

*Keeping with Tradition*

Using airframe technology Grumman produce ultra light canoes (from 44lbs/19kg) with unprecedented durability. Take a look at the new 12ft solo and 16ft square stern canoes this year.



12 West Burrowfield Ind. Est.  
Welwyn Garden City, Herts AL7 4TW  
Tel: (01707) 330000 Fax: (01707) 333026  
email: sales@avoncraft.co.uk  
www.avoncraft.co.uk

**AVONCRAFT**  
ROBERT VARDY LTD

## Adventure is Calling You!



Breathe the pine scented air, paddle the tumbling rivers, feel the mist of the rapids, and experience the tranquility of a breathtaking sunset. Now relax next to a crackling fire beneath the northern lights; welcome to Manitoba, Canada. Northern Soul Wilderness Adventures specializes in planning adventure holidays, and expeditions in remote Manitoba, Canada.

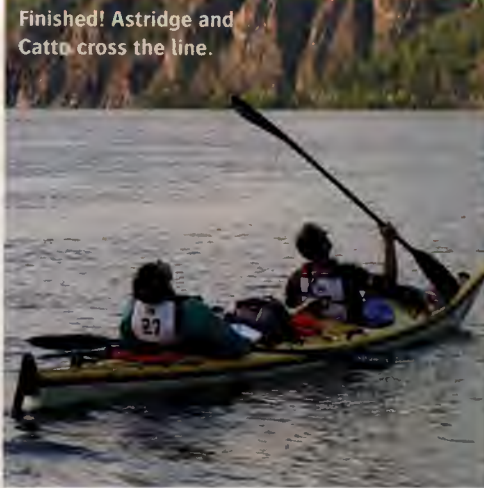


Guided adventures • Self-guided canoe trips  
• Coaching • Equipment rental • Aboriginal cultural exchanges ✳ Duke of Edinburgh Award endorsed expedition planner

Contact us for your next adventure:  
**E: [adventure@northernsoul.ca](mailto:adventure@northernsoul.ca)**  
**Visit: [www.northernsoul.ca](http://www.northernsoul.ca)**  
**Phone: 01.204.284.4072**



At 465 miles, the Yukon River Quest is the world's longest annual canoe and kayak race a



Finished! Astridge and Catto cross the line.

The Yukon River Quest takes the paddler from Whitehorse, through the Yukon's Northern wilderness, and one of the routes followed during the days of the Klondike gold rush, finishing some 56 hours later in Dawson City. Those of a literary bent will recognise the place names from Jack London's 'The Call of the Wild'.

The Army Canoe Union entered a team of three tandem kayaks, drawn by the challenge and the adventurous nature of the race. The Yukon is a true wilderness the scale of which is difficult to communicate. The scenery is stunning and dramatic and totally un-spoilt; mountains, seemingly endless woodland and a very big river that, in the later stages of the race, is over two miles wide. Over the entire length of the race, the equivalent of paddling from London to Dundee, the scenery does not change!

Simply completing an ultra endurance event of this scale is a significant achievement but the Army team entered with the intention of being competitive. (There is a long tradition of canoeing in the Services and the canoe raid on German merchant shipping led by Major 'Blondie' Hasler in the Second World War helped to establish this tradition; marathon paddlers will be familiar with the Hasler name.) It was therefore decided to set the 2006 Devizes to Westminster race as the qualifying event for those Army paddlers wishing to compete in the Yukon River Quest.

A mixture of Regular and Territorial Army men and women trained over the winter months and competed in the Thameside and Waterside series of races as part of their preparation for the DW marathon. Five of these Army paddlers were amongst the first ten K2 boats to complete the race and were selected, along with a sixth paddler, for the Army Yukon River Quest team. With this strong foundation, the next six weeks were used to focus training on the Yukon and prepare equipment.

There are only two stops over the course of the whole race; a seven hour supported stop at Carmacks (approximately 20 hours into the race) and a three hour unsupported stop at Kirkmans Creek (after a further 16 hours paddling). There are no intervening portages and no stops if crews want to be competitive. Boats therefore need to be totally self sufficient; if they get into difficulties, crews cannot expect any help for several hours. Psychologically and physically it was very different to any racing the Army team had done before.

The race organisers are very prescriptive as to which canoes and kayaks may be used for the race

# From Devizes to Dawson



Astridge and Catto approach the finish at Dawson City

and the Army team elected to rent Seaward Passatt G3 boats from Kanoe People based in Whitehorse. Used by previous winners of the race, the boats lived up to their billing. As marathon paddlers used to relatively narrow boats, we all had to adapt our paddling technique and time spent in sea kayaks before the race proved to be invaluable; thanks to Marsport for all their support.

Most competitors took their own paddles and personal kit out with them. What kit to take is very much a personal choice and the Army team adapted their clothing and feeding systems from the DW race. This arrangement worked well, although after 46 hours racing it is easy to develop an intolerance to anything but the most easily digested food and even the best fitting clothing can start to chafe.

## Race start

The race started at 1230 in the Whitehorse town centre with a Le Mans style 800 metre dash down to the boats which had been pre-positioned and checked by race officials earlier that morning. The main aim here is to avoid being boxed in and to get a clean start on the water. The weather was fairly grim with grey skies, wind, rain and a temperature of around 6°C. As competitors made the 30 mile crossing of Lake Laberge shortly after the start, they were exposed to a strong cross wind that made the five hour paddle something of a challenge and provided plenty of opportunity to practice surfing.

The weather deteriorated still more during the night and in the early hours of the first morning we

Below: The start



and was born from the Dyea to Dawson Centennial Race to the Klondike in 1997 and 1998.

# City

were caught in a crashing electric storm of continental proportions. The risk of bear encounters, exhaustion, injury and dehydration had all been weighed but, as we found ourselves several hundred metres from the bank with racing paddles in hand, the irony of being killed by lightning, which we had not considered, did not escape us. Roughly 25% of the field failed to reach the first check point at Carmacks, due largely to the atrocious weather conditions.

The mandatory lay-over at Carmacks was very welcome and, as we struggled out of the boats after 20 hours plus paddling, most of us did a good impression of being drunk, with legs that had forgotten how to work. There is the option of camping here but we had managed to rent accommodation a short drive from the check point and so were able to get showers, hot food and a bed for a few hours sleep; strongly recommended. We had a support crew of three who did a fantastic job of looking after us and replenishing boats. This allowed the crews to concentrate on recovery, even get a sports massage, and be in reasonable shape for the next 160 miles to Kirkmans Creek.

The weather improved over the next 24 hours and on the second night we were able to enjoy the midnight sun and the dramatic scenery. Between us we saw black bear, moose, beaver and bald eagle. Given the duration of the race, the unchanging scenery and constant daylight, time and space take on a surreal quality. Thinking too clearly about how many hundred miles still to be paddled would, psychologically, have been a mistake. And so many hours were spent in a semi-meditative state.

The stop over at Kirkmans Creek is un-



Howson and Wakeling at  
a Finger Rapids

supported and only gives enough time to replenish drinking systems, a change of clothes for some and a chance to doze for about an hour. The race organisers do provide a hot drink and sandwich and it is possible to buy cookies and additional sandwiches; if you are running short of supplies, something of a life saver.

The boat feels incredibly heavy as it is launched for the final leg of 106 miles. The salmon sandwich eaten by one of the crew at Kirkmans Creek turned out to be a mistake and as he developed food poisoning, the temperature soared. Oppressive heat, vomiting and the growing reality of dehydration closed in. All the crews had their low points and this one was one of the lowest as it raised the spectre of not finishing after completing over 360 miles of the race. Remarkably, the crew was able to work through this and finish.

The final leg of the race took in a labyrinth of islands, sand bars and wide stretches of open water which made for difficult going due to a head-wind that appeared regardless of the direction paddled. Being experienced marathon paddlers, reading the water and taking the racing line had not been something that had overly concerned us, but with a river that is over two miles wide, it was a real challenge. Local knowledge is a decided advantage here.

## The finish

Crossing the finishing line at Dawson City, some 56 hours later and after 46 hours paddling, was a fantastic feeling and a great relief. Again, the support crews earned their money. Boats had to be stripped out before being handed back and this really was not an enjoyable task. They also had to help the crews get cleaned up, patch up some fairly nasty sores and abrasions and start their recovery.

In a year that saw three records broken, as beginners to wilderness racing, the Army team did remarkably well. Overall, the three crews came fifth, seventh and ninth and an impressive second, third and fourth in the tandem kayak class. Whilst great credit must go to the paddlers and support crew, the Army would not have been able to enter the race without the support of a lot of other people who have our grateful thanks. The race organisers and all the people we met in the Yukon were incredibly generous with their time and help. The Army Sports Lottery and Berlin Memorial Fund both gave generous financial support and Tower Gate Wilson and Marsport of Reading, our commercial sponsors, gave financial support and technical advice. Finally, the Army Canoe Union must also be thanked for all their time, patience and encouragement. ♦

M Bailey

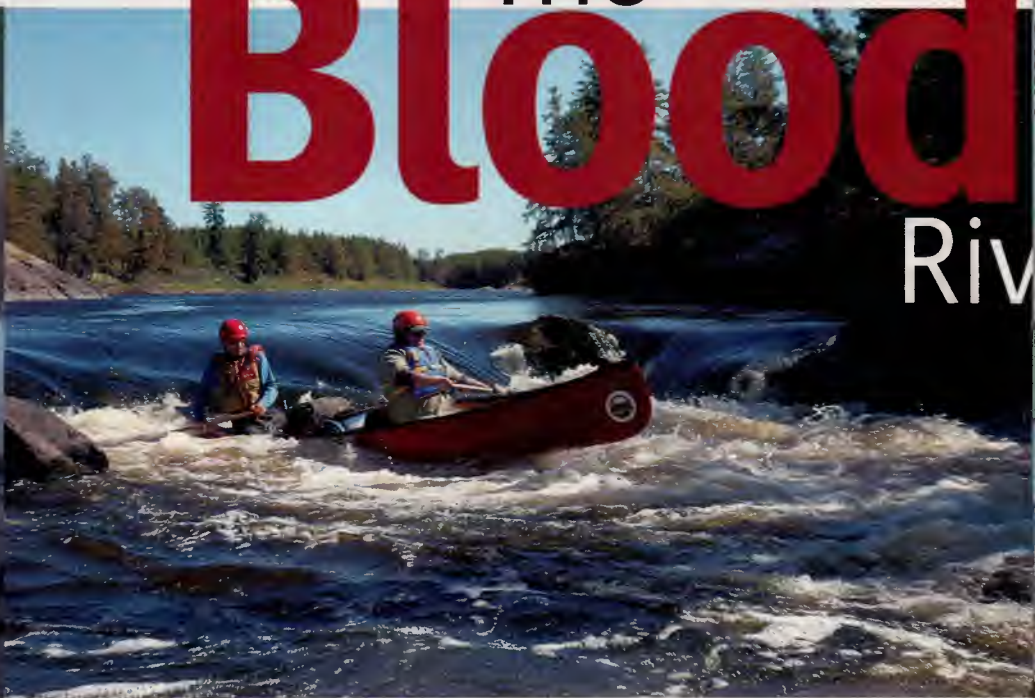


Last minute preparations at Carmacks

# The Blood River



Gareth Fishing



We had paddled a number of rapids over the last eight days this was the first one that allowed us the luxury of stopping the canoe midstream, changing its line and then running the rest of the wild water down to the bottom of the rapid and safety. To me it seemed a great opportunity not to be missed; Gareth would learn more about moving a fully laden canoe in the midst of a wild river and for me the moving of the boat on the rapid would be more of a challenge than just running down the rapid. I also like playing a game with each rapid; seeing how little water we can ship in the process of negotiating our way down the river. It was going to be a risky manoeuvre but if we could get enough power in the back paddling we would master the rapid and win the game.

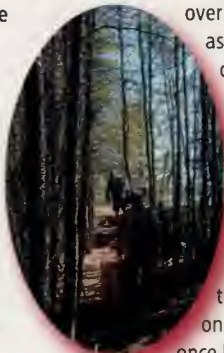
We had arrived seven days ago at the top of the river by float plane, unloaded the gear and then we were left with eight days on the water before reaching our pickup, where the Bloodvein empties into Lake Winnipeg.

With a cough and a splutter from its engine the float plane announced its imminent departure. Once it had taxied out to clear water the pilot gunned its engine and it left the water in graceful curve, the sun glinting off its aluminium body. We watched it disappear over the trees. We were left with the sound of adventure; the sound of the wind in the pine trees and the lapping of the waves on the rocks.

The four of us were alone; Dave was the local guide and owner of the outfitters, Michelle was training to guide on the Bloodvein and Gareth was a friend who I had met on a trip in the Yukon last year. Oh yes, there was also a small black dog called Snoopy who was a seasoned traveller in the Canadian outback. We had the cast for an Enid Blyton novel.

First things first, we had lunch. We had travelled with one canoe tied to the float of the plane, the other was a Pakboat that was built from a rubberised skin stretched

“18 kilometres to the end of the river and you want me to start paddling backwards?” Sat in the front of the boat Gareth was to say the least a little incredulous. He turned in the boat to look me in the eye, I guess just to check that I was still sane and the heat of the day had not addled my brain.



over an alloy frame and that had to be assembled. It took us 30 minutes to put this canoe together and I must say that Michelle, Gareth and I were a little sceptical about its use on a wild Grade 2-3 river with an eight day paddle out but Dave and Snoopy seemed quite confident.

After loading the canoes it was great to be on the water and moving through the scenery of the Canadian Shield. Built on a base of pink granite that was once higher than the Himalayas, three billion years of erosion has worn the area into a low undulating region whose highest elevation is only about 500m above sea level. Scoured by glaciation the area has a very thin soil lying on top of the bedrock, with many bare outcrops.

The vegetation is dominated by Jack Pine, Juniper and Silver Birch. The Bloodvein is a pool and drop river, where short steep drops are followed by flatter areas where there are tranquil marshlands full of wild rice and sometimes a browsing moose. It is the home to eagles, vultures, ducks and geese and mammals such as black bear, wolf, beaver and otter. The area has been travelled for thousands of years and there are pictographs (old graffiti) to be seen along the route. The Bloodvein is part of the Canadian Heritage Rivers System. Established in 1984, as a co-operative program

of the Government of Canada and all of the provincial and territorial governments. The objectives of the programme are to give national recognition to the important rivers of their country, and to ensure the conservation of their natural, historical and recreational values for the benefit and enjoyment of Canadians. Unlike the UK it is designed to promote their use for all and not restrict it for the few. There are no forestry roads, no rail links, the only way in is by floatplane and the only way out is by canoe.

The weather in early September was warm, so shorts and t-shirts were de rigueur for most paddling days with the option of no shirt if temperatures rose during the day. Evenings were cool and a fleece was required but it was three season sleeping bag weather.

As we descended the river it provided constant entertainment with a rapid around each corner; some we could paddle on sight, otherwise we would stretch our legs and scout the drop. All our expertise in moving a full loaded canoe down a river was brought in to use as if we did not paddle we would line the boat fully laden or empty and as the last resort portage. Although this was the most arduous means of moving the gear the portages were never any great distance and they did provide interest with such as wild flowers and animal tracks.

On the flat sections we travelled at our own pace but came together at the rapids for safety and to take photographs. Doubles paddling is very good as it allows you to chat and put the world to rights and have two pairs of eyes watching for wildlife along the





# vein

rer



way. Travelling thus, with your mind taken off paddling, the miles are eaten up very quickly and you are soon looking around for a suitable place to camp.

In paddling the Canadian Shield there is little need to do big mileage for the sake of it, as the scenery does not change that much for thousands of miles. We were usually at a camping spot by 3pm which gave us ample time to leisurely set ourselves a comfortable campsite. We then had hours in which to read a book, fish, swim, look round the area and generally relax. All the sites chosen were by rapids and on a couple of occasions we took time to play on the water with the unladen canoes. The noise from the rapid had the added advantage that we all slept well as it drowned out Gareth's snoring.

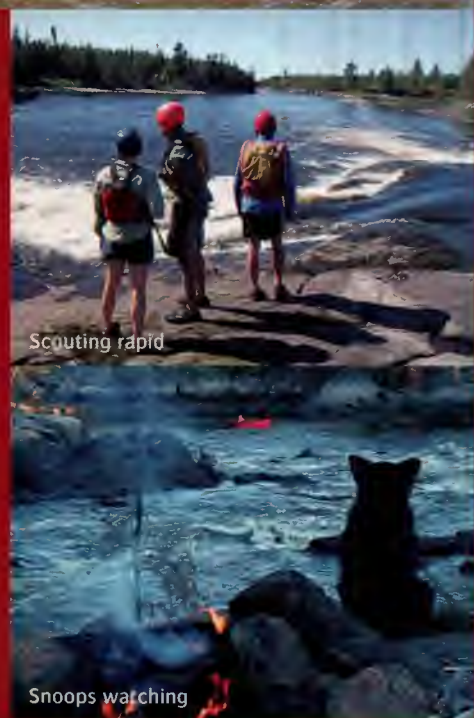
To Gareth, trained as a marathon and dragon boat paddler, back paddling in a boat was an anathema, but having gauged my sanity he decided that he would listen to my reasoning. From the safety of the eddy above the rapid we both stood up in the canoe and discussed the line we would try and take and the paddling tactics we would employ that would, if all went to plan, get us to the bottom of the rapid dry.

Talking over, we tightened our buoyancy aids, checked that all was secure in the boat, donned our helmets and pushed off. We moved upstream in the eddy to give us time and room to obtain the optimum position for the start of the rapid. From the stern I angled to canoe into the current and Gareth executed an elegant cross draw to pull the bows downstream. Once in the mainstream I could feel the Bloodvein's power as it accelerated towards the first fall of the rapid. From memory I knew we had to get tight to the right side of the second rock in the middle but it had to be at a precise angle to set us up for the turn after we had passed the rock. Sitting at canoe level everything always looks different but navigation was helped by the rock we were aiming for was intermittently showing. In moments the Bloodvein hurried us to and past the rock and as planned right on queue Gareth started to back paddle, I set the



angle and then also started to backwater. Sat in the maelstrom of the rapid, with a very large stopper waiting for us to come and play, the boat seemed to take an age to slow but slow it did and eventually we started to ferry left. I shouted forward that we needed more power and Gareth dually turned on the turbo charger to buy us more time. Reverse paddling for all our worth we ferried left and away from the hole that would have certainly given us at the minimum a rough time and at worst a right good drubbing. It was great to finally be able to stop and ease down the remainder of the rapid and the safety of the slack water at the bottom. As always with double paddling, the sense of exhilaration is pre-eminent and we were both grinning as we climbed out of the canoe. From their positions as backup, Dave and Michelle were stood with big grins on their faces, gave us a thumbs up, packed their throwlines and started to walk back to their canoe at the top of the fall; it was their turn to test themselves and we would be safety backup. Just another day on the river. ●

**Dave Halsall**



Scouting rapid

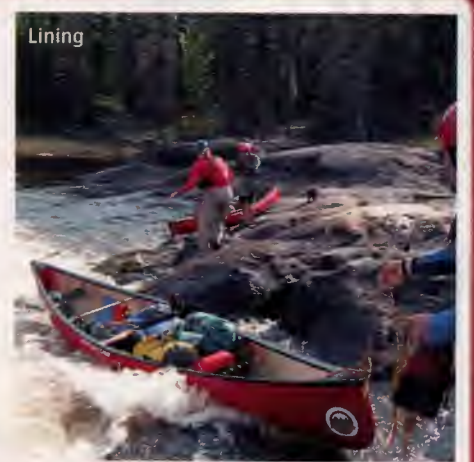
Snoops watching

## FACTS :

### Why travel to the Bloodvein?

- Perfect introduction to remote-river paddling
- Float plane in
- Full use of skills for moving canoes down a river
- Re-affirm knowledge about paddling long touring canoes in rapids
- Paddling doubles
- Classic Canadian Shield country
- Led by local canoe guides for exchange of ideas; paddling skills, camp craft and cooking
- Local wildlife
- Pictographs
- Meeting local first nations
- Have to be there to feel the wind on your face, smell the resin from the pines and hear the call of the loon rather than read about it or look at pictures

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



Lining

**BCU Home Internationals**

- 1st. England
- 2nd. Northern Ireland
- 3rd. Jersey
- 4th. Wales
- 5th. 'Rest of the World'

**2006 Surf Kayak World Cup**

**Men**  
 Winner: Dave Johnstone, USA  
 Runner-up: Jonny Bingham, N. Ireland

**Ladies**  
 Winner: Kate Smith, USA  
 Runner-up: Tamsin Green, England

**Junior**  
 Winner: Chris Hobson, N. Ireland  
 Runner-up: Dave Speller, Jersey

**2007 Surf Kayak – British league series**

The first event of the 2007 season took place on 6th January at Bigbury-on-Sea.

Congratulations to winners –

Long boat: Gary Adcock

Short boat: James Hawker

Ladies: Emily Woollard

Juniors: Philip Watson

Masters: Gary Adcock



Chris Hobson, N Ireland

Dave Speller, Jersey

Surf kayaking contests are usually individual events only, but just once each year the top competitors gather for a Team event between nations. The World Championships and the British Home Internationals take place in alternate years - and 2006 was the year for the Home Internationals.

England were reigning British champions but had been beaten at the Worlds last year by Ireland, Northern Ireland and Jersey, so this year's competition would be wide open.

Peniche in Portugal was chosen as the venue. Easy to reach with cheap flights, this area not only gave the best chance of consistent surf but also warm weather, sand and sun for October half-term. With the hotel just over the road from the beach, it proved a superb choice.

There were full teams from Jersey, Wales, Northern Ireland and England. The Irish were joined by our Portuguese hosts and a few other nationalities to make a Rest of the World team. There were classes for Men, Ladies, Masters and Juniors in both short and long boat, and each heat would have one paddler from each nation.

Day one saw 16 heats in consistent surf. The team event format relies very much on every team paddler playing their part and gaining points. With different countries having strengths in different classes, the lead changed hands several times. The day ended with Northern Ireland leading by just two points.

The draw was made for who would compete against who for the second and final day. Another sixteen heats, with top quality surfing from all involved, and the result couldn't be closer. We went into the 32nd and final heat with Northern Ireland and England tying for points at the top. In the last few minutes England finished victorious by the



Tamsin Green, England



narrowest of margins. The event ran smoothly thanks to all involved in both competition and judging. Special thanks to Pete Blenkinsop with help from Stuart McGlinchey for organising the event. Congratulations to the winning England surf kayak team: Emily Woollard, Tamsin Green, Sam Davenport, Jack Horwell, Philip Watson, Gary Adcock, Andrew Hawker, James Hawker, Andy Hambley, Darren Bason and Pete Blenkinsop. Thanks to sponsor Teva for providing the England surf kayak team with watersports footwear.



James Hawker, England and Rusty Sage, US

**Surf Kayak World Cup**

The World Cup is a new event, run for the first time in 2006. An Individual event for the high performance short boat only, and open to the top surfers who had qualified at five events through the year - in Brazil, US West, US East, Spain and Northern Ireland. Peniche was chosen for the finals since paddlers from the British teams would already be there for the Home Internationals. ●

**John Watson**

**PADDLE THIS**

Keep an eye on [www.bcusurf.org.uk](http://www.bcusurf.org.uk)

The calendar will soon be updated for all the 2007 events and some development days for all. Come and join in – it's likely there will be new plastic surf boats for you to try before buying your own.

There are more local contests and development days in Wales, Jersey and Northern Ireland see [www.nisurfkayak.com](http://www.nisurfkayak.com)



THE YUKON, BIG SALMON, SNAKE, NISUTLIN, MCQUESTEN, TESLIN AND THE WIND

The Ultimate adventure in spectacular surroundings  
Holidays from 7- 20 nights - Prices from £1560pp

(inclusive of flights and all arrangements)



Expect to see Salmon, Grizzly Bears,  
Moose, Beaver, Wolves and Eagles.

Tempted? Call Windows on The Wild

**020 8742 1556**

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

**Overall Results**

**Standard International Canoes:**

- 1st GBR 278 Simon Allen, 9 points
- 2nd GBR 265 Mark Goodchild, 10 points
- 3rd GBR 295 Colin Newman, 20 points

**Asymmetric Canoes:**

- 1st GBR 284 Robin Wood, 7 points
- 2nd GBR 283 John Robson, 23 points
- 3rd GBR 272 Alistair James 25 points



# International Canoe National Championships

**A near record breaking 35 competitors, with ages ranging from 16 to 72, sailed in the National Championships, superbly hosted by Ullswater Yacht Club from August 19 to 22 at this most welcoming of clubs.**

Apart from the long distance race, when both fleets went round the island at the southerly end of the lake, winds were mostly light and very 'interesting'; shifty and gusty, a nightmare for PRO, Robin Barratt who did splendidly, frequently having to reset the course between races.

Conditions in the Long distance race were even more challenging with complete lulls followed by 16 knot gusts, but the cream still came to the top with AC World Champion, Robin Wood and IC World Champion, Mark Goodchild winning their respective battles.

Robin Wood endorsed his position as World, European and defending National AC Champion with a score line of seven bullets, ominously for the future, his teenage son, Ben finishing top junior, just ahead of the oldest competitor, Peter Conway. The battle for the remaining top places was very close with Ullswater Yacht Club Commodore and event coordinator, John Robson taking second, Alistair James was third and Gareth Caldwell fourth. Even Robin Wood was not spared involvement in several memorable, multiple-boat roundings at the leeward mark as spinnakers were dowsed in the melee. In the shifty conditions place changing was frequent throughout both fleets.

Racing in the IC fleet was dominated by their usual struggle for supremacy between Mark Goodchild and Simon Allen



John Robson chases down Mark Goodchild. Photo courtesy Louise Robson

with Simon this year turning the tables by one point. The youthful Martin Bower who finished fourth overall and Colin Newman upset the party at the front of the fleet a couple of times each, forcing Mark to discard two fourths and Simon a third place. However, youngest in the fleet, teenager, Felicity Robson, achieved a creditable ninth overall to secure the Novices Trophy and the prize for first lady. Bob Austin was fifth and first 'Classic' IC, one point ahead of Mike Shreeve. Andy Paterson brought his straight-out-of-the-workshop Development Canoe with its narrow, light-weight hull, Moth-inspired features and single sail for its first outing. Although it made second in one race, the fleet remains to be convinced that this particular, welcome innovation heralds the future of IC sailing, but it does demonstrate that outside the current class rules, experiments are afoot all over the world in this, the oldest of all development classes. ●

**Andy Biden**

READ THIS

## The hard truth of surfer's ear

**As the anaesthetic is wearing off and I'm only semi-conscious, I'm intent on writing the tale of what's just happened to me. The only problem is that I can't stay awake for longer than ten minutes and my arms feel like lead!**

The surgery started at 9.30am and the next thing I know is that I'm back in the ward and struggling to come around at 2.30pm. I had some great dreams, didn't know where the hell I was for at least an hour and then this great nurse Georgina brought round some water and that tried and tested high tech pick me up – a British cup of tea! Previous to this I'd stopped eating at midnight and stopped drinking water at 6.00am, never had a drink tasted so good.

Two drips in my left hand and an increasingly sore head, the pool of blood on my pillow and increasing pain in my left ear at least signalled that they'd drilled out the correct side! By 3.30pm I was just feeling tired, my vision was still a bit blurred but then I realised that I hadn't yet put my glasses back on.

So how the hell had I ended up in this situation. A situation that in addition to an operation under general anaesthetic meant a good three months out of the surf; in fact three months out of the water full stop, oh and tinnitus in my ear every night whilst the wound healed.

It had all started at least 25 years ago when as an indestructible teenager I started surfing, wearing nothing more than a Long John wetsuit and a pair of wetsuit socks! Who cares about a bit of cold water when you're that age. It took years for the cold water to do its damage and for me to realise what was happening. Slowly but surely the cold water flushing in and out of my ear was causing the bones around this narrow canal to grow inwards decreasing its diameter until it would be closed off altogether and I'd become deaf. The doctors call it exostosis but the locals call it surfer's ear. We all knew someone



who had surfer's ear and someone else who had had the operation to remove it but still we didn't do anything to protect ourselves. In fact it wasn't until 2001, when I picked up an ear infection where an ENT consultant examined my ears and confirmed that an operation in my right ear was the only remedy and that my left ear wasn't far behind.

To be honest the operation on my right ear in 2001 was a bit of a novelty, but after three months of recovery and tinnitus every night I swore I'd do everything to avoid having my other ear operated on. I was like a reformed smoker, at least for the next six months, wearing earplugs on any occasion where my ears might get cold and wet. However, like a fool my usage of earplugs slowly dwindled, I would remember to wear them on most surfing occasions but stupidly forgot when I went swimming in the sea! It was this sea

swimming that led to another series of infections in 2005 this time in my left ear and I knew that my days were numbered before another drilling!

So here I am in zealot mode again and this time I'm determined to do the right thing. I'm so passionate now about this avoidable condition that I've even set up a website [www.earplugs-direct.co.uk](http://www.earplugs-direct.co.uk) to provide more information and to sell what I believe are the best earplugs on the market, allowing you to hear normally but protecting you from the dreaded cold water. As for me, well, I'm back into wearing my earplugs for kayaking, surfing, swimming in fact anything at all where my ears are at risk of being chilled!

My advice to you is to get into the habit of wearing earplugs as soon as possible, look after your ears all the time, keep them as warm as possible and if you're conscientious you'll avoid the horrible operations I've been through. ●

**Simon Hammond aged 39**

**BCU surf coach and former World Surf kayak Champion**

For more information about Surfers Ear go to [www.earplugs-direct.co.uk](http://www.earplugs-direct.co.uk)

NEW SHOP NOW  
OPEN

CANOE  
**We·no·nah**



RECREATIONAL  
TOURING  
EXPEDITION  
PERFORMANCE  
WHITEWATER  
RACING

**All the canoes and  
accessories you  
could ever need.**

**Call for your 2007  
Wenonah Catalogue**

Contact **Outdoor  
ACTIVE**

**T 01454 261058**

**E** sales@outdoor-active.co.uk

**W** www.outdoor-active.co.uk

for your nearest retailer

Outdoor Active is the UK distributor of  
Wenonah and Bell Canoes

**Outdoor Active**, Damery Works, Woodford,  
Berkeley, Glos GL13 9JR



## Over £70 off the Concept 2 Indoor Rower

As a BCU member you can immediately benefit from a saving of over £70 off the price of a brand new Concept 2 Indoor Rower. Just log in to the Member Benefits section of the Concept 2 website, with your BCU number close at hand and you'll be able to take advantage of this discount.

The Concept 2 Indoor Rower is the perfect cross-training tool for paddlers. It exercises all the major muscle groups; is extremely time efficient - offering large fitness gains in a short space of time; and is kind on the joints - being weight-supporting. For more details call Concept 2 or visit the website.

T: 0115 945 5522 • E: info@concept2.co.uk • www.concept2.co.uk



**WWW.CONCEPT2.CO.UK**

CONCEPT 2 LTD. • VERMONT HOUSE • NOTT'M STH. & WILFORD IND. EST. • NOTT'M • NG11 7HQ

## Yorkshire Outdoor Superstore & Yorkshire Canoe

with over 2,500 sq ft of showroom and ample  
free parking you will find all the latest range of  
products for watersports, climbing  
and the outdoors.

Just 5 minutes from junction 4 M18  
Unit 5 Croft Court, Off Sandall Carr Road  
Kirk Sandall, Doncaster DN3 1QL

Stockiest for DAG, Liquid Logic, Eskimo, Wave Sport, Zelenzy,  
Nova Craft, Mad River, Riot, Peak, Double Dutch, Reed, YAK,  
Shred Ready, Sweet, CS Canoe, Rainbow, Pelican etc.

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

[Info@yorkshireoutdoors.co.uk](mailto:Info@yorkshireoutdoors.co.uk)

Tel 01302 886633



www.feargear.biz are now at the  
Yorkshire Outdoor Superstore  
Visit us online or instore and quote  
BCU07 for your 15% off retail price

# Round Britain in 80 days



When you have to go, you have to go, even if you are a couple of miles out to sea in a kayak. I don't want to go into the details of how you go about it other than to say it involves a bottle and taking your spray deck off. And so I found myself on a damp and drizzly day, de-decked and bottle in hand just twenty miles south of Cape Wrath, with nothing around other than a curious guillemot and in the distance, my two paddling companions.



When suddenly, just ten metres away from me, out of the oily calm water, a Minky whale surfaced, exhaled a whale-sized lungful of rank, warm, fishy air and with a flick of its tail silently slipped back under the water leaving no trace that it had ever been there. Only the guillemot and I were witnesses, and the guillemot was never as enthusiastic as I was about the brief encounter. How I came to find myself in this position is a slightly longer tale.

We were attempting to circumnavigate Britain by kayak as part of a project that had started over two years before. When my two paddling companions, Harry Whealan and Barry Shaw had originally invited me along it was planned as a low-key expedition. However, plans escalated and with Harry as the driving force it became part of a £62,000 project involving 1,000 children from inner-city schools in a program of education, healthy eating, exercise and kayaking lessons. Websites were written, worksheets researched, logbooks printed and schools visited. At the same time the expedition plans were falling into place.

We wanted to do the trip without support vehicles, camping where we landed and carrying all our own equipment. To save money we bought much of our food before we set off, packaging it up and giving it to friends who would meet us at four strategic places along the coast. We tested the equipment and ourselves over a couple of long weekend paddles and finally with all the plans in place we met up in Anglesey at the Nigel Dennis Kayaks Symposium early in May 2005 ready to set off.

After an agonising eight days of waiting for the weather to break we finally awoke to a still, crisp, sunny morning, and set off to paddle the fifty miles across the Irish Sea to the Isle of Man. After twelve hours of paddling we arrived at Port Erin, cold tired and hungry, to be met by Kierron Tastagh from Adventurous Experiences and whisked off to hot showers, warm food and soft down bedding. The next morning we awoke to the perfect forecast for a crossing to Ireland and following a full Manx breakfast, we literally surfed the thirty mile crossing with a force six wind behind us.

The following three days paddling up the east coast of Northern Ireland were hard work on the water, with fatigue starting to set in and strong head winds against us, but good fun on land with the



# Part 1

warm Northern Irish welcomes everywhere we went, and the occasional pint of Guinness.

In our master plan we had wanted to be in Scotland by the fifth day and so when we found ourselves on the afternoon of the fifth day, tired and sheltering from a northerly Force 5, and still several miles short of our intended crossing point of Rathlin, things didn't look good. However, with the day drawing on we decided to attempt the ten mile crossing and so we pushed out towards the Mull of Kintyre. After a scary start with the wind picking up to a Force 6, it then eased right off and we made it across and eventually found a beach to land on as the sun was dropping low in the sky.

That night both my feet developed an itch that made it hard to sleep. The following day they continued to itch but I found I could control it by cooling my feet off in the water as we paddled along. During the night I would regularly get up to cool them off in the sea. At one point during the next day I came very close to hypothermia as I was trying to keep them cool by wearing just a rash vest, however by the time I realised I was too cold I didn't have the dexterity to dress myself. I spent most of that night lying by a rock pool with my numb feet in the cold water. Finally we reached Oban and after running bare foot through the streets, stopping only to cool my by now badly blistering feet off in puddles, I found a surgery and a kindly doctor who stayed on after hours to deal with me, and after a cocktail of drugs, potions and lotions I started to recover. Apparently it was an allergic reaction to immersion in very cold water, so I don't suppose all the standing around in rock pools helped.

While in Oban we met up with a friend of ours, Carol Lang, who was working for Kilbowie Outdoor Centre. She very kindly put us up for two nights in return for giving a lecture to their current group of Year 8 school kids. Later the next day Barry took a group of them out in sea kayaks while Harry updated the website and I caught up on sleep, and that was how we spent our first day off.

Leaving Oban and heading out into a cold wet day was hard work after all the luxury we had been exposed to, but we soon got into the rhythm of things again as we headed up the Sound of Mull. After stopping for the smallest portion of chips ever from the fish and chip van in Tobermoray, we spent the night on a beach on the north end of Mull overlooking the Ardnamurchan peninsular.

The following day was stunning. Rounding the Ardnamurchan peninsular, stopping for lunch on the island of Eigg and pitching camp in the Sound of Sleet, within striking distance of a pub. Sunshine,

a Minky whale surfaced, exhaled a whale-sized lungful of rank, warm, fishy air and with a flick of its tail silently slipped back under the water leaving no trace that it had ever been there

Sunshine, wildlife, calm seas and topping it all off with a Guinness or two, this is why we were doing it and it made the bad days worth it.

water, spending the night crammed into a cold, wet, smelly public toilet, remind me again why were we doing this?

A shorter day's paddling was in order after a mainly sleepless night, with the main priority of the day being to find a good camping spot where we could catch up on sleep. Looking at the charts later that night we found we were only 25 miles south of Cape Wrath, but the forecast was not good, with a Force 8 coming in later the following day. All we could do was push on to see what happened.

And so, the following day, I found myself in a somewhat vulnerable position, having a close encounter with a minky whale. I wouldn't say I screamed exactly, more a high-pitched yelp. There then followed one of those crucial decisions, what was more important, the half full bottle, putting my spray deck back on or catching up with the others before any more breaching whales capsized me with my deck off and a half full bottle in hand.

With the dilemma resolved we headed on, rounding Cape Wrath that evening, only fifteen days after leaving Anglesey, before pulling in at Durness for the night. The following morning we awoke at 4am to a flattened tent and Force 8 winds. We packed the tent away and ran for the shelter of a nearby wall.

For three days the Force 8 blew from the north. We couldn't find shelter from the wind anywhere and so only pitched the tent at night as the wind dropped away. Every morning we would wake up to a flattened tent in our face, drop it, and run for shelter. Being stuck on land was soul destroying after we had done so well at the start. Moral plummeted and cabin fever set in. When the wind finally eased we decided to set off even though the sea state was very rough. I have never regretted the decision to set off when we did, even though I know it was the wrong one, and what the consequences were. I can't explain it, you had to be in that situation to understand it, the urge to leave, to get away from the place where we had been so miserable, to finally make some progress, was so great it overcame the fear of the sea conditions. And so we headed out into the big, rolling seas.

**Phil Lester**

To be continued in April



I was captivated most of all though, by the sheer size of the country, it was very easy to fit the UK into a lake, not to mention the kindness and generosity of the people who live in such an amazing country.

So it wasn't long before I found myself standing bedraggled and tired, the way one does after a long journey, at the carousel waiting for my bubble wrapped boat to slide into view. Wondering how the lady at the check-in desk in overcast Manchester could possibly have mistaken my Riot kayak as a surfboard, I lugged my possessions onto the trolley, swerving between oblivious bystanders. Our car awaited us windows gleaming and fresh smelling with more cup holders than I knew what to do with. We somehow managed to arrange our luggage in order for us to all fit in, a sport in its own right.

With our luxurious car we found ourselves driving through Montreal in search for a place to stay for one jetlagged night. We drove past plenty of motels with their brightly lit signs taunting us but we could never find a way to get into the parking lot, there was always an obstacle such as a six lane highway or a complex bridge to prevent us from having a good nights sleep. As we drove down towards the centre of Montreal we made a turn at traffic lights to find an almighty roar of engines and a



A Canadian

# Summe

bright glare of lights. My Dad shot the car into reverse repeating a certain expletive the way one does when you drop a house brick on your foot, this was then conveniently topped off by a homeless person trying to tell us that we might just be going the wrong way, as if we hadn't by now worked that out. Drained from the flight we stumbled upon Chinatown either accidentally or intentionally I am not quite sure, a good nights sleep prompted by a Chinese buffet assured us to a good paddling session on Lachine the following day, with no more incidents. Or so we thought.

Being in a huge country we did not find it difficult to find a huge supermarket in the outskirts of Montreal. The supermarket might have been used as an aircraft hanger in a previous life, it was so capacious you could have drag races down the aisle. After making our purchases Jon and myself sat in the car avoiding the heat of the Canadian sun, we briefly stepped out of the car and out of habit slammed the door only to see through the tinted windows the keys sitting there obviously, taunting us whilst the doors had self locked! My jaw dropped to the ground as my head met the glass. I broke the news to my parents feeling like I had just broke a window playing football. Luckily there was a small gap in the very back window so Jon and I went to search for some retrieving mechanisms while my dad, in English explained our predicament to an elderly French speaking taxi driver, who apparently had a colleague whom he would call who would know how to break into our car. In the meantime Jon and I decided that our problem could be solved more imaginatively, so we headed straight for 'Dollarama' and appeared ten minutes later brandishing two broom handles, a wire







hanging basket support and some sellotape to bind our selected implements together. So with some teamwork and coordination we triumphantly managed to salvage our keys and returned to our day's paddling.

Lachine rapids are based on the very wide St Lawrence, a river which is so impressively wide it has its own shipping lanes, fortunately the only other traffic we had to worry about were jet skis and other paddlers. The main wave is 'Big Joe', a big wave with an ideal bowl shaped trough for launching your kayak into the air. As water levels alter, other waves start to form for some great surfing for kayakers and board surfers alike, even at the height in the middle of the summer when rivers are generally low you can always paddle at Lachine. The only downside to Lachine is the haul back up to the wave unless you can budget your trip for a jet ski, you have to pull yourself up rocks and clamber up to the start for another ride.

We packed the car arranging and rearranging boats, bags, food and general junk that you seem to acquire on a trip. It wasn't long before we stopped seeing major motels and fast food chain outlets, replacing them with the occasional fifties era

When I noticed the magazine rack I was expecting the normal gossip and glamour magazines but I was mistaken, with such titles as 'Bows and Arrow' and 'Hunters Monthly'

and pulled junk around in the car until we were kitted up for a night time paddle on Garberator playspot. The Ottawa River is made up of lots of different channels and bays but the most paddled sections are the main and the middle channels. The first rapid is Mckoys which has many different lines depending on your imagination, it involves two big holes to avoid soon after the river bends to the right into Horseshoe hole and Babyface. After Mckoys the river breaks into the two channels, the middle and the main. The middle consists of some good river play, depending on the water levels, this includes the most spectacular scenic Garvins chute. The main



**r** The summer of 2006 saw my second trip to the Ottawa River. I had visited Ontario several times, both in the summer and winter. After my first visit I found myself captivated by the whole experience, the relaxed culture, the vast outdoors and knowing that most of the province was filled with lakes and waterways.



roadside cafés. Tall buildings were exchanged for trees and flash city convertibles for gigantic pick-up trucks. Even the music on the radio station had changed. I found myself staring out the tinted window looking at golden hay bales and every once in a while an old barn would come into view tilting dangerously to one side.

I stepped into the small Gas station shop just to have a look around, as one does. I ambled around the aisle with my selected ice cream and was about to pay, when I noticed the magazine rack. I was expecting the normal gossip and glamour magazines but I was mistaken, with such titles as 'Bows and Arrow' and 'Hunters Monthly' supporting a cover of a tough, rugged guy dressed head to toe in camouflage gear casually holding a shotgun as if he was playing a round of golf. What a wonderful country I thought as I smiled to myself.

Driving past sites that we recollected from our previous trip, we soon discovered our idyllic accommodation on the Ottawa River. It didn't take long, our excitement getting the better of us, as we tossed



hosts the famous Garberator playspot along with Pushbutton and in high spring levels Buseater home for the 2007 World Championships. The river continues down to River Run, the campsite for most paddlers this summer, with big bouncy wave train style rapids on the way down.

The following days fell into a natural routine. We would rise at 5.30am, aided by strong coffee and spectacular sun rises breaking through the mist, it seemed a bit of a betrayal to the river to roll back into our beds. Even though the early mist and chill lingers

**FACTS :** & SPONSORS

Canada is a truly amazing place with some incredibly generous people who are willing to help. While lost in Montreal we asked a lady for directions who offered us, complete strangers, to sleep on her floor. Canada is also a vast country with so much unbelievable space which holds some small nit communities who each have their own culture brought from each individuals background or homeland. With Canada being a young country there are many different communities – Polish and French. All in all Canada is a fantastic place with so much to offer for anyone who paddles big volume whitewater or enjoys wilderness canoe camping in the Algonquin park. There is so much out there for any Outdoor enthusiast where come the summer you can paddle and have guaranteed snow in the chilled winter. What a wonderful country. Thanks to Peak Uk kayaking equipment and Riot Kayaks for supporting me in all my endeavours.



in the air it still didn't prevent the locals from getting in an early practice session.

The sun soon rises high into a perfect blue sky – so perfect that you could not tell days apart. By 10.30am we had arrived back to our tranquil place by the river to restock and enjoy the calm serenity of the outdoors. Several hours later and a few meals later we would be on the river once more with torches ready for the pitch-black night paddle, that was to follow. On the banks of Garberator alongside the judges platform ready for the competition was a generator powering floodlights so paddlers could enjoy the wave well into the night. We paddled back every night with only the stars and the occasional shadow casting from the moon for us to guide our way back.

As the days went by the river got very busy with



paddlers training for the Canadian and American team trials along with the Ottawa World Cup all in close succession. This gave the chance for the European paddlers to observe some of the best

paddlers in the world all competing for a place in the World Championships to be held on the very same river next April.

Paddlers spent the day basking in the sun watching some impressive aerial action. The weekend of the Ottawa World Cup soon dawned, and the British competitors had a good line up: Richard Chrimes, Ed Smith, Jon Best, James Bebbington and of course fireman Adam Norfolk along with Hurley boy Tim Rowland, Fiona Jarvie and junior girl Flic Mears. GB also had Ben White, a top British male squirt boater

fresh from the European Championships. Then there was myself being the only junior man out there competing from GB. Chances of good results were proving good for the Brits with the senior men

The sun soon rises high into a perfect blue sky – so perfect that you could not tell days apart

looking sharp on the water turning heads from onlookers from the eddy during training. Flic saw her way through to the

finals to proudly take a silver medal with Flea Jarvie also making the podium waving the Union Jack with a well earned second place. Unfortunately, despite some very spectacular rides from Ed Smith and Richard Chrimes, there were no men who made it through to the next round, which proves how high the standard is set.

Meanwhile up at Mckoys, Ben White took the first place in the squirt event with a high standard of squirting whilst in the junior class I was pleased with my prelim runs as I made the semi-finals. After competing for a second time I found myself into the finals competing alongside talented paddlers such as Dane Jackson and Nick Troutman. I finished in fourth place. So I set off to Wilderness Tours along with many others for the party and closing ceremony of the first leg of the World Cup.

The trees soon began to change before our eyes turning into fabulous reds and oranges, the fall in Canada comes and goes quicker than January sales. The river also, was calming down with fewer rafts and less queues. With Sullivan's dam releasing no more water after the event, the water dropped daily making it time to head back to where we started at Lachine in Montreal before flying out. ●

**Written By Ross Montandon**  
**Photos by Jon Davies, Peter Montandon and Ross Montandon**

## UNIVERSITY OF Chichester

SEE US AT THE 'OUTDOOR SHOW'

Want to maintain your employment whilst studying?

### Foundation Degree in Adventure Education

- Work centred course programme aimed at enhancing career progression
- Combine vocational skills and NGBs with academic knowledge
- Credit given for prior relevant experience and NGB qualifications
- Gateway to additional qualifications and training e.g. PGCE or APIOL
- Applicants without formal qualifications may be considered on an individual basis
- Grants and bursaries may be available

Contact: Paul Gray on (01243) 816346 or our Admissions department on (01243) 816002 email: p.gray@chi.ac.uk



www.chiuni.ac.uk

# Sea Kayaking UK

Specialist Sea Kayak Manufacturers - Designs by Nigel Dennis

## The Anglesey Sea Symposium 2007

Main Event : 5<sup>th</sup> - 7<sup>th</sup> May

BCU Courses & Day Paddles: 7<sup>th</sup> - 11<sup>th</sup> May

Tidal Races & Overfalls: 12<sup>th</sup> - 13<sup>th</sup> May



For further information:

Email: [courses@seakayakinguk.com](mailto:courses@seakayakinguk.com)

Website: [www.seakayakinguk.com](http://www.seakayakinguk.com)

Tel.: 01407 762425 or 765550

### 2007 Whitewater Range

Flame		£79.95
Active		£99.95
Trick		£159.95
Salto		£179.95
Spirit		£179.95
Control Platinum		£199.95
Carving CG		£209.95

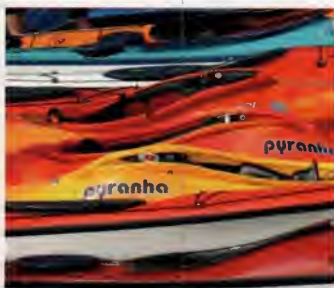


[www.highmighty.co.uk](http://www.highmighty.co.uk)  
[sales@highmighty.co.uk](mailto:sales@highmighty.co.uk)  
 01227 281111



## 2007 Programme available now!

- 9-13 April **Canoe Expedition – River Barrow £225**
- 25 May-1 June **Sea Kayaking Week – Scotland £400**
- 19-28 June **Sea Kayaking – Newfoundland £850**
- 1-8 July **Intro to Alpine WW - France £450**



- 16-20 July **Sea Kayaking, West Coast Ireland £275**
- 20-26 August **Sea Kayaking Wales, Overfalls, Tidal Races £375**
- 3-7 September **Surf Week, Classic Irish Surf £225**
- 7-9 December **White Water Donegal £110**

Tollymore Mountain Centre is the Sports Council for Northern Ireland's National Outdoor Training Centre. As well as the above courses, we provide a full range of coaching and proficiency training and assessment courses. Contact us for a full programme of courses. Contact us for further information.

Tel: 028 4372 2158, Email: [admin@tollymore.com](mailto:admin@tollymore.com), Web: [www.tollymore.com](http://www.tollymore.com)



**THE**  Ordnance Survey®  
**OUTDOORS**  
 16-18 MARCH 2007  
 NEC BIRMINGHAM **SHOW**  
 WHERE ADVENTURE STARTS

incorporating



**Special Offer**  
**2 TICKETS FOR £21**

Save ££s on door prices  
 if booked before 28.02.07  
 Simply quote FOCUS2 when prompted



16-18 March 2007 NEC Birmingham  
**Indulge your spirit**

The most exciting show for canoe and kayak fans is back for another great year. At the heart of the Ordnance Survey Outdoors Show, Canoe 2007 is the place to get inspired, have a go, and source the latest gear.



**AT THE SHOW**

**Canoe and Kayak**

Ainsworth Paddles, Aquapac International, Avoncraft, Bear Creek Adventure, Blue Rush Wetsuits, Clearwater Paddling, Desperate Measures, Endless River Canoe Adventure, Glyn Edwards Kayaks, Kari-Tek, Markat, Nigel Dennis Sea Kayaks, Northern Soul Wilderness Adventures, Novacraft The Canadian Canoe Company, Nucleus Watersports, Optical Art, Peak UK Kayaking Co, Pyranha, Reed Chill Cheater, Rough Stuff Kayak Paddles, Total Option, Welsh Canoe Association, Windows On The Wild and many more.

**Canoe Pool with Canoe & Kayak Magazine & Peak UK**

Watch top kayakers show how it's done and have a go yourself. Try canoeing for the first time or improve your technical skills.

**Freemantle Beach Festival**

Join the beach party atmosphere with surfing, music and juices all available.

**Isle of Angelsey Water Sports Theatre**

Go on an adventure with top speakers from across the industry. Whatever your level of expertise, you'll

find inspiration on everything from water sports and amazing tours to expeditions and treks.

**Get Afloat with the RYA**

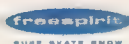
Learn more about dinghy sailing and windsurfing with the RYA. Find out about the boats involved and what you need to know to get out on the open water.

**Have a go!**

Free taster sessions in all these activities:  
 • Climbing • Cycling • Mountain Biking • Caving  
 • Orienteering • Diving • Canoeing • Surfing

Book tickets online:

**www.theoutdoorsshow.co.uk** or call 0870 010 9086



The Ordnance Survey Outdoors Show 2007 is supporting



OUTWARD BOUND®

# 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: ULLSWATER CANOE TRAIL

Ullswater is approximately eight miles long and is ideal as a paddling venue. This trail is designed for Paddlesport enthusiasts, (and on calm days beginners) and will hopefully make a visit to Ullswater easier and more informative. Most of the lakeshore is private, with only a few public access points. Fortunately though, if you can gain access to the water you are then free to explore the lake without hindrance. Knowing where to launch is key.

### Safety

Safety is paramount and you should always wear a buoyancy aid and or a lifejacket. Those in kayaks are advised to wear a spraydeck. The lake is very deep and is therefore very cold for much of the year. Bear this in mind with regards to safety, both in what you wear and in the nature of the trip you plan to undertake. People drown or die of hypothermia on this lake fairly regularly, though most of the time it is because they do not wear a buoyancy aid!

People paddle on Ullswater in all sorts of boats but perhaps the best boat is a sea kayak which is stable, runs in a straight line and can weather rough water and strong winds. After that, canoes and touring kayaks come a close second. Sit on tops are good too, though they are often fairly slow.

The wind is the main controlling factor on the lake and can make some trips impossible and/or dangerous. If you are not sure of your abilities always stay very close to the shore, or in a protected bay. e.g. Howtown or Glenridding (dependant on wind direction). Take note of the wind strength and direction, both in a weather forecast before you arrive at the lake and directly before you go afloat. The general lie of the valley often changes the wind direction that is forecast. You will find a Force 3 wind is difficult to paddle into, a Force 4 is almost impossible to paddle directly into and it is often difficult to paddle in any direction. Large waves with their tops breaking every now and again (white horses) will be seen on the lake at these wind speeds. If that is the case, then be very careful about your launch point and general paddling plan i.e. do not paddle across the lake. It is

generally easier to go downwind but you might find it too difficult to paddle back. If you are planning an out and back trip then always set off, into the wind so that it will be easier to get back. If traversing the lake then plan your trip so that you paddle downwind.

Ideally you should always paddle in a group of at least three and if planning to cross or paddle the length of the lake at least one of you should know how to perform a 'deep water rescue'.

Remember the lake has a busy steamer schedule all year and these boats need to be given a wide berth, particularly when they are manoeuvring near the piers. Otherwise have fun!

### Recommended trips

**The Lake Traverse.** Check on the weather and particularly the wind direction (note for 80% of the year the wind blows towards Pooley Bridge) and ensure you plan to paddle downwind. Take your boat by road to the put in – Glenridding, Howtown or Pooley Bridge (for security leave someone with your gear or at the very least lock it up). Afterwards drive to your destination and take the Ullswater Steamer back to your boat.

**Glenridding to Aria point for tea!** Launch from Glenridding (or one of the car parking laybys opposite Sandwick) and paddle to Aria point. Leave your boat on the shore and follow the footpath to the road and the Café on the far side for afternoon tea!

**Island circuit.** Launch from Glencoyne (having checked on the weather first) and paddle to Norfolk Island, Silver Point, and south to the other islands of Lingy and Cherry Holm before crossing back to near the steamer pier at Glenridding and a café stop? Then return down the western shore passing the wooded cliffs to Glencoyne.

**The Middle reaches.** Launch in one of the laybys opposite Sandwick and paddle down to Skelly Nab and Outward Bound and then cross the lake at its narrowest point to the small crag (Geordie's crag) at the corner of the lake. Make a detour back up to visit the Birkett memorial on Kailpot  
Continued on page 38



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)

## Go green and paddle to work

Many of us could paddle to work even if it does mean carrying the canoe through the town... that often leads to some very interesting conversations or you get side stepped as being someone slightly eccentric. So let's have a go. If you could paddle to work but there are no access agreements do let us know that .. It would be a question of wanting to be green but, theoretically, can't.

We had hoped to be able to show you now but will have to wait until the river is not in flood. The journey, 10 miles down stream, would be possible to work but coming home would be nigh on impossible at this moment. What you could also do is drive to work with your boat on the car, leave the car there paddle home and then paddle back the next day and then drive home so alternating it is a way as well. Even doing this is also a lot healthier than being in the car or getting stressed in a traffic jam.

Go on see what you can do each car journey not undertaken lessens our carbon footprint of the earth. Do let us know how you get on .. Why not start planning it for the spring/summer when the evenings are a lot lighter and the weather is warmer?

More information to follow in the next edition of Canoe Focus.

## Canoeing continues to show its green credentials...

### Car e Free from The Broads Authority

The Broads Authority have published six water trails or 'canoe safaris' under the title Car e Free on their web site [www.broads-authority.gov.uk](http://www.broads-authority.gov.uk)

This is a beautiful part of the country and well worth a visit... but don't forget your canoe.

Green right from the start.

Prior to Christmas we were very kindly shown around the Palm Factory by Bob Slee, who, quite rightly, is very proud not only of what Palm do but also that the factory is at the forefront of energy saving and recycling. Established in 1979, Palm has grown from small beginnings into a globally recognised leader in watersports equipment and apparel.

The modern factory at Clevedon, North Somerset was much larger than we expected but what surprised us even more was the way in which it has been designed to recycle and save energy and other materials. From start to finish of the products, the recycling ethos has been included. An example of this is when the seats are moulded and cut out the rest is sent back to the producers to recycle into other material from which seat etc can be cut from. The heat from the ovens is recycled to heat the factory and even the filings from the canoe moulds and old canoes are shredded and returned to another factory for recycling. In the modern plastic canoes 100% of it can be recycled.

So what else can we do!

### Thoughts from some supporters that you might like to consider....

"Stupid, ridiculous, utterly baffling ... Let's catch up with the rest of the world, responsible open access to all, for all."

"Restricted river access is an anathema. When we have an epidemic of illness and disease related to fitness and obesity what encouragement does this send to young people who would get into canoe sports!"

## PADDLE THIS: ULLSWATER CANOE TRAIL

crag just 100 metres. Then paddle into Howtown bay and across to near the steamer pier. The beach before the pier is public and one can therefore land. Leave your boat securely and take a stroll up the 'Hause' or even Hallin Fell for magnificent views across the lake. Either return the way you have come or paddle towards Pooley Bridge for a while and then cross back to the northern side and return past Leeming House Hotel and Outward Bound.

**The 'Lowland' end.** Launch at Pooley Bridge or one of the two campsites and paddle up to Ullswater Yacht Club and then cross the lake at a narrowing just after the yacht club heading towards a large wooden boat house. Then paddle down that side of the lake back towards Pooley Bridge passing a marina and small harbour before reaching the end of the lake.

### Launching and parking

**Here is a list of parking and launching sites starting at Glenridding and heading around the lake in a clockwise direction.**

**Glenridding steamer pier.** A pay and display car park with good access to the lake and public beach on either side. Please keep clear of the pier as the steamers need clear access at all times. **Note:** if you are a large group and are not using the steamer, you will need to ask if you can park.

On the road towards Glencoyne is a layby, just after the large cliff next to the road, about 1km from Glenridding. Free car parking but you have to cross this busy road to access the public beach.

**Glencoyne.** Large National Trust pay and display car park – once again you have to cross the road with your boat to access the public beaches. Please do not restrict the

entrance with large trailers or vehicles.

**Aira Force.** National Trust pay and display car park, just after the A 5091 leaves on your left. This is a limited car park and is not ideal, as the launch spot is about 500 metres across the road and down a footpath to the lakeshore. The National Trust is not happy about canoeists using the car park, it is therefore not recommended.

Numerous free lay-bys on your right are now passed but they are a little way above the lake so making it difficult to launch. Far better to continue a short way till you reach another four parking spots next to the lake opposite Sandwick. Easy and safe launching from these as you do not have to cross the road. They can however be very busy, and at peak times parking is often limited.

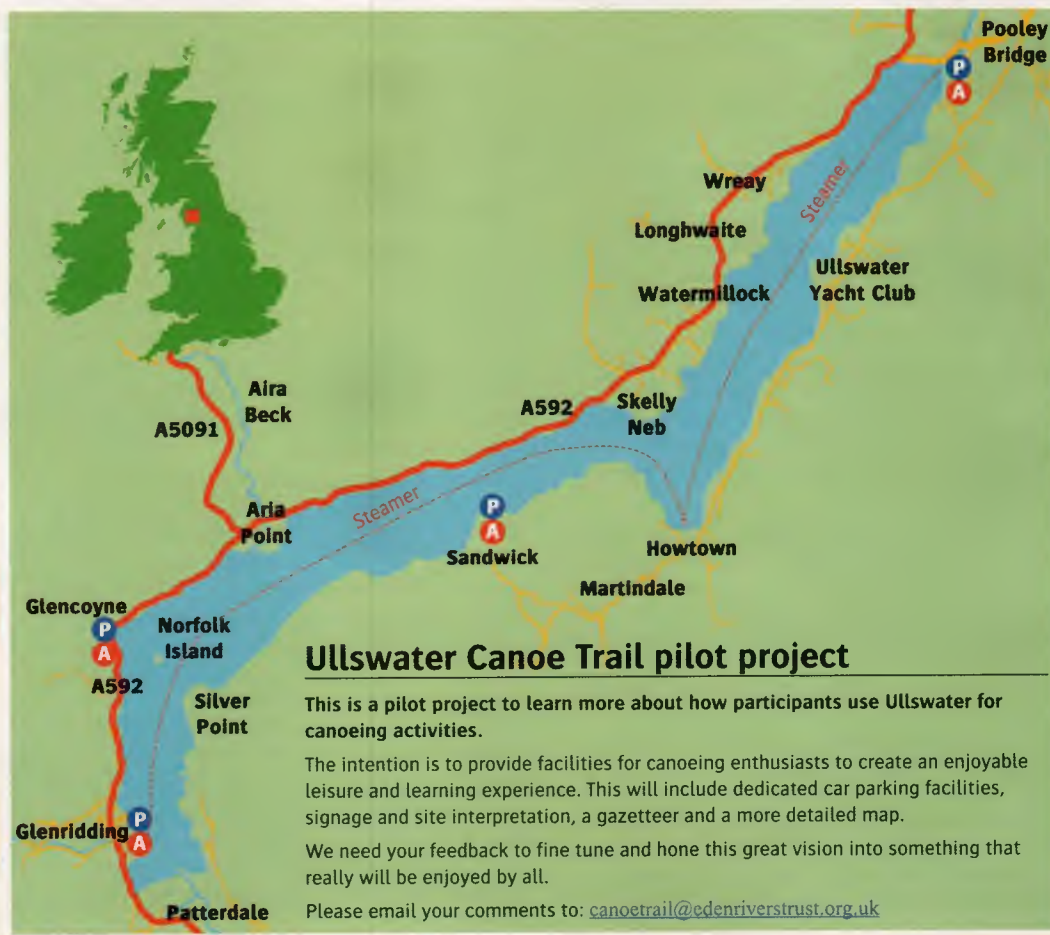
**Pooley Bridge.** Two pay and display car parks exist, one just before the bridge over the river, on the left, the other after on the right. Both are often very busy on a summer's day. Unfortunately you must carry your boat some 300 metres down a footpath and launch from the beach past the Lakeland Boat Hire Company.

### Howtown

**Here is one of the few public launch spots but unfortunately has no parking nearby. One has to park either on the way up the 'hause' (the steep road beyond) or at the top of the 'hause' and walk back down to the launch spot near the steamer pier.**

**Sandwick.** There is limited parking here and a walk of some 400 metres to get to the bay where you can launch.

**Note:** All the listed campsites have launching, but unless you are camping there, they may charge you for launching.



## PADDLE THIS: ULLSWATER CANOE TRAIL

### Points of interest

**Starting at Glenridding and working roughly northward along the lake.**

The whole of the Glenridding area is interesting with four small islands and occasional cliffs on the shore. Norfolk Island is the only real island the others being just a collection of rocks? Note: Camping is not allowed on the island. Silver Point has a lovely beach and easy walk, to the high spot giving some beautiful views down the lake.

Aira point is a natural delta from the Aira beck and on the left of the obvious wall is a small footpath heading up to the road and the café. To the left of this wall, is National Trust land but to the right it is private. Beyond on the hillside is Lydulph's Tower a folly built in the 17th century, but unfortunately it has no public access.

On the far side lays Sandwich bay, a pleasant sandy bay with a number of interesting rocky bays that lead to Kail pot crag and the 'Birket Memorial'. This fairly large plaque set into the cliff face commemorates Lord Birket and the inscription explains the rest.

Round the headland lies the large sheltered bay of Howtown. To the northeast one can see the Sharrow Bay Hotel on the right hand shore. This is one of the leading country house hotels in Britain and is well placed with fine views across the lake.

Beyond Sharrow bay and the 'narrows' lies Ullswater Yacht Club, a very active club that has a large fleet of International 10sq metres canoes. Look out for them leading the pack on weekend races. Particularly worthwhile viewing is the Birket Race, which is held on the first weekend in July. Over 500 sailing boats race from the yacht club to Norfolk Island and back. A truly fantastic sight!

Just past Water Side campsite, is a set of railway tracks (not the main west coast line!) but the hauling out spot for one of the steamers in the winter. Back on the Northern shore is a neat small private harbour. Finally you arrive at the Pooley Bridge end of the lake, with quite shallow water and sometimes fairly large breaking waves that can give small surfing experiences. The outflow from the lake is the River Eamont but this is private and canoeing is not allowed except under certain circumstances. Contact the BCU river information officer.



Access at last!

### Canoeing v cycling access

**Let's compare access for canoeing to another sport and leisure activity... that of cycling.**

Canoeists are the waterways equivalent of cyclists. Cyclists have access to an enormous network of bridleways that they can use free-of-charge. As an example, Cornwall has 376 miles of bridleways, but has no rights of navigation at all for canoeists on non-tidal water. Cyclists can also use cycle routes and roads – all funded from the public purse at no direct cost to themselves. So why should canoeists be treated differently?

Canoes are a form of sustainable transport, and can be used by almost all age groups. They also provide a mechanism for exercise, sport, recreation, and for the study of wildlife.

How much cyclists have can be seen on the Sustrans website [www.sustrans.co.uk](http://www.sustrans.co.uk)

Sustrans is the UK's leading sustainable transport charity. Their vision is a world in which people can choose to travel in ways that benefit their health and the environment. Every day we are working on practical, innovative ways of dealing with the transport challenges that affect us all.

Canoeing from the BCU point of view and in fact many others, is that it is a sustainable form of transport which was around long before the bicycle was invented. It is as an ecologically sound activity where we can enjoy the environment and benefit our health and well being as the same time. Access to our rivers is what we are after... sustainable and liberal access that cannot be taken away at the whim of a land owner or an angling club!

## 2,000 signatures

**On Line Petition for access to rivers gains 2,000 signatures in just nine days!**

As you know we are seeking a public right of access to all waterways and waterspace. The BCU fundamentally agrees with the independent petition, that calls for the government to pass legislation giving canoeists and all other users of un-powered craft the free right to navigate rivers and canals in England and Wales (similar to the right already enjoyed by cyclists to use bridleways, cycle tracks and roads).

The petition is a resounding success and can be viewed at <http://petitions.pm.gov.uk/Canoeists/> has been signed by 2,000 people in its first nine days. It is one of the petitions with the most public interest on the Prime Minister's website.

Please have a look at it and consider adding your name as a signatory. The more names it can receive will show the government once again how important access is to a large part of the population. People want to enjoy their natural heritage for many reasons. In this day and age the restrictive situation in England and Wales is very archaic and needs changing. Remember that after signing the petition, you will receive an email from the government website. Your name will not be added to the petition unless you respond to the government website's email.

The BCU's Rivers Access Campaign is calling for legislation similar to the Scottish Land Reform Act 2003. The Act establishes and codifies a statutory right of responsible access to land and inland water for recreation and education purposes; to protect the environment, rights and activities of all canoeists, anglers, other outdoor users and landowners in relation to access. Everyone is required to adhere to the Scottish Outdoor Access Code that supports the Act. The Act has been successfully implemented in Scotland and could be adapted to apply to England and Wales.

Canoe and kayaking is the fastest growing watersport for the fifth year running and access to waterways would help us achieve our and the government's objectives in many areas. Increased access would provide more recreational and sporting canoe and kayaking activities, helping the country get healthier and fitter, it also gives people of all ages and abilities opportunities to learn a skill. With the London 2012 Games in the not too distant future, this is the time to be opening up rivers, to give us the same prospects that Europe and the rest of the world have.

The Countryside Right of Way legislation (CRoW), which gives some people the right to roam, has not included everyone. Canoeists, swimmers, non-powered watersports

have not been given the right to roam. Even if you want to watch wildlife from a boat/canoe, put your hot feet in the water after a walk, or allow you children to wade in a river on a hot summer's day you could be committing trespass if there is no access to or along that waterway. Despite lobbying, water was taken out of the CRoW Act at the eleventh hour and still there is no access to and along 98% of the rivers in England and Wales.

Canoe and kayaking does not harm the environment, the canoe leaves no trace, no footprints, no noise. In fact it does quite the opposite; paddlers tend to respect and want to preserve nature. Furthermore, studies have proven that canoe and kayaking does not disturb fishing (Effects of Canoeing on Fish Stocks and Angling – Research and Development Technical Report by the Environment Agency W266).

"After the successful EDM 957 Rivers Access for Non-Powered Craft during the last parliamentary year this is yet another indication of the depth of feeling amongst the public about the lack of access to and along our rivers in England and Wales." **John Grogan MP (Selby)**

"Opening up rivers would help the BCU achieve its sporting and recreational aims. Greater access would also enable us to assist in reaching the government's aims for outdoor educational, participation in physical activity and the health agenda." **Paul Owen Chief Executive, British Canoe Union**

The Rivers Access Campaign supporters include; Inland Waterways Association, the canoeing community, many sporting and non sporting bodies, uniformed youth organisations and the thousands who think the law is archaic and needs to be clarified through new legislation.

For further information visit: [www.riversaccess.org](http://www.riversaccess.org)

## New year's resolutions

**Have you made yours yet (and broken them)? How about making one to do with rivers access? Such as**

- Writing to your MP about the access situation and the Brighton 3 Studies (letter to adapt on the RAC website [www.riversaccess.org](http://www.riversaccess.org)) and keeping them updated.
- Informing your MP that if you had the access to x river you would have gone and spent x £s there, thus not only helping your fitness but the local economy.
- Writing an article for your local newspaper about the access situation and giving examples of where locally and nationally you can not go. Mention how it not only affects you but thousands of others including the youth clubs, scout groups etc.

## Prize writing!

**Congratulations to Matt Barnes who won £100 after being randomly selected from the hundreds of people who wrote a letter calling for their MP to support the Rivers Access Campaign.**

Matt Barnes, Danesmoor Youth Activity Group and members of the Rivers Access Campaign at Pool Brook Country Park, Chesterfield invited their North East Derbyshire MP Natascha Engel to try out canoeing. Natascha had a great time and listened to what the groups had to say, especially noting the positive impact canoeing has on health and social development. She agrees that canoeing and angling should co-exist and support each other in contributing to help develop social skills and a healthier lifestyle.

So, thank you to Matt for taking the time to write the letter and for drawing his MP's attention to the lack of rivers access in England and Wales.

Every letter and contact made with your MP helps. For more information on how to contribute to the campaign visit: [www.riversaccess.org.uk](http://www.riversaccess.org.uk)

## River and coastal information service

The annual audit of entries has resulted in a considerable number of revisions for the 2007 Directory. Please check the revised list for 2007 now posted on the BCU web site before contacting Advisors.

Other changes in the valuable work members voluntarily undertake are in the role of Regional Access Officers:

Gregg Bartlett for Cumbria, Ian Dallaway for West Midlands, and Paul Lister for Yorkshire.

Thanks go respectively to Mark Davies, Mike Hubbard, and John Lucas who had previously held these posts.

- Doing a video of where you can't go and how it affects you. Post it on the internet... remember it also affects many others not just canoeists... We should all have a right to enjoy our natural heritage.
- Go green and paddle to work. Let us know if you had access [info@riversaccess.org](mailto:info@riversaccess.org)
- Write an article for a health magazine about how healthy canoeing is and how we can all benefit by using and enjoying the great outdoors.
- Informing everyone that canoeing is a great sport and whether you compete, paddle for fun it all contributes to the individuals well being. It is one sport that increases its participation rate year on year. Canoeing was the most popular watersport for the fifth year running in 2005.
- Canoeing can help meet the Government's Health Agenda. (Government's target for increasing participation is 1% per annum, canoeing is at 8% and rising) as well as being very much part of the new Outdoor Education Manifesto.
- Running an event to highlight the lack of access to waterways – get your local MP involved, local media etc.
- Promoting canoeing by running a 'come and try canoeing session' and get local dignitaries there – out in a canoe. Don't forget to take pictures.
- Writing a weekly/month/regular article for your local paper about what you/the canoe club etc get up to and slip the access issue in to the articles.
- Going canoeing more often and sending us the information about 'Your Favourite Paddle' so that we can share the information with others. You could also suggest ones where you would like to go if only...
- Letting us know what incidents and trips you have been on (positive and negative) as well as what you experience trying to canoe due to access problems etc.
- Have fun! After all canoeing is a wonderful sport. One of mine has been to write to my MP and I have done so several times in 2006 another letter in the post already this year... still waiting for her to be polite enough to reply or at least acknowledge them. Will keep at it though, (pester power!) you never know she might just do so!

## DEFRA funding cuts - Waterways Campaigners and MPs take protest cruise to Parliament

Over 30 boats gathered in the capital, as inland waterways campaigners took their concerns directly to Parliament on the morning of Tuesday 16th January 2007. The BCU is one of the 11 waterways organisations and action groups that have come together in an alliance to campaign against DEFRA's cuts in funding to British Waterways and the Environment Agency which threaten the well-being and development of inland waterways.

The Palace of Westminster Campaign Cruise drew attention to the ongoing protest against government funding cuts imposed on the navigation authorities that manage our canals and navigable rivers. Waterways organisations representatives and MPs viewed the protest from the River Thames trip boat 'M.V. Kingwood' and were interviewed aboard by members of the press and media. MPs present included Bob Laxton MP, chair of the Parliamentary Waterway Group, and Charlotte Atkins MP whose Early Day Motion (No. 90) calling upon Government to reinstate the cuts and ensure long-term funding for waterways has been signed by over 200 MPs (has your MP signed this EDM?).

John Fletcher, Inland Waterways Association national chairman, speaking on behalf of the organisations taking the campaign cruise to parliament expresses their concerns: "During recent media interviews and meetings at last week's London Boat Show the Waterways Minister has repeatedly said boat owners should pay more and still fails to acknowledge the overall value of waterways to the nation – their role in water supply and land drainage, the potential for freight

development, as safe routes to work and how they are enjoyed by millions of people as part of a healthy outdoors lifestyle, walking, fishing, canoeing, cycling and running."

More events throughout the country are planned for the weekend of 3-4th March 2007 with the emphasis on this occasion to demonstrate the wide support of all waterway users, as well as boaters.

BCU members are encouraged to support these events ashore and afloat. Regions will be advised of locations and the Inland Waterways Association are keen to contact canoe clubs to co-ordinate activities.

For the latest information visit:

[www.waterways.org.uk/News/DefraFundingCuts](http://www.waterways.org.uk/News/DefraFundingCuts)

## Putting pilot voluntary access agreements in place - An Update

As extensively reported in the previous edition of *Canoe Focus*, the BCU disputes the findings of the Environment Agency (EA) research that found in the vast majority of cases, approaches to securing canoe access by voluntary agreement are successful. The study undertook research on the Rivers Mersey, Waveney, Teme and Wear.

The Mersey scheme has been well received and information released for this river and the Waveney for immediate access from October last. Apart from the River Mersey there are developments to report for each of the other study rivers.

**River Waveney** – Contrary to the access conditions, the Broads Authority have published a series of 'canoe safaris' to include the river between Ellingham and Geldeston. From the access agreement the angling interest did not agree to access on this section that would allow connecting with the Broads navigation system. The canoe safaris are posted under 'Canoe Trails' on the BCU web site or link [www.canoe-england.org.uk/canoeeng/2300-3-norfolk-canoe-trails---broads-authority.aspx](http://www.canoe-england.org.uk/canoeeng/2300-3-norfolk-canoe-trails---broads-authority.aspx)

**River Teme** – as previously reported, the BCU had advised the EA and Ludlow Town Council the River Teme conditions of use are both unsafe and unacceptable. Since that time no information has been released or announcements made by the EA for this pilot. It is believed a risk assessment was subsequently, undertaken by a specialist consultant for the EA and any outcome is not known.

**River Wear** – the BCU understands the access study has left the proposed river user group for the three mile section around the Durham Peninsular with a number of issues to resolve before agreeing a way forward. The group is formed from landowners, including the City Council, and river users to include rowers and commercial operators of hire craft. In the meantime, paddling continues as usual around the peninsula.

Either side of the Durham Peninsula, the proposed access section upstream towards Sunderland Bridge and downstream to Finchale Abbey, there are no immediate prospects of agreements. Here, the legacy of the River Wear study is a mix of landowners and angling interests considering their position and a core of people hardening their opposition to canoe access. The pre study 'de-facto' and tolerated use on these and other sections of the river outside of Durham is regularly drawing more challenges to paddlers. The EA is planning a review of the current position.

**How it is** – the pilots on the Rivers Teme and Wear were known to be the real challenges. The Brighton final report gave a factual account of the difficulties and the information gained subsequently has confirmed this to be the case; with no agreements in place.

The BCU continues to dispute the University of Brighton research findings that in the vast majority of cases, approaches to securing canoe access by voluntary agreement are successful. ●



**LIGHTER THAN WATER...**

*Flies won't*



From Budget to Pro range

SKID LIDS

AFT RANGE (advanced foam technology)



PROFESSIONAL RANGE



NYLON GLASS FIBRE RANGE



**STRONGER THAN ROCK**  
[www.ainsworthpaddles.net](http://www.ainsworthpaddles.net)  
 sales@ainsworthpaddles.net  
 t 020 8898 4839

**ONE LIFE, LIVE IT!**



**The Ultimate Whitewater Adventure**  
 Whether you're searching for the thrill of your life or looking to develop your skills in a gorgeous location




Call us now for your FREE 2007 Brochure

**ADVENTUREX**  
 0870 7669509  
[www.adventurex.co.uk](http://www.adventurex.co.uk)  
 WITHOUT ADVENTURE... WHAT IS LIFE?

**100% Washable**

WATER SIDE VENUE MAIL ORDER  
 CONTRACT SERVICES GROUP PACKAGE DEALS

WEST MIDLANDS CANOE CENTRE  
 TEL: 01922 479279

Washing Guidelines

- ✕ roto moulded kayaks
- ✕ open canoes
- www buoyancy aids
- ✕ paddles, crash hats
- ✕ cags, spray covers
- ✕ roof racks etc.




email [wmcc@arrowmcc.demon.co.uk](mailto:wmcc@arrowmcc.demon.co.uk)

West Midlands Canoe Centre Fax: 01922 479096  
 Sneyd Wharf, 401 Sneyd Lane, Bloxwich, Walsall, WS3 2LT  
 web site [www.wmcc.co.uk](http://www.wmcc.co.uk)

**EasyFloat®**

PONTOON SYSTEMS



**Ideal for canoeing and kayaking**

- Safe access to water
- Portages
- Training
- Keep dry—at least to begin with!

**[www.easyfloat.com](http://www.easyfloat.com)**

Crystal 32 Ltd, T: 01691 624761, E: [sales@crystal32.co.uk](mailto:sales@crystal32.co.uk)



Our patience was rewarded as the shore side group spiralled their way towards us. The two outside sharks made a beeline for Pamela P. They were big, very big. As they approached we had a near perfect view from the wheelhouse roof. One wasn't big it was enormous, a juggernaut of the sea. Tons of fish gracefully slid under the boat, surfacing on the other side with the dorsal fin flopping like a full sheet of plywood. The silence on the boat that made us realise that we had witnessed something special, something that touches your heart, something that language and five senses are inadequate to describe. We saw close to 20 sharks between Lamorna and Porthcurno. Little is known about these gentle plankton feeders, the second largest fish in the world.

Apart from drinking tea and watching the many boats as we crossed the shipping lanes, the remaining three hour journey was uneventful.

**FACTS :**

**Cost of the trip**

Hire of boat - £450 per weekend day or bank holiday £400 per week day  
 After the first 15 miles each day there is a surcharge for fuel of £3.00 a mile.  
 The total mileage on our trip was 75 miles.  
 £10.00 per person per night to sleep on the boat.  
 Cost for our weekend  
 Boat £900, Accommodation £200, Fuel surcharge £135. Total £1,235

With boats loaded on the roof of 'Pamela P' and the team still recovering from a day's work we left Penzance at 17.40. Our journey west was seriously interrupted when the call went out "basking sharks". We stopped and watched as the calm oily waters enabled us to see in the distance the nose, dorsal and tail fins of these docile creatures breaking the surface, whilst trawling for their supper.





We dropped anchor between Great Ganilly and Great Arthur, probably the most beautiful anchorage in the world. It was one of those special evenings only experienced from the deck of a boat, silky water, pink sky, sun disappearing behind St Martin's, stars appearing – magic. After a delicious chilli washed down with a glass of wine we discussed plans for the next day. We were all tucked in our comfy berths by 23.00. The seals sang us to sleep.

Saturday morning brought sunshine, blue skies and mirror seas. Two seals joined us whilst eating breakfast of cereal and a bacon and sausage buttie. It was decided to split into two groups, the head down, cover the miles, hard core sea kayakers and the, out for a fun day, play in the rocks, stop whenever you see something interesting, group. All methods were then used to launch the boats from imitating the seals though the open deck door to the highly amusing, and exceedingly decadent, use of the diver lift to lower a seated



kayaker in their boat from deck level into the water. With sunglasses, hats and factor 40 on, we all set off.

The 'leg it' group soon disappeared into the distance whilst the scenic group paddled over to Menawethan, a popular spot on the Scillies where the seals have become quite used to visitors. We must have just watched for 20 minutes as they performed for us cruising between the boats, somersaulting, nibbling at paddles and bow lines and doing synchronised splashy dives. As if they didn't want us to go, they followed us all the way to Hanjague, an impressive volcanic core jutting out of the sea.

We paddled all the way round the back of St Martin's and over to the Round Island, home of one of the three lighthouses on the Isles of Scilly. After a lunch on the beach at the uninhabited island of St



Helen's we headed to Men-a-vaur. Three huge towering rocks, split by narrow gullies, produced, even in the calmest sea, exiting white topped surges for those with slalom boats to play in. Whilst crossing

over towards Bryher a baby basker, about the length of the kayak cruised by and again we sat and watched as its zigzag course brought it back and forth between the boats.

We rounded the massive granite outcrops of Shipman Head and paddle back through the narrow gap that separates the headland from the island of Bryher and up the channel, past Cromwell's and King Charles' Castles on Treско, to find Fred and the 'Pamela P'. A few jars of Doom Bar and a lovely meal at the Fraggie Rock ended a perfect day.

Sunday dawned and the groups were soon on the water. The hard core group, having circumnavigated St Martin's, Treско, Bryher and St Agnes on the first day, headed off round the back of Treско to Men-a-vaur, the Eastern Isles, St Mary's and back to St Agnes and the waiting 'Pamela P'.

We were off to explore the Northern Rocks. The outer islands of Scilly Rock, Maiden Bower and Mincarlo were made even more special by the many puffins, razor bills and guillemots peering at us from the rocks, flying above with fish in beaks and rafting on the water. We paddled back to Samson for our lunch and explored tumble down houses and burial chambers imagining what life would have been like all those years ago. After checking out the kittiwake colony on the muddy cliff we set off across the sound to St Agnes and 'Pamela P'.

Boats were soon loaded and by 3.30 we were cruising our way back to the mainland.

After sighting basking sharks again off Lamorna we were back in Penzance Harbour by 6.30. What a weekend! The serious sea kayakers, the nippy, play in the rocks slalomers, and the more sedate paddlers all found what they were looking for on the islands.

The boat, 'Pamela P' was made for the job. Fred picked us up or drop us off wherever we wanted. The wheelhouse roof swallowed up the kayakers. All twelve of us sat sociably around the table on the deck for meals. Should the weather have been less than perfect the wheelhouse is huge with plenty of seating. Cups of tea, biscuits and cake were provided at regular intervals and the full size cooker and fridge made breakfast catering easy. The boat can sleep up to 12 passengers plus the skipper and mate. The accommodation is cleverly arranged in the wheelhouse, the hulls and under the foredeck. You did need a rucksack mentality and keep kit to the minimum but, on our trip of ten passengers and two crew, all found their sleeping quarters very adequate. ●

**Pat Buckingham**

**FACTS :**

The Isles of Scilly Steamship Company charge £89.00 per person and £48.40 per kayak for a return trip, a cost of £1,374 for ten people.

[www.penzancescuba.co.uk](http://www.penzancescuba.co.uk) will give more information about the boat and Skipper, Fred Buckingham, can be contacted on 01736 364182.



Go Sea Kayaking Among  
Thousands of Islands and Skerries...





Saint Anna, Sweden



www.DoTheNorth.co.uk






# BEAR CREEK ADVENTURE

Worcestershire's Largest Supplier of Canoes & Kayaks

Only 3 minutes from Junc. 5 M5



**NOW EVEN BIGGER**  
Expanded Showroom  
-now over 1800 sq ft

Even more boats  
and much more  
equipment in stock.



whitewater sit on tops open canoes touring



**NEW, FULLY  
COMPREHENSIVE ONLINE STORE**

**Earn points for every £ you spend**

**www.bearcreekadventure.co.uk**

Hobden Hall Industrial Estate, Shaw Lane, Stoke Prior, Bromsgrove, Worcestershire. B60 4DU  
Tel: 08700 508203 info@bearcreekadventure.co.uk



**Sea & Surf  
Bitching  
Coaching  
Trips & Tours  
Expeditions**

Improve your paddling with  
TYF Adventure in the  
Pembrokeshire Coast  
National Park and access  
first class sea & surf  
kayaking or come  
play 'The Bitches'

For beginners  
to experts.  
Full range  
of BCU  
courses  
available



Freephone 0800 132 588  
01437 721611  
play@tyf.com  
www.tyf.com

WCA Centre of Expertise

**WIPEOUT**  
THE WATERSPORTS SHOP  
www.wipeoutwatersports.co.uk

**Canoe & Kayak Shop**  
7 Park Hill, Swallownest  
**Sheffield**  
S26 4UN  
Tel: 0114 2695757  
Tel or Fax: 0114 2692739

**Tues - Sat 9.30 till 6.00**  
Contract prices for clubs, centres and schools  
jockie@wipeoutwatersports.co.uk

**New!! On-line Shop!!**

**BURTECH  
TRAILERS FOR  
OUTDOOR PURSUITS**

**THE C8, ADJUSTABLE  
TO CARRY JUST ABOUT  
ANY KAYAK/CANOE  
COMBINATION.**

**THE RANGE OF MTB  
TRAILERS FOR 10 TO  
20 BIKES**

**CONTACT www.burtech-daj-trailers.co.uk  
phone 01492 641 905**

## From Wales to whales

I've found from my experience of paddling that there are different fragments which fall under the loose headings of 'canoeing' and 'kayaking' which tend to be quite individual. Take whitewater for instance. Those guys that regularly paddle rivers where you can't see in front of you, rarely seem to divulge into open boating or sea kayaking. That would be sacrilege.

It does seem that a lot of paddlers stick to their discipline or so I have found to date from my experience being in and around the whitewater scene. However, it is only recently that I have discovered that there are different sides of the same dice.

At the end of June I decided to make my merry way from the white waters of Norfolk, to Canada, if nothing else to decide what I want to do with my life.

Now Canada, or what I've seen of it, namely Vancouver and the surrounding area, is beautiful. Here I hooked up with an old friend from an old canoe club who happens to be a sea kayak guide out here. Smelling something was in the air, I was soon approached to help guide on an expedition.

Sea kayaking? Surely not. Whitewater boaters don't do that, let alone admit to it! I thought about it and although I had by that stage never even touched a sea kayak, decided to take Georgia up on her offer.

We went to Johnstone Strait, at the North of Vancouver Island (a gorgeous place to relax if ever you're in the area) with five clients who'd paid good money to do the whole lot; paddle, camp, sight-see, and have us cook for them. The trip itself was really pleasant, but also a unique experience. Having never paddled a sea kayak before, I spent all week steering a double (which built up the leg muscles!) and giving my fellow paddler confidence, of which I didn't have much more. Paddling around the islands, inlets, and through the strait, the trip was more about the sights and experience than the paddling. And that's when it clicked; that paddling is not just about paddling but an alternative mode of transport to enable you to look, explore, and just get out there.

I forgot about the technicalities of paddling, that became second nature.

## CONTRIBUTION DETAILS

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

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

What was the real deal was to slow up whenever you chose and take in the beauty around you; miles of uninhabited forests full of nature and wildlife. I didn't need an eddy to break out into, or a stopper to show-off in. I had bald eagles, dolphins, jumping salmon, and killer whales. And when a killer whale pops up five feet behind your boat, nothing comes near.

The main wow factor of the trip was the whales; why get ripped-off on a sightseeing tour when you can paddle and be in and around them? We had various sightings, but the most poignant moment was one morning, when just setting out in the strait, we saw a group of three Orca whales coming down the straight. Then two more, then three more... hold on a minute...

We moved to the centre of the strait and just held tight whilst over ten whales, in their little groups, swam past us. I forgot all about ferry-gliding and cart-wheeling, and thought only about what I was experiencing.

That for me was the key to understanding your paddling. It's fine sticking to the Tryweryn on a Saturday afternoon, but to try something different and diverse gives you a broader understanding of not only your own paddling but paddling in general. You have more respect and appreciation of those who choose to sea kayak, or open-boat, or race. They might be as happy as Larry, but trying different disciplines of the same sport really helps you see the bigger picture, and realise that ultimately the main aim is simply to enjoy yourself and have a good time. The more you know about your subject, the greater the rewards and sense of satisfaction will be.

The trip ended with seven satisfied and happy people. The five clients seemed to really enjoy themselves and made me feel better knowing I was a part of that. I may do another trip, I may not. I take nothing back from our voyage but for me it's on to pastures new. I think I may try some Grade 4's over here, but I know one thing; that the next time I'm playing in a wave, I'll pay a bit more attention to what's around it. Happy paddling.

Steve Hatch

## A few more thoughts on Homo kayakien

If you have enough kayaks/canoes in your garden you don't need to do any gardening because nothing grows. The open canoe propped up on our climbing frame offers a refuge for the cats when soggy teenagers invade the house, the dozen or so sticks with upside down boots on them offers a refuge for the snails and the picnic table makes an ideal drying area when we have more boots than sticks.

Our VW camper, with bits of living room carpet wrapped round the roof rack bars (we chose the carpet to coordinate with the van!), parked on the drive has been a boon as it offers a 'spare' room for storing kit, coffee-making facilities for when you get off the water and doubles as a changing room for the scouts, but never, strangely, for me. It is on the drive because the garage is not only full of canoeing gear but also a very handy trailer. This was well worth getting as it comes in useful not only for the extra boats we take with us 'just in case' but as a handy drying rack whilst away from home.

By the way, don't knock the Simpsons they taught my boys to gut fish, 'knife in guts out' and to appreciate Gilbert and Sullivan. Eastenders is occasionally tolerated so Brian and I can point out to the boys where we met, canoeing of course. The design of my engagement ring was chosen so it wouldn't scratch the gel coat on the boats (those were the days, fibreglass boats)

The first thing we did when we moved into our house was to take the carpet up in the hall so we had a carpetless through route from the front into the back garden. Apart from all the tut mentioned in your letter, which we have in abundance we also climb. It is so much easier to Prussic up the stairwell than it is to walk and mum can't really complain as she set it up. Our neighbours are used to seeing processions of boys trooping down to

the canal and often help the smaller ones carry their boats, and, yes, some of them have ended up coming on the water with us! So, Melanie see you on the D,X,Y.....?

Anne Biffin

## Restoration

Before Rotomoulded playboats there was... wood and canvas kayaks.

Are there any enthusiasts in the north of England who still make time to keep wood and canvas kayaks on the water. I have the frames of a PBK10 and Moonraker K2. Anyone out there who may be interested in restoring the above? Open to offers. Contact M.A Heslop, The Vicarage, Kettlewell. BD23 5QU. Tel 01756 760237. Before 31st March please.

## Canine friends

Dear BCU members, I am a level 4 coach and BCU member serving as a Royal Marine Troop Sergeant in southern Afghanistan at the moment. No rivers - no kayaks - nightmares all round. Right now I am in one of the district compounds in the Taliban stronghold of Nowzad - it makes for interesting nightlife. .

Where we are there are loads of stray dogs which have been abandoned by their owners due to the fighting. They are severely mistreated, (one had his ears cut off by the Taliban, all are starving and in poor health).

We have adopted three of them and I am now trying to raise money to get them looked after at an animal welfare centre in Kabul before hopefully starting a new life in the UK. We have had to build them a bomb shelter until I can get them out safely. Could I please ask that any dog loving BCU members consider donating, no matter how small, to help save these dogs badly in need. I will write a small article as soon I get back to semi-civilisation.

Any cheques should be made payable to 'Nowzad Dogs' c/o Sgt Farthing RM, K COY, 42 cdo RM, BFPO 792. I intend to do some kayak based charity event on my return to the real world next April.

Seriously missing my Prozone and any form of paddleable rivers!

Thanks for your time  
Paul 'Penny' Farthing

Buy and sell your second hand boats on line with our  
FREE e classifieds service [www.brookbankcanoes.co.uk](http://www.brookbankcanoes.co.uk)

## MEMBERS CLASSIFIEDS

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)



**Kayak Capers**

Did you feel something?

**Welcome to Kayak Capers**

Kayak Capers is dedicated to the lighter side of paddlesport with cartoons based on a wide range of subjects. These can be purchased on an exciting range of products from clothing to keyrings.

We also offer printing for clubs, business and individuals using our products and your images to make the perfect gifts and promotional items.

A full design service & web site hosting is also available on our dedicated servers.

[www.kayakcapers.co.uk](http://www.kayakcapers.co.uk) email: [sales@kayakcapers.co.uk](mailto:sales@kayakcapers.co.uk)

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

**KAYAK COACHING - RIVER GUIDING - ALPINE TOURS**



**AUSTRIAN ALPINE TOURS JUNE - AUGUST 2007**

[www.andycurton.com](http://www.andycurton.com) [info@andycurton.com](mailto:info@andycurton.com) +44 (0)17566 634 709

**TAILORED TO YOUR NEEDS**

Kayaking Adventures: UK or Abroad.

- Individual & Group Bookings.
- Austrian Alpine Kayak guided trips made easy.
- North Wales Coaching for all abilities
- River guiding on any river of your ability, world wide.

**NORTH WALES WORKSHOPS SEPTEMBER - MAY**

**Hayling Trailers** *Established 1983*

**The UK's canoe & kayak specialist trailer builder**

**THE TWO KAYAK WIDE TRAILERS**  
From 1 - 5 layers high (2 - 10 kayaks)

4 kayaks with 2 GRP boxes

10 kayaks

**FOUR POSTER** (From 1 - 4 layers - up to 6 kayaks or 2 Open Canadlans can fit on each layer)

The 6 trailers shown here are just a few of the options available. Each trailer is built to suit the customers requirements. Full details in the brochure

2 1/2 Layers and mesh box

3 layer - Open box, drop tail & PVC cover

**THREE KAYAK WIDE TRAILER**  
max 7 high (21 kayaks)

All boxes optional - GRP, Mesh & Aluminium boxes are lockable


**THE MARK FOUR** One Design (6 kayaks or 2 Canadlans per layer 4 layers)

15 kayak model with the aluminium Keepsafe

optional GRP 'Gearbox'

All models include lights & jockey wheel  
All trailers are hot dipped galvanised  
Full range of accessories including Security Wheel Clamps  
Number Plates & Straps  
Mail order or collect direct

**For free brochure price list & friendly professional service**  
Call 023 92 464176  
Fax 023 92 463069  
[www.haylingtrailers.co.uk](http://www.haylingtrailers.co.uk)

 254A Havant Road Hayling Island Hampshire PO11 0LW

**Canoe Shops UK**

We are recruiting...

Full Time & Part Time Retail Vacancies  
see [www.canoe-shops.co.uk](http://www.canoe-shops.co.uk) for details



Specialist outlets throughout the UK

[www.bournemouthcanoes.co.uk](http://www.bournemouthcanoes.co.uk)  
[www.brighton-canoes.co.uk](http://www.brighton-canoes.co.uk)  
[www.cheltenham-canoes.co.uk](http://www.cheltenham-canoes.co.uk)  
[www.cornwall-canoes.co.uk](http://www.cornwall-canoes.co.uk)  
[www.kayaksandpaddles.co.uk](http://www.kayaksandpaddles.co.uk)

[www.roof-racks-uk.co.uk](http://www.roof-racks-uk.co.uk)  
[www.car-roofracks.co.uk](http://www.car-roofracks.co.uk)  
[www.roof-rack-supplies.co.uk](http://www.roof-rack-supplies.co.uk)

Canoes - Kayaks - Sit On Tops - Equipment & Clothing

## The team 10-12 Nov '06

### The 2006 European Whitewater Bellboat Champions team

<b>Helm:</b>	Kevin Ellis
<b>Bow Pair:</b>	Jamie Cole, Ron Dains
<b>2nd Row Pair:</b>	Jason Nicholls, Jo Ellis
<b>3rd Row Pair:</b>	Suzanne Radford, Sydney Storey
<b>Stern Paid:</b>	Michelle Smith, Christine Storey
<b>Support Crew:</b>	John Bearman, Graham Storey

## PADDLE THIS

### Loughborough retain crown

The weekend of November 11-12 saw the **BUSA White Water Racing Championships on the River Washburn, N. Yorkshire.**

The Men's K1 saw a close fight for the top two spots between Jamie Oughton who was beaten by just two seconds by Jonathan Schofield. Jonathan was the big winner of the weekend collecting a haul of four gold medals. The Women's K1 was won by Gillian Mara.

In the C1 Joanne Mackin was the clear winner with Darren Broderick taking the silver and Rich Gould the bronze, whilst the C2 saw Loughborough take the top two places with Durham snatching the bronze and stopping a Loughborough clean sweep.

The Men's K1 team event was won by the Loughborough trio with Nottingham's Nicola Burrell, Hannah Bailey and Julie Bright taking the gold in the womens.

In the final BUSA event of the weekend, the mixed team of Loughborough's Schofield along with Robin Vasey and Women's K1 winner Gillian Mara paddled home over a minute and a half ahead of the second placed Manchester team.

The overall team championship saw Loughborough take the trophy for the second year in a row with a massive 267 points. The runners-up were Newcastle with 146 and Durham took the third place with 110.

# European Whitewater Bellboat Champs - a new title

(Or, in other words, Whitewater bellboating, French Style)

**A team of 11 of us travelled to the South of France to compete in the 22nd Marathon International des Gorges de l'Ardeche - nothing unusual in that, you say, except we decided to compete in a bellboat.**

The event is split into two races: The Marathon, which covers 32km of the gorge, is for conventional racing craft (K1, K2, K4 and C1, C2 and C4) and The Challenge, which covers 24km from Vallon Pont d'Arc to St Martin. The challenge is for more unusual craft, such as the traditional Ardeche boats, outrigger canoes and this year, (we believe) for the first time ever, a British bellboat.

The idea of taking a bellboat on moving water was first conceived by Kevin Ellis, centre manager at the Royal Victoria Dock Watersports Centre in east London. He was a crew member of the winning boat at the first National Bellboat Championships at Holme Pierrepont in Nottingham in 1999 and helmed the defending champions to victory in 2000. Kevin read about the marathon on the internet this year and after a few phone calls, we decided, it had to be done!

Our team of eight paddlers and one helm have 156 years of canoeing experience between them and all but two have some coaching qualifications. We were lucky enough to have a great support crew in John Bearman and Graham Storey, who took the bellboat out to France by road, so that we could fly out for the weekend.

The start of the challenge race was bedlam, with 87 boats all trying to get through the Arch at once. We had to watch our hands didn't get trapped or smacked with paddles as boats bumped one another in the rush to get a good start.

The first big rapid we encountered was Pas de Mousse, (also known as Les Trois Eaux) and we were pleased and relieved when the bellboat went down it without any problems at all. We even managed to shoot the main fall, rather than the chicken chute that runs river right!

We negotiated the next few rapids without problems and were beginning to think that we might survive the whole race without problems when we had our first drama. We hit a submerged rock in the middle of the river and the whole boat stopped dead! Most of us suffered bruised shins as we slid forward and crashed into the seats in front of us. Fortunately, the water was really cold, so first aid consisted of dangling your leg in the water until the pain and swelling subsided.

We carried on, determined to keep a better eye out for submerged rocks. Our next problem arose when we came to a wide open rapid, with large standing waves. The force of the water knocked the bow pair, Jamie Cole and Ron Dains, off their seats into the laps of the second pair, Jason Nicholls and I. We kept the boat upright but took on so much water, that we had no option to stop and empty it. Emptying the boat took longer than we hoped, since we hadn't tied the balers into the boat and had to improvise with canoeing helmets and water bottles. This added about half an hour to our time and pushed us well down the field. We got cold too, after our unplanned swim, so we put on a good burst of speed to warm ourselves up again.

We were still going really well when we had our next drama. A K2 cut inside us on a right handed rapid; we

stopped paddling, just for a second, surprised and caught unawares by the boat and we lost some momentum. That was enough for the bellboat to get spun out into the eddy and we found ourselves doing what we think was probably the first ever break out in a Bellboat. Unfortunately the front of the starboard hull sustained some damage when we hit a rock, but it wasn't enough to prevent us from continuing and mastering our next lesson – breaking back in!

As we reached the last rapid, we all relaxed, confident that having survived the rapids, only some serious straight line paddling lay between us and the finish. Lots of people turned out to watch the race from the gorge path, that runs along the river and their cheers of encouragement were very much appreciated.

We managed to find the energy to sprint the last 100m to the finish, where we stopped in the zone allocated to C9's and cracked open two bottles of champagne that we have carried with us in a dry bag. We finished 81st out of 87 boats in our class, but had we not lost so much time emptying the boat, we would have achieved our target time of two and a half hours and come around 60th.

The organisers provided packed lunches and hot drinks and we spent time looking at the exhibits, and viewing the photographs taken before attending the prize giving ceremony.

We spent the journey home talking about the modifications we might make next year, which will definitely have to include a spray deck of some sort, but we have already decided that we will be there. In the meantime, we are claiming the title 'European Whitewater Bellboat Champions'. We might even have some challengers next year – we think we might just have started something. For now, we are content with the fact that we went, competed and survived! No matter who else takes part or how fast their time – we were the first! ●

**Kevin Ellis**







The sea kayaking event of the year  
Activities led by top sea paddlers and coaches

**25th – 28th May 2007**  
(29th May – 1st June Extended Activities)

**Sleat, Isle of Skye**  
(Slèite, Eilean Sgitheanach)

For further information contact:  
[www.seasymposium.org](http://www.seasymposium.org)  
[info@seasymposium.org](mailto:info@seasymposium.org)  
01471 833428



the year scotland celebrates highland culture  
a' bhliadhna a chomharraicheas Alba cùltar na Gàidhealtachd

EventScotland

Woodmill



**WOODMILL CANOE SHOP**  
Woodmill Lane, Swaythling, Southampton, SO18 2JR

**20% OFF**  
**EVERYTHING**  
**FOR ONE**  
**WEEKEND ONLY**  
**21/22 APRIL 2007**

HUGE SELECTION OF OPEN CANOES, KAYAKS,  
SEA KAYAKS AND SIT-ON TOPS. WATERFRONT  
LOCATION SO TRY BEFORE YOU BUY.

Please ring George for details on 02380 555993, mobile 07879 642583  
or email at [info@woodmill.co.uk](mailto:info@woodmill.co.uk).

**www.canoeekayaktrader.co.uk**

**Tel/Fax 0845 456 9533**  
Leam Boat Centre, Mill Rd, Leamington Spa, CV31 1BL



**HandiRack™**

The World's First Inflatable Roof Rack

Just  
**£49.99**  
(plus p&p)

- Perfect for many types of canoes & kayaks
- Can carry loads of up to 80kg
- Suitable for 4-door cars or 2-doors with rear opening windows
- Takes just minutes to fit and inflate (pump included)
- Totally portable - take it with you where ever you go
- Stores in the boot of your car in a compact travel pouch
- Manufactured with a patented, durable triple layer nylon skin
- Complies with ISO/DIS 11154-1E

Available online, through authorised dealers or call 0870 6000 929



# No ordinary Person

When the crew of the struggling frigate *Fernebo* were finally rescued by the Cromer lifeboat coxwained by Henry Blogg on 9th January 1917, the open lifeboat, powered only by the raw strength of oarsmen with an average age of 50, had been battling through a horrendous gale for 14 hours, to reach them 400 yards off shore.

There had already been a previous unsuccessful launch, this was their second attempt and the second crew rescued that day. Henry was actually on his third trip out, after going to the aid of the crew of the earlier wreck, the *Pyrin*.

Incidentally, every single member of the crew were saved and the crew of the lifeboat all went home to begin an average working day the next morning, hauling in and unloading crab pots by hand. Just another normal working day then, with the added excitement of a spot of super human strength and bravery thrown in.

Cromer beach, the site of this incredible rescue, which was just one of the unbelievable achievements of Blogg's outstanding 53 year career as a lifeboat man, still maintains that resolute feel of defiant danger. No matter how well prepared you are, it'll always come up with something.

It throws the occasional treacherous sea (such as the one in 1993 which sent a 100 ton rig careering straight through the middle of Cromer Pier, waking up the whole town in the process) just to keep the locals on their toes.

The ships frequently seen close inshore in an attempt to take refuge, are a constant reminder that Blogg had his work cut out and the lifeboat crew of today have enough to worry about, without having to rescue someone who's been a bit silly.

Three RNLI gold medals, four RNLI silver, one George Cross, one British Empire Medal, 387 trips out, 873 lives saved. The first rescues were performed in an open rowing boat, wearing old fashioned fishing gear, having not eaten for up to a day, in between completing the kind of daily physical labour that would kill off most super fit 20 year olds.

Oh yes and then there's the small point of successfully instructing and leading a crew whose members often had to be replaced with men up to the age of 70, when the first shift, having struggled

for several hours, could go on no longer.

So what exactly was it that made this 19th Century fisherman capable of such extraordinary feats of physical and mental strength and endurance? Can an athlete of today even begin to compare and if not, why not?

With the help of second year senior athlete Paul Wycherley, I would like to compare, like for like, the physical characteristics, lifestyle and type and extent of exertion, to gauge the reasons for a man to reach such amazing levels of physical fitness and strength.

Roughly speaking, Henry was, in terms of BMI, more or less average. At 5'11", he was a little on the tall side for his generation, but certainly nothing out of the ordinary, or remarkable by today's standards. Of average weight, (approximately 80 kg) indeed he was possibly, (as was almost obligatory among the fishing community he was from, due to the basic necessity of keeping warm in the North Sea in winter), carrying a spare tyre – well, a few extra pounds anyway.

His diet was as to be expected, extremely simple, but extremely nutritious and completely devoid of artificial additives, refined carbohydrates (such as white bread) or highly processed foods in general.

Fish in abundance, with bread and vegetables, was the order of the day.

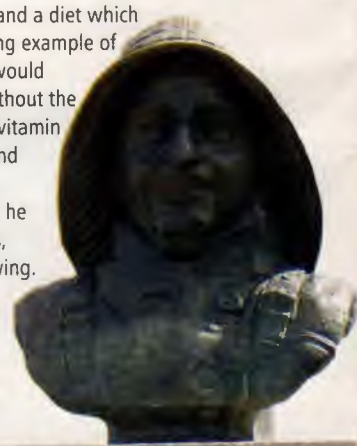
As far as work was concerned, he would have started going out on the fishing boats in his early teens. This early start to his working life was significant on two counts. Firstly, the stamina which was to blossom so dramatically in his adult life and be maintained well into his mature (in fact senior) years, was being built up young. Not only young, but younger than the average teenager of today would start in training if he had decided to enter a physically demanding profession.

This, we must remember, came on top of a childhood which would have been very active

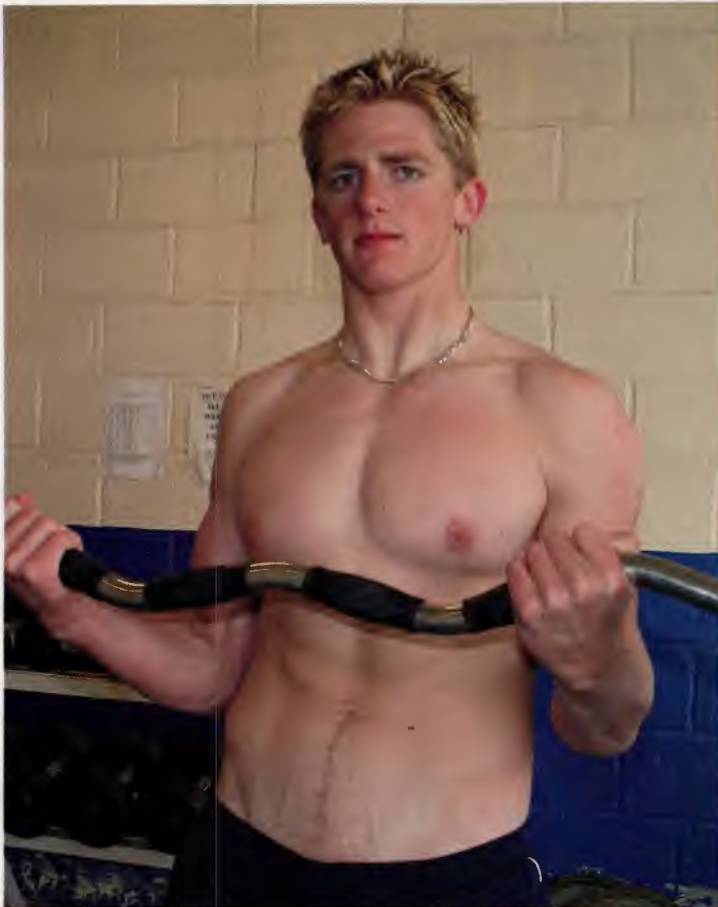
compared to today and a diet which was a lifelong shining example of healthy eating. He would never have gone without the superb protein and vitamin source in shellfish and herring.

Secondly, when he started on the boats, Blogg was still growing. This is important, because it means that the muscles in his hands and arms (not to mention his developing sea legs) were put through a strenuous, (but not necessarily damaging) day to day cycle. This involved gripping, hauling stretching, swelling (due to the often perishing salt water) and contracting again when dry.

The compound effect of this was the



**HENRY BLOGG  
G.C. B.E.M.  
COXSWAIN OF CROMER  
LIFE-BOATS 1909-1947  
WINNER OF THE R.N.L.I.  
GOLD MEDAL  
FOR CONSPICUOUS  
GALLANTRY 3 TIMES  
OF ITS SILVER MEDAL  
4 TIMES  
WITH THE HELP OF  
HIS GALLANT CREW  
RESCUED 873 LIVES  
DURING 53 YEARS  
OF SERVICE  
-ONE OF THE  
BRAVEST MEN  
WHO EVER LIVED  
DIED JUNE 13<sup>TH</sup> 1954**



production of massively powerful and considerably enlarged hands and arms which were longer in relation to height than usual. Upper body strength was tremendous, but the fishermen didn't have a particularly high muscle mass to body fat ratio – the end result: super fitness without the risk of succumbing to hypothermia or sheer exhaustion.

So how does this compare to Paul, bearing in mind that at 20, he is roughly the same age as Blogg when he became a crew member? Well, immediate similarities become apparent in terms of amount of weekly physical activity demanding stamina and endurance.

In order to train for the Senior World Championships in Hungary, where he raced a K2 1000m with Peter Almasi, Paul's daily winter training session was both long and varied.

Henry worked on the fishing boats for as many hours per day as were necessary. This involved rowing out to the crab pots, the work hauling them in and then the journey back. On land, the labour would include cooking the fish, packing it, any maintenance to the pots and the half mile or so with a loaded hand cart, to take the shellfish to the waiting train.

Paul's six hours' exercise, from a two hour paddle session, to running and gym, is relatively comparable, particularly as it is in addition to swimming, cross-

country skiing and 150 miles per week cycling, outside the racing season.

The main difference though, is that although Paul will occasionally compete in 13 mile half marathons, (with all the necessary training involved) his day is generally shorter and involves more short bursts of energy. Also, interestingly enough, Blogg was adverse to inessential physical activity (such as football.) So it's quite possible that Paul's love of a great number of sports and the frequent adaptations to his training regime, actually mean that he uses a larger variety of muscles and engages in more spontaneous exertion: i.e., he is possibly capable of doing a broader range of activities to a high standard. He is possibly fitter and more agile.

This can be seen in his massive VO2 max. of 6 litres and the fact that he doesn't produce much lactic acid: that which is produced being quickly processed. So, as you'd expect, Paul as a modern athlete, trained under a

scientifically calculated routine and competing under the rigours of international standards, is physically more highly tuned. But this really isn't the question.

What I was asking, was whether or not he would realistically stand a chance of surviving the extreme duress, in terms of length of time and cold.

Due to the almost complete unsuitability of the garments worn by these men, (which were essentially thick woollen work clothes and very basic lifejackets) the demands on the body of labouring to both control and move the lifeboat forward, against the relentless waves, whilst saturated, is something that it's almost impossible to imagine, let alone simulate.

Well, the answer could lay in Paul's 2k time trial of 7:41, his diet and those marathons. The ability to approach activities demanding speed, strength and stamina, exhibit themselves in the sport of canoeing more than other aerobic activities. Indeed, the ideal physique for a sprint athlete, is that of a cross between a weight lifter and a marathon runner. This makes it a truly unique sport.

Frank Muirhead, Honorary Curator of the RNL Henry Blogg Museum in Cromer, commented to me on the possibility of a body builder emulating Blogg's feats. This quite simply would not happen: they wouldn't have the stamina. But Paul's exercise routine focuses on the unique combination of the disciplines

mentioned above: there is no danger of overdeveloped muscles which produce short bursts of power, but no ability to survive for long.

Blogg's high protein, low fat diet, would rarely be followed by your average man today, even if he exercised regularly. The quick fix culture of glucose snacks and the ridiculous levels of additives in even apparently healthy processed foods, is quite literally worlds apart from Blogg's lifelong diet.

Frank openly acknowledges the "decline in the physical quality of the lifeboat men in only one generation." The deciding factor being diet: already the simple food was being invaded by fats and sugars.

So where does this leave Paul and what about the almost indefinable factor X – the issue of complete confidence in the face of adversity. So unwavering was their apparent lack of fear, or sense of their own limitations, that the lifeboat men of Blogg's generation became the supermen that they never even considered they weren't.

Well, as far as diet and physique go, Paul weighs 85kg and has a percentage body fat of 9.5. Although natural food is positively encouraged, his diet is a fairly normal and varied one, there are no efforts to promote one particular food group. Paul almost definitely has a lower body fat percentage than Henry and is generally a little leaner. But it appears that his diet (although less fish based) is not completely dissimilar.

Both shared an active childhood and the very nature of canoeing, being a late developing sport, means that Paul could, if his current form continues, mirror the achievements of the 40 year old Blogg: that was his age when he rescued the crew of the Fernebo.

Henry's performance seems to have shown that he really got into his stride as he matured: his active physical life was not only a huge percentage of his life span, but his plateau of peak performance seems much longer.

Maybe the point is that Henry Blogg was not just 'no ordinary person,' but no ordinary philosophy either.

Shaun Caven, one of Paul's coaches on the Olympic Performance Programme, sums up this concept with his thoughts on the importance of coaching young canoeists: "The better your junior results are," he says, "the easier it is to achieve as a senior athlete. High quality coaching from a young age is always an advantage."

The idea is that confidence is established in the young individual and carried on and compounded in the adult's emerging talent.

Ultimately, this was, along with a forgotten level of long, hard work and large quantities of simple and nutritious food, the winning combination which created the phenomenon that was Henry Blogg. This and the fortuitous coincidence of the beneficial effects of a now obsolete fishing technique.

When it came to a matter of life and death for the 873 souls he helped to save, Blogg had the perfect foundation to rise to the challenge without complaint, or indeed a single doubt in his own capabilities.

An attitude and spirit that is within the grasp of anyone who wants it.

Paul is looking forward to competing in the 2012 Olympic Games in London. ●

**Serena Shores**

# BCU 70th anniversary

Sean Dugan  
December youth winner



Thank you for all the wonderful entries we have received so far!

Michael Stockdale  
November



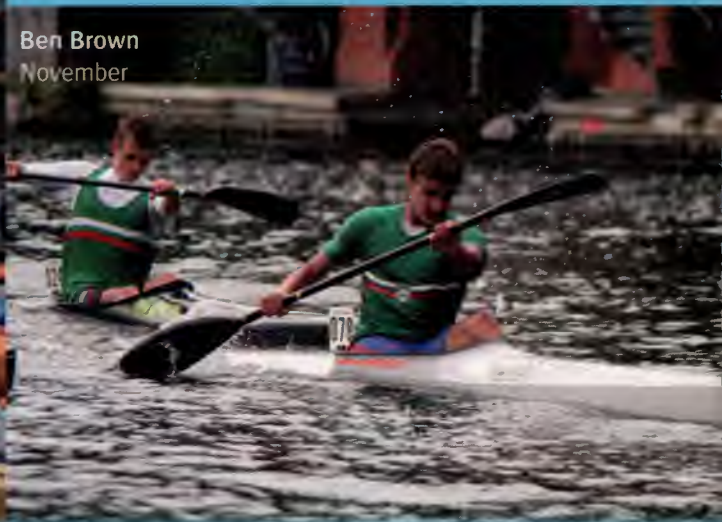
Chris Parry  
November youth winner



The winners for November and December (as voted by you) are:

- November adult winner -** Dan French
- December adult winner -** Mark Nichols
- November youth winner -** Chris Parry
- December youth winner -** Sean Dugan

Ben Brown  
November



# y photo competition



**Mark Nichols**  
December adult winner



**Dan French**  
November adult winner

#### 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)

#### 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.



**Alex James**  
December



**Andy Whitham**  
December

## PADDLE THIS

## More clubs achieve accreditation

There are now 37 clubs that have achieved the BCU Top Club and Sport England Club mark awards. Congratulations to the most recent clubs to achieve this award who are:

Pangbourne Canoe Club  
Fladbury Canoe Club  
Trentham Canoe Club

If you would like to develop junior and youth activity at your club and you haven't yet considered the awards – then have a look at the youth pages of our web site

[www.canoe-england.co.uk](http://www.canoe-england.co.uk)

If you are not sure what some of the benefits are to becoming accredited – then read on...



**BRITISH  
CANOE  
UNION**

# Going for gold

Olympic Medallists present School Sport Partnership Development Award for increased participation.

Kelly Holmes, Duncan Goodhew and Australia's Brennon Dowrick presented the award to Rob Wright, Partnership Development Manager for Plymstock School Sports Partnership at the School and Sports Partnership Conference Awards night held in Telford. The Going for Gold Development Award was presented for increased participation in PE and school sports making the most of 'Out of School Hours Learning' (OSHL).

## School lessons are all at sea in Plymouth

Plymstock School Sports Partnership Development Manager Rob Wright saw the opportunities that were on his doorstep with Plymouth being a waterfront city and natural environment. The partnership wanted to provide an accessible way that children could



achieve a number of cross curricular learning outcomes through physical education and school sports. A floating classroom was the answer. The Plymstock partnership purchased a fleet of six bellboats and the BCU provided training and support to enable teachers to helm the boats. This has enabled them to enrich, enhance and extend the pupil's experiences while adding excitement to the school's curriculum. The partnership now has its sights set on a fleet of canoes to extend their range and provide a natural progression in paddlesport.

## Headteacher's comments

"This is a brilliant experience right on our doorstep. We would like to be able to use it everyday. The children love it. Bellboating is a great addition to the school's programme of activities." said Mr.

David Angel, Head teacher, Pamphlett Primary School.

## PADDLE THIS

## YouthFest

The BCU Young People's Programme is pleased to return to Nottingham and the National Watersports Centre for the 2007 YouthFest event.

We are delighted to announce that PGL will again be sponsoring the event to ensure we provide yet another memorable event and one not to be missed!

YouthFest includes a range of activities that participants can have a go at to make it a great day of paddlesport – including the 2007 Bellboat National Championships. For an information leaflet email [youth@bcu.org.uk](mailto:youth@bcu.org.uk) or check out the web site [www.canoe-england.org.uk](http://www.canoe-england.org.uk)

PGL operates 25 adventure and study centres in the UK, France and Spain. 19 of these offer an introduction to Paddlesports as part of a varied multi-activity programme. For details contact 08700 551 551 or [www.pgl.co.uk](http://www.pgl.co.uk)



The British Canoe Union presents:



**Saturday 7th July 2007**  
National Watersports Centre  
Nottingham



## New Paddlepower scheme

Many of you will have heard that we have been reviewing the existing Paddlepower Scheme. We have had some fantastic feedback over the years – but we also recognised that the scheme could be improved and that now was the time to do this.

We are aiming to launch the new scheme in the April – so will be able to bring you full details in the next Canoe Focus. The new scheme has been mapped against our LTPD framework to ensure a progressive pathway of skills and knowledge development. There will be a starter certificate for taster type activity – two separate log books to take the young person progressively through to two star level, then two further log books of challenges.

So keep your eyes peeled – Paddlepower – the revamp – coming soon!

# Christmas polo event



Bolton Youth Service in conjunction with the BCU and Serco Leisure, hosted an inaugural canoe polo event at Horwich Sports Centre. The intention of the event was to promote canoe polo to young people across Bolton and the North West.

Ten teams arrived eagerly at the pool in Horwich wanting to take part in the inaugural Christmas polo event. Friends of Allonby, Pendle and Clitheroe Canoe Clubs turned up with their fleets of boats, buoyancy aids, paddles and helmets. Northern Star CC arrived donned in their matching lime green rash vests ready to compete against local rivals Salford Vikings. With the arrival of Southport Scouts and the hosts Serco, the competition started.

Five minute games started with cheers and shouts from the viewing stands, with a very high level of competition in both leagues. Six teams competed in the 15 and under competition. As the night progressed the seriousness of the competitions increased. The other teams entered in the 16 and over competition fought a very serious set of games. With some very exhausted parents getting off the water after five minutes of hard competition, with their younger competitors having paddled rings around them.

A huge thanks needs to be given to all the teams, Friends

of Allonby CC and Pendle/Clitheroe CC for the loan of their equipment. All the referees, Greater Sport, Lancashire Sport, Brookbank Canoes, [www.kitebeachshop.com](http://www.kitebeachshop.com), Yorkshire Outdoor Superstore and Sport England for prizes. Also to Bolton Youth Service for all their support in making this event happen.

See you in the new year for the next polo event.

Contact [gareth@bcu.org.uk](mailto:gareth@bcu.org.uk) for information on North West regional events.

## Results

### 15 and Under

- 1st Friends of Allonby
- 2nd Oakwood Youth Centre
- 3rd Pendle/Clitheroe
- 4th Serco
- 5th Northern Star
- 6th Scratchers

### 16 and Over

- Friends of Allonby
- Pendle/Clitheroe
- Northern Star
- Southport Scouts



## New school club Links funding scheme

The BCU has launched a new funding schemes for clubs to set up effective links with schools. Grants of up to £1,000 are available to support coaching and coach development. The grant is open to all BCU Top Clubs.

For more information and an application form contact [youth@bcu.org.uk](mailto:youth@bcu.org.uk) or check out the youth section of the web site – [www.canoe-england.org.uk](http://www.canoe-england.org.uk)

## New team member

We are pleased to announce the appointment of Andy Gray as the new Regional Development Officer for London and the South East Region. Andy's role will include working to support youth and club development.

Many of you will already know Andy if you've been involved with slalom anytime over the last 30 years (yes, he remembers reverse gates) especially in the South of England. Andy has competed at the highest level both in the UK and overseas as well as organising events and coaching.

Prior to joining the team, Andy has spent most of his career overseas in France, the Caribbean and Asia, working in marketing and event management – skills which will be put to good use in his new role.

Little known fact: he's still the current slalom and WWR champion in the Philippines.

Andy will be based in west London and can be contacted on [andy.gray@bcu.org.uk](mailto:andy.gray@bcu.org.uk)

## Richmond Community Club development update

Richmond CC is moving to the end of the club refurbishment announced in the October edition of Canoe Focus. The building was completely gutted and refitted to meet current building regulations to help the club continue to meet the needs of local paddlers and to work with local schools and the community to develop paddlesport in the area.

The refurbishment will help modernise the building and equipment. Funding came from a range of sources including the government-funded and BCU supported Community Club Development Programme. Club members have also contributed hundreds of hours in developing and delivering the refurbishment of the clubhouse. Without these volunteers, the project would have failed to get off the ground.

The club is hoping to complete the building works in early 2007. We very much hope you'll come to take part in one of our races to enjoy our new facilities.

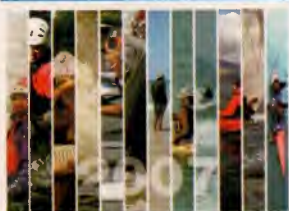
## New Directory

Following feedback from members suggesting that the yearbook in its current format is not user friendly and could be improved, the Yearbook has been replaced with a Directory. This contains information that our members need "on the move" and all other general information will be posted on the web site.

Look out for the directory in this issue of the magazine.



## DIRECTORY



## Safeguarding children and young people

The BCU have revised their policy and procedures to bring them into line with new legislation and the current requirements of the NSPCC Child Protection in Sport Unit. Anyone involved in delivering Paddlesport to young people are asked to take account of these changes.

The BCU have developed guidelines and resources to support these changes and to help safeguard young people

when in your care. Full details can be found on our website – [www.bcu.org.uk](http://www.bcu.org.uk) – if you cannot access the website or would like a hard copy please contact BCU Coaching office on 0845 370 9500 or email [coaching@bcu.org.uk](mailto:coaching@bcu.org.uk). Please also note below our new contact numbers for reporting concerns or seeking advice on Child Protection issues.

**New emergency number for Child Protection concerns – 0777 570 7364**  
Email: [childprotection@bcu.org.uk](mailto:childprotection@bcu.org.uk)

## PADDLE THIS

# The Community Amateur Sports Club (CASC) scheme

**Richard Baldwin, one of the country's leading tax consultants and former partner at Deloitte, the leading sports business advisors, offers some free advice to paddlers and officials about how to keep their cash inside the sport. Free advice from an accountant – make the most of it!**

How much does £3,800 extra sound to your club – no strings attached? You can spend it on what you want – it's up to you. Put it towards the new shower block or spend it on some top-of-the-range buoyancy aids for the young paddlers. You could even just put it away for a rainy day. There are plenty of those in February. How do you want it? Twenties or fifties?

Does this sound too good to be true? Well, it isn't. There is a quick, simple and easy way to get your hands on this kind of sum – maybe even thousands more – for your club every year. How? By not handing it over to the taxman in the first place. But just because I'm talking tax, please don't turn off just yet – I'll keep it short and your club could find it sweet.

None of us likes paying tax. If we could legitimately avoid paying it, many of us would prefer to keep the money in our own pockets and spend it how we choose. And if you are a member of a canoe club, that's exactly what you could be doing.

The Community Amateur Sports Club (CASC) scheme allows you to keep the money your club raises, inside your club. Launched in 2002, you don't even have to own your own premises to register and its benefits are simple but real:

- GiftAid means that you can reclaim £28 in tax on every £100 you raise through donations or sponsorship;
- You can claim exemption from some levels of corporation tax.

### For clubs that own premises:

- Your club also gets 80% mandatory rate relief, which may well be topped up to 100% by your local authority.

Registration for the scheme is simple and painless – the whole process can take only a matter of a few weeks. The vast majority of clubs will not have to change anything they already do and since the scheme was launched, application has been made easier too. But if you do stumble, help is out there – visit [www.cascinfo.co.uk](http://www.cascinfo.co.uk), a new website dedicated to providing information on CASC to clubs. CCPR (the trade association for sport and recreation's governing bodies), RunningSports (an

organisation dedicated to helping sports volunteers) or HMRC will also be able to help.

But don't just take my word for how good the scheme is – take the word Elmbridge CC. Formed in 1982, the club has 130 members, 60 of whom are juniors. In 2003, fearing that their local authority was about to phase out discretionary rate relief for the club, its officials quickly moved to secure CASC status. Since that time, Elmbridge has saved thousands of pounds in Gift Aid and rate relief, enabling it to build a new junior gym, as well as to invest in other areas.

Di Lawler, secretary of the club, says she is delighted with the opportunities CASC status has offered the club. "Being able to build our new junior gym has enabled us to retain more youngsters throughout the winter period. Previously we've had difficulty in keeping many of them interested in the sport during the winter months, but we are now able to introduce a variety of dry-side activities and core-stability work which we simply couldn't have done before. This new facility has proved even more useful than we had envisaged, not only as a gym, but for coach training days, lectures and the odd social event."

Di believes that without the benefits of CASC status, the gym project may never have seen the light of day.

"It would have been difficult to fund the gym without being able to claim Gift Aid on the donations to the club. The fact that we are able to add to what we've already raised was a great motivation to raise even more."

And Di doesn't believe that other canoe clubs should be put off by the registration process – bureaucracy is often cited by clubs as a reason for not making important changes like joining the CASC scheme.

"Although the application process can, at times, seem daunting," she said, "the benefits of CASC registration are well worth it. The reclaimed money on the Gift Aid scheme makes it that bit easier to afford an extra boat or replacement paddles. Now that we are registered, the paperwork is not a problem."

Does that sound like your club? CASC status really is easy to achieve and really can help your finances. You may never need an accountant again – but don't tell anyone I said that.

Only 33 canoe and kayak clubs have so far registered for CASC status, putting the sport behind other sports and activities like flying and gliding (46), gymnastics (36), hockey (58) and rowing and sculling (83).





**Dagger**  
Europe

The number one choice for clubs and centres

Easy chest, waist and shoulder adjustment

Tough 420D shell material

Easy entry front zip design

High visibility detail

Junior and adult sizes

Colour co-ordinated sizing on belt and back for easy identification

from £32.95\*  
\* junior size

**Centre School PFD and Paddle top range**

Adjustable neoprene neck using low-profile Velcro

Tough 420D coated nylon fabric

Colour co-ordinated cuff, chest and neck size labels correspond to PFD's

Junior and adult sizes

Draw cord waist

Adjustable neoprene cuffs

Outstanding quality and great value  
from £32.95\* \* junior size

Combine with:

Pro adjustable spraydeck

AP series crash helmets



Strong rubberised grab handles

Tamper proof security loop

Sidelock adjustable footrests

EXL plastic shell

Durable ergonomic seat

Front and rear foam flotation



Infrared



Redline



RPM / RPM Max



Approach

**S** School models also available in legend specifications

great value - from  
**£349**

For stockists visit:

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

For stockists visit:

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

or call +44 (0)1275 798 100

Loading our boats on the airplane and flying for just over an hour to reach the Pyrenees seems such a good way to go boating, especially with such fickle UK weather and unpredictable water levels

After picking up our hired car and packing it full with paddling gear we set off driving towards Massat. Once over the Col du Port and in the Vallee d Arac we found ourselves worrying about the water levels being too low. However, on closer inspection we discovered the Salat and some of its tributaries such as the Alet and Garbet were in good condition. These rivers offered nice mellow Class 2 to technical and continuous Grade 4.

The Ariège region was to be our main concern for the week, this area is rich in culture, lush green woodlands and crystal clear rivers. We stayed in a small village, Castet d Aleu, which provided clean basic accommodation, which is in the grounds of a good restaurant offering freshly cooked produce at a very reasonable price.

Snakes and lizards were all a daily occurrence in the Pyrenees, checking inside our boats was a habit we mastered quite quickly. Throughout the week many repairs were made to the inflatable roof rack with a pocket knife, foam and many rolls of gaffer tape.

The Pyrenees guide book for white water paddling offers a general overview of the rivers but there are many alternative put-ins that are suitable for smaller groups. The River Salat was the main river of the region and provided many interesting and entertaining runs. From Couflens to Port de la Taule gives an interesting and sometimes committed run. The run is Class 3-4 with narrow sections offering a technical paddle.

The Alet was another Class 3-4 river, the usual get in is at Serac d Ustou, however as a team we decided to miss out the Class 2 beginning and get on

# Cheap flights, an inflatable roof rack and a fist full of Euro

Early May, South Devon College students from the Foundation Degree programme found themselves driving to Stansted to fly out to Carcassonne.

At La Pomarede were the fun begins with continuous Class 3 entertainment. At no stage did any of the

team stop smiling, it was one of those rivers that is just enjoyable.

Another river was the Garbet, this was a short run but never

the less provided some really nice paddling on Class 3 water and in some areas required technical manoeuvring. Our put-in was at a large lay-by on a corner on the right as you ascend towards Erce and we got out above Oust before a stone bridge with a single parking space.

During the week we headed to Foix, after several detours towards Andorra and an interesting chat to a Gendarme we finally found the slalom site on the Ariège we were looking for. Although a slight exaggeration from its description on the website it

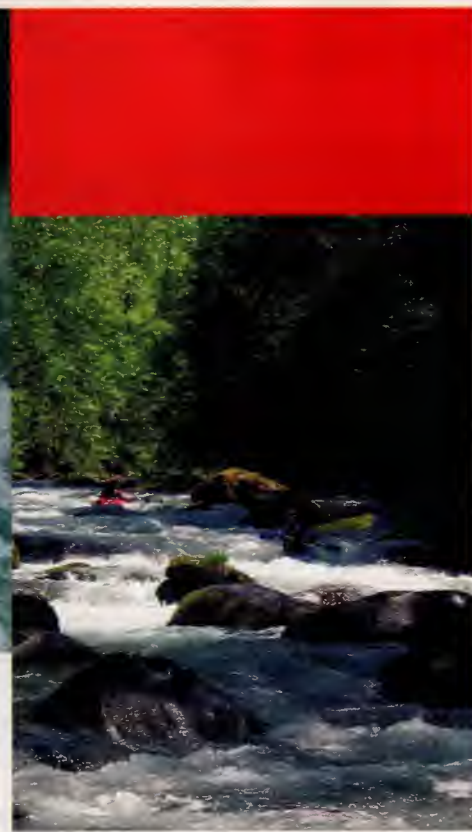
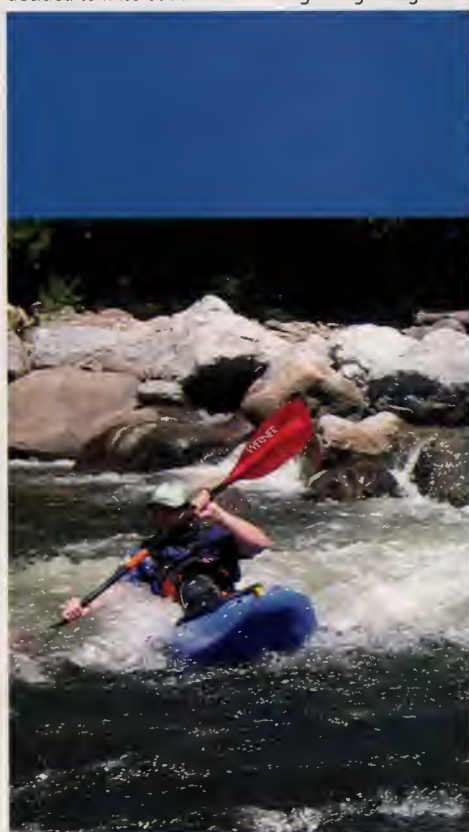
does offer a great training ground and provides a good alternative.

If you visit this region give yourself time to absorb the surroundings, chat to locals and sample the great food on offer. St Girons market is a great place on a Saturday morning to visit before heading back to the airport to fly back to the UK. Its local produce, unusual gifts and wacky characters is a must to pick up those essential supplies and handy presents for friends and family back home.

As the trip came to an end we were able to reflect and would recommend mid-April as a good time to paddle this region, we chose a great base which limited the amount of driving around the Pyrenees and next time would pack more gaffer tape to repair the now not so inflatable roof rack. ●

Lee Pooley

At no stage did any of the team stop smiling, it was one of those rivers that is just enjoyable



**Kari-Tek HydroSkeg**

The Kari-Tek **Hydro Skeg**® offers new levels of reliability and performance. Try the **Hydro Skeg**® yourself on our stand at the NEC Outdoors Show 16-18 March. We can retrofit to most sea kayaks or fit it yourself with our DIY kit. Also available as an option in all new SKUK sea kayaks by Nigel Dennis.



*when you need a skeg that works*

Shop online at [www.karitek.co.uk](http://www.karitek.co.uk) 01292 571019  
sales@karitek.co.uk



Itinerary with vendors: Mexico and British Columbia  
Itinerary: Ontario, British Columbia, Yukon, Northwest Territories  
Itinerary: Northwest Territories, Yukon, Ecuador

Please call for brochure  
**020 8742 1556**  
[www.windowsonthewild.com](http://www.windowsonthewild.com)

**WINDOWS ON THE WILD**

**Kent Canoes**

**Specialists in Kayaks, Open Canoes, Sit-on-Tops and Inflatables**

**Open Canoe and Kayak Courses**

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

Tel/fax: 01732 886688

New House Farm, Kemsing Road, Wrotham, Kent TN15 7BU





**The National White Water Centre Canolfan Tryweryn**

**3 Raft Guide Positions**  
£11,659.41 pro rata per annum  
1<sup>st</sup> April – 31<sup>st</sup> October 2007

No experience required. To apply, send a C.V. and covering letter to Geraint Rowlands CANOLFAN TRYWERYN, FRONGOCH BALA, GWYNEDD, LL23 7NU  
[geraint@ukrafting.co.uk](mailto:geraint@ukrafting.co.uk)

**Closing Date: March 7<sup>th</sup>, 2007**

**Four Seasons TEESSIDE WHITE WATER COURSE**



- Water all year round
- Kayak retail shop
- Regular course changes
- On site café & changing
- Excellent water quality



- Bunk house cabins
- Group discounts
- Loyalty schemes
- 1:1 / Group coaching
- Demo boats



**01642 678000**

[www.4seasons.co.uk](http://www.4seasons.co.uk)

\* SERVICING & REPAIRS \* FAST TURNAROUND \* COMPETITIVE PRICES \*

**Rubberman Drysuits & Seal Replacement Services**

Made to Measure Drysuits a Speciality  
Repairs to Wetsuits, Drysuits, Cags, Dry Trousers, Salopettes  
All types / sizes of latex seals replaced  
Pressure testing and leak troubleshooting  
Zip and boot replacement  
Alterations and repairs on other outdoor equipment

Chris Steele, Rubberman Drysuits & Seal Replacement Services  
Tan-y-Ffordd Ucha, Glan Conwy  
Colwyn Bay, Conwy LL28 5PG  
Phone: 01492-580616 or 07778-803775  
Email: [chris@rubberman.co.uk](mailto:chris@rubberman.co.uk)  
Website: [www.rubberman.co.uk](http://www.rubberman.co.uk)



**RUBBERMAN**

\* DIVE\*CANOE\*SAIL\*SURF\*RAFT\*DIVE\*CANOE\*SAIL\*SURF\*RAFT\*

**UK Kayaking**

Unit 13 Oakhurst Business Park, Wilberforce Way, Southwater, West Sussex, RH13 9RT  
Email: [adrian@ukkayaking.co.uk](mailto:adrian@ukkayaking.co.uk)  
Phone: +44 (0) 1403 732389  
Website: [www.ukkayaking.co.uk](http://www.ukkayaking.co.uk)



We have a wide selection of KAYAKS/CANOES ACCESSORIES and CLOTHING for your perusal.

In association with Southwater Watersports Centre we do 1\* to 4\* Kayak + 1\* to 3\* Canoe + 1+2+3 Coach training and assessment leading towards the new UKCC awards

SO CALL, EMAIL or LOOK @ the website to see what we have to offer.  
**Discounts given to local Clubs and Groups**



## EAST BARNBY OUTDOOR EDUCATION CENTRE

A residential centre running  
Open Canoe and Kayak, Sea and  
Surf courses at all levels.

Weekend courses from £115 and 7 day guided  
expeditions from £450. All inclusive of full board and  
lodging, equipment hire and fully qualified instruction.

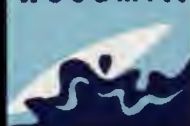
### SPRING 2007

- 10-11 March BCU Level 3 Kayak Coach Training
- 10-11 March BCU Level 3 Canoe Coach Training
- 17-18 March BCU 3 Star Kayak Training/Assessment
- 17-18 March BCU 3 Star Canoe Training/Assessment
- 17-18 March BCU Level 3 Sea Coach Training
- 28-29 April BCU Level 2 Kayak Coach Training
- 28-29 April BCU Level 2 Canoe Coach Training

For a brochure and details of all 2007  
courses contact us at E.B.O.E.C.,  
East Barnby, Whitby,  
N. Yorks, YO21 3SA  
Phone: 01947 893333  
Email: east.barnby@northyorks.gov.uk  
www.outdoored.co.uk



Woodmill



## WOODMILL CANOE SHOP & OUTDOOR CENTRE

Kayak and canoe programmes for  
beginners, through to advanced and coach  
courses.

Multi activity courses for groups and  
individuals including our exciting high  
ropes.

Sea Kayak expeditions

Well stocked shop with a huge demo fleet  
of over 200 boats

Group and club discount available

**WOODMILL OUTDOOR CENTRE**

Woodmill Lane, Swaythling, Southampton  
SO18 2JR

Tel 023 8055 5993 Fax 023 8055 6641

www.woodmill.co.uk Email

Info@woodmill.co.uk

## Heading for a career in the Outdoors?

The Ambleside campus of St Martin's College  
is currently offering:

- BA (Hons)/BSc (Hons) in Outdoor Studies
- BA (Hons) in Adventure Recreation Management
- Foundation Degree in Outdoor Studies

- officially recognised as excellent
- in the heart of the Lake District
- purpose-built facilities
- established tradition and international reputation
- a great quality of life

.....then contact us on

www.ucsm.ac.uk/sport/outdoorstudies  
outdooradmin@ucsm.ac.uk 015394 30330

Outdoor Studies, St Martin's College, Ambleside Campus,  
Rydal Road, Ambleside, Cumbria LA22 9BB

St Martin's College is a registered charity No: 526465



**St Martin's College**

Ambleside Carlisle Lancaster London

UNIVERSITY OF WALES  
**BANGOR**

School of Sport,  
Health & Exercise Sciences



## Study at one of the leading Sport Science Schools in the UK

- The only department in the UK judged 'Exemplary' for teaching in the UK-wide Teaching Quality Assessment Subject Review
- Recognised nationally and internationally for the quality of our research - 5A rated.

### BSc Programmes:

Sport Science	Sport, Health and Exercise Sciences*
Sport Science (Outdoor Activities)	Sport, Health and Physical Education
Sport Science (Physical Education)*	Sport Science with Psychology

\*New for 2007 subject to validation

Situated between Snowdonia and the sea, Bangor offers you the  
chance to study at a long-established academic institution in one  
of the prime university locations for access to outdoor activities.

### For more information, please contact:

Admissions, School of Sport, Health and Exercise Sciences,  
University of Wales, Bangor, LL57 2PZ  
Tel: 01248 382756 • E-mail: shes.admissions@bangor.ac.uk  
www.shes.bangor.ac.uk



**Canoe & Hike Canada's Temagami**  
 Old growth pine forests • Wilderness canoe routes  
 Organic cuisine • Lodgings • Outfitting • Trips  
**Smoothwater Outfitters & Ecolodge**  
[www.smoothwater.com](http://www.smoothwater.com) • [temagami@onlink.net](mailto:temagami@onlink.net)  
 Tel: 001-705-569-3539 • Fax: 001-705-569-2710

**SEA KAYAK ATLANTIC CANADA**

TOURS - COURSES - RENTALS

Have breakfast at home in Britain and supper the same day on a coastal island off Nova Scotia. We're that close! Discover our deserted offshore islands, the Cape Breton highlands and whales, Newfoundland fjords and icebergs, and the highest tides on earth in the Bay of Fundy. Our 25th year.  
 Coastal Adventures PO Box 773 Tangier, NS Canada B0J 3H0  
[info@coastaladventures.com](mailto:info@coastaladventures.com) [www.coastaladventures.com](http://www.coastaladventures.com)

**Higher National Diploma in Outdoor Activities**

(In partnership with University of Wales, Newport)

- work placements in the UK or in Europe
- overseas expedition to the Alps
- full time for two years
- residential facilities available

**Activities include:**

- Sailing • Kayaking • Mountain biking • Caving • Climbing • Water skiing

For more information telephone: 01495 333674  
 email: [geraint.forster@coleggwent.ac.uk](mailto:geraint.forster@coleggwent.ac.uk) or text CANOE to 88020  
 Coleg Gwent, Usk Campus, The Rhadyr, Usk, Monmouthshire NP15 1XJ

[www.coleggwent.ac.uk](http://www.coleggwent.ac.uk)



**ROCKS & RIVERS LTD**

ALPINE RIVER GUIDING FRENCH AND AUSTRIAN ALPS  
 Fully catered or guiding only trips available  
 Try our ten day Alpine experience paddling rivers in France, Italy and Austria.

CONTACT:- 07791 313979  
[Bradleystb@aol.com](mailto:Bradleystb@aol.com)

**Courses online @**

Holidays and Courses in the classified section now also feature on the Canoe Focus website at:  
[www.canoefocus.co.uk](http://www.canoefocus.co.uk)

**Sea Kayak MILOS**

Calm seas, warm water, and a spectacular coastline; amazing sea caves, deserted beaches.  
 • Guided day-trips, B&B.  
 • Around the island expeditions.

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

ACCOMMODATION

**Fort William**

Self-catering - Home comforts  
 Excellent drying rooms - Twin and four-person bedrooms - Parking for trailers - Groups or individuals  
 22 Beds

Tel: 01397 700451  
[info@fortwilliamholiday.co.uk](mailto:info@fortwilliamholiday.co.uk)  
[www.fortwilliamholiday.co.uk](http://www.fortwilliamholiday.co.uk)

**Keswick**

**Independent Hostel**

River Greta access across road.  
 50 beds in dorms, linen included, central heating, hot showers, 10 mins walk to town centre.  
 Instruction available.  
 Groups or Individuals;  
 £12/person/night  
[www.vividevents.co.uk](http://www.vividevents.co.uk)  
 017687 75351

HOLIDAYS & COURSES



[www.menorkayaking.com](http://www.menorkayaking.com)  
 The ultimate experience - kayak in Menorca

WWW.

[frontierpoland.com](http://frontierpoland.com)

**Canoeing in North East Poland**

**OUTDOOR DIMENSIONS**

Canoeing Holidays in Scotland and the Lake District  
 2, 3 and 4 Days



Tel: 01241 828629  
[www.outdoordimensions.co.uk](http://www.outdoordimensions.co.uk)

ACCOMMODATION

**SOUTH ALPS:**

Fully equipped s/c accommodation for groups 2-20 in Briancon, L'Argentiere, Embrun and Vallouise.  
 £50-75 pp per week.

Kayaking, climbing, sailing, mountain biking, canyoning, via ferratas, skiing....

Tel 0207 444 3529/0033492230515  
 email: [kate@alpineplayground.com](mailto:kate@alpineplayground.com)  
 visit [www.alpineplayground.com](http://www.alpineplayground.com) or [www.hautes-alpes.biz](http://www.hautes-alpes.biz)

**BALA**

**NORTH WALES**

Bala Bunkhouse ideally situated for the Tryweryn White Water Centre  
 Open all year round providing comfortable self-catering

Accommodation suitable for groups & individuals. Fully heated, hot showers, separate ladies & gents, drying room.  
 Sleeps up to 26-1x2-1x4-1x6 1x8 & 1x6 self-contained bunkroom.  
 £10.00 pppn.

For Brochure and booking information contact:  
 Jane & Guy Williams on:  
 Tel: 01678 520738  
 Visit [www.balabunkhouse.co.uk](http://www.balabunkhouse.co.uk)

EQUIPMENT & SERVICES

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

*The new dating site for active people*

**FIBREGLASS MATERIALS & SUPPLIES**

Resin	Coatings	Pigments
Gelcoat	Releasers	Acetone
Mats, Fabrics	Epoxies	Books, Tools
Fillers	Foams	Free Advice

**LOWEST UK PRICES**

Free Catalogue Next Day delivery  
 Tel 01209 822200



Order from our on line catalogue  
[www.cfsnet.co.uk](http://www.cfsnet.co.uk)

**SEA KAYAK SHETLAND**

Shetland Islands, Scotland  
 Stacks, cliffs, caves, arches, and wildlife, all at 60 degrees north.  
 Introductory courses, day trips, expeditions, self-catering packages.  
 01595 859647  
[www.seakayakshetland.co.uk](http://www.seakayakshetland.co.uk)



**GET MTB QUALIFIED Cyclewise Training**

offer AALA approved SMBLA Mountain Bike Courses.  
 2 Tutors per course  
 New for '07  
 MBL Skills Courses, Night Riding & Expedition Modules  
 Courses delivered in the Lake District and throughout the UK  
[www.cyclewisetraining.co.uk](http://www.cyclewisetraining.co.uk)  
 Tel: Rich 07946 176 228  
 or Craig 07786 443402



**Women only**  
 kayaking and canoeing courses



BCU 1\*2\*3\*  
 Introduction to white water  
 Beginner to advance

Contact Katie through our website  
[www.dynamicadventures.co.uk](http://www.dynamicadventures.co.uk)  
 Tel: 01293 882555

**CLEARWATER PADDLING. AMAZING SEA KAYAK JOURNEYS**

Beautiful islands, stunning beaches, incredible wildlife encounters. Lodge based tours & island hopping camping expeditions. No experience necessary



For brochure call [www.clearwaterpaddling.com](http://www.clearwaterpaddling.com)  
 01871 810443 [info@clearwaterpaddling.com](mailto:info@clearwaterpaddling.com)

EQUIPMENT & SERVICES

# GO<sub>2</sub>H<sub>2</sub>O

**FOR ALL YOUR CANOE & KAYAKING NEEDS  
IN NORTH YORKSHIRE**

Tel : 01765 635333 Mob : 07768 440914

Email : john@go2h2o.co.uk Web : www.go2h2o.co.uk

Sleningford Water Mill, North Stainley,  
Ripon, North Yorkshire, HG4 3HQ



**www.chillcheater.com**  
Tough, ultra thin, super-thermal,  
base, mid and outer layers for paddling.

Free catalogue: **01271 815828**

## JOEL WATERSPORTS

For all your Kayaking &  
Canoeing requirements

Large and wide range of stock  
Discounted prices call for details

*Friendly Expert Advice  
Speedy Mail Order Service  
Colour brochures available*

Holt Fleet,  
Nr Worcester, WR6 6NW.

Tel: (01905) 455311  
Fax: 08707 400258

HTTP://www.joelwatersports.co.uk  
email:sales@joelwatersports.co.uk



Located off A4133, adjacent  
to river bridge

## Canoes - Kayaks Direct

Best Prices Free kayak delivery

Tel-07720 955427 Fax-08701 638201

www.canoesdirect.co.uk Email: sales@canoesdirect.co.uk



**a real adventure...**  
The Family Adventure Store in association with canoesplus

Visit the Wiltshire showroom or call us  
for friendly advice and excellent prices

Online ordering with fast delivery check out our  
latest web deals.

**www.familyadventurestore.co.uk**

The Family Adventure Store, Marsh Farm, Hilperton, Trowbridge, Wilts BA14 7PJ. Tel: 01225 768630

## Wing Racing Paddles Racing Skis & K2s

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

Childsplay Surf Gear Mob. 07973 168574 Tel. 01656 742420

## Shoreham Sea Kayaks

High quality composite sea kayaks from £999



[www.shorehamseakayaks.co.uk](http://www.shorehamseakayaks.co.uk)  
Phone: (01273) 464218 Fax: (01273) 464278

SITUATIONS VACANT

## CARLINGFORD ADVENTURE CENTRE

Challenging positions in one of Ireland's most popular Outdoor  
Adventure Centres

### JOB OPPORTUNITIES

for energetic, enthusiastic Instructors with land and/or water based  
qualifications

Level 2 Coach in Kayak/Canoe

High Ropes Trained

Sailing/Windsurfing Instructors

Rock-Climbing SPA Instructors

\*\* Mini-bus (D1) License over 25 preferable

Salary Commensurate with experience and qualifications

Interested? - Please send CV with details of experience and  
qualifications to:

**TOM McARDLE, H.R. MANAGER**

**CARLINGFORD ADVENTURE CENTRE, THOLSEL STREET,  
CARLINGFORD, CO. LOUTH, IRELAND**

Tel: 00353 42 9373100 Fax: 00353 42 9373651

email: info@carlingfordadventure.com

web: www.carlingfordadventure.com

[www.surreycc.gov.uk](http://www.surreycc.gov.uk)



Making Surrey a better place

## Seasonal Outdoor Education Workers

£13,974 - £16,452

Surrey

**36 hours per week (6 month contract initially  
commencing on April/May 2007)**

Giving young people a great outdoor education at one of our centres, you will  
ideally possess NGBs in Kayaking, Sailing, Climbing, Archery, Orienteering and  
High Hopes. However, we will provide comprehensive training where necessary.  
Can you give young people in Surrey a passion for the great outdoors?  
We need several highly motivated people who can deliver exciting outdoor  
educational programmes at a number of centres. To be equal to the challenge,  
you should be extremely interested in outdoor education, experienced in  
working with young people and ideally qualified to NGB (National Governing  
Body) standard in Kayaking, Sailing, Climbing, Archery, Orienteering and  
High Hopes.

However, if you're not professionally qualified, we're still keen to hear from  
you, as it's your attitude, energy and motivation that matter most. For  
positions at Henley Fort, qualifications in food handling and basic catering  
would be a plus, whilst roles at Thames Young Mariners demand NGBs in  
water sports and posts at High Ashurt focus on climbing, archery and other  
land-based activities. Whichever location best suits your skills, you can expect  
a comprehensive training package.

To apply, please email your CV to [outdoor.educationcentres@surreycc.gov.uk](mailto:outdoor.educationcentres@surreycc.gov.uk)  
Applicants will be considered up until 18 March 2007.



Working towards equality

## BLACK MOUNTAIN Activities

### Instructional Staff for 2007

We are looking for experienced, enthusiastic and motivated instructors to join  
our dedicated team to help deliver our wide range of activities for 2007 session.

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

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

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

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



## STUBBERS ADVENTURE CENTRE

Upminster, Essex

### Vacancies for 2007 season Instructing staff

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

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

More details on website: [www.stubbers.co.uk](http://www.stubbers.co.uk)

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

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

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

Charity No. 1080941

## great jobs, great life

We're now recruiting watersports instructors,  
activity and resort staff for our active beach clubs  
in Greece and Turkey.



For further details visit our website or call us for a chat  
**0870 402 0286 - [crystalactive.co.uk/jobs](http://crystalactive.co.uk/jobs)**

See us on stand M46 at the London boat show  
and stand B13 at the dinghy racing show.



## Instructor required at Hindleap Warren Outdoor Education Centre

A chance to join a team of outdoor enthusiasts at a fast  
developing Centre.

Applicants should have SPA, current First Aid, and other activity  
qualifications (preferably NGB Awards)

Salary £11,951 - £14,699 (£12,608 with SPA).

No charge for accommodation or meals. Many other  
employment benefits.

Phone/email for an Application Pack:

Tel : 01342 822625

[admin@hindleap.com](mailto:admin@hindleap.com)

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



## EXPERIENCE LIFE & WORK IN THE ISLANDS OF ORKNEY

### 2 x SEASONAL OUTDOOR EDUCATION INSTRUCTORS

Salary £12,531 - £14,031 pro rata inc. Distant  
Island Allowance. (job ref. ED/307/06)

Posts commence 7th April 2007 until end of  
September 2007.



All applicants  
must possess the following

- A Full Driving License (+ D1)
- A Current First Aid Certificate

In addition to the above, applicants must have at  
least 3 of the N.G.B. qualifications listed below:

- Single Pitch Award
- W.G.L. or Summer M.L.
- G.N.A.S. Archery Leader
- B.C.U. Coach L2 or L3 (sea) Kayak
- B.C.U. Coach L2 or L3 Open Canoe

Applicants must have worked in the outdoor industry for at least 2  
full years and have proven experience in instructing water, land  
and centre based activities. Experience of wild camping,  
bushcraft and leading environmental activities would be an  
advantage.

All outdoor instructor posts include travel costs to and from  
Orkney, staff clothing, in-house training and quality  
accommodation for the duration of the contract.

**Closing Date: 16th February 2007**

Completed application forms for the above posts should  
be returned to the Senior Administration Assistant  
(Personnel), Department of Education & Recreation  
Services, Council Offices, Kirkwall, Orkney, KW15 1NY.

Application packs for the above posts can be requested  
from Customer Services, Council Offices, Kirkwall,  
Orkney, KW15 1NY, tel. (01856) 873535 or email:  
[customerservices@orkney.gov.uk](mailto:customerservices@orkney.gov.uk)



PGL is the UK's leading provider of recreational sports holidays and educational  
courses for children.

We're looking for energetic, fun-loving Canoe & Kayak Instructors to share their  
passion for paddling.

We're looking for:

- BCU qualified coaches • BCU 3\*+ award holders
- Personally experienced paddlers
- BCU L3 Canoe Coach/L4 Kayak for River Leaders & Head Paddlers

Competitive wage, bonuses, full-board  
accommodation available, training  
& qualification opportunities,  
Apprenticeships & more

Flexible-length contracts available from now - November

Activity Instructor, Catering & Housekeeping vacancies across the UK, France  
& Spain also available

**COME AND SEE US AT THE OUTDOORS SHOW**

**[WWW.PGL.CO.UK/RECRUITMENT](http://WWW.PGL.CO.UK/RECRUITMENT)**



**0870 401 4411**

PGL is committed to the principle of equal opportunities



SITUATIONS VACANT

## Arnfield Care Ltd

### Instructors/Care Workers Wanted



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

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

**Please contact Paul Knowles 01457 860200**



### ACTIVITY INSTRUCTOR JOBS 2007

We require qualified multi-activity instructors for our rural Centre in Sandhurst, Berkshire. We're looking for self-motivated BCU/RYA instructors able to work with initiative and enthusiasm to deliver educational and FUN activity sessions and courses.

Join our professional team in providing both water and land-based activities - schools, youth groups, corporate team-building .

ACTIVITY INSTRUCTORS must hold one or more of the following:  
RYA Dinghy Instructor, RYA Windsurf Instructor L1  
BCU Kayak/Canoe Coach L2 - BDA and GNAS an advantage.

Seasonal Contracts – April to September including weekends  
Great wages for reliable staff (accommodation available).

Visit our website [www.freetimewatersports.co.uk](http://www.freetimewatersports.co.uk)  
Contact us: 01252 871808 [jobs@freetimewatersports.co.uk](mailto:jobs@freetimewatersports.co.uk)  
Horseshoe Lake, Mill Lane, Sandhurst, Berkshire GU47 8JW



Southampton City Council

## WOODMILL OUTDOOR CENTRE

Woodmill Lane, Swaythling, Southampton, SO18 2JR

### OUTDOOR ACTIVITY INSTRUCTORS REQUIRED FOR 2006/7

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

Woodmill requires Outdoor Activity Instructors to start 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).

SITUATIONS VACANT

## Step up to the challenge

Are you outgoing, adventurous and great with kids?



Then this is for you!

## Activity Instructors

Ideally you will hold one of these:

BCU Level 2 Training, SPA Training or GNAS Leader Award.  
However we can provide excellent on-the-job training opportunities and can offer accommodation at all our centres.

To apply:

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



Charity no. 306016

**Girlguiding UK**



Outdoor Education Service

## STAFFORDSHIRE COUNTY COUNCIL OUTDOOR EDUCATION SERVICE

Opportunities at our four well respected residential centres for Seasonal Instructors

- Salary range £10,206 - £13,901 dependant upon experience and qualifications (subject to job evaluation)
- Posts available from February 2007 onwards - 6-8 month contracts.
- Opportunities for extended contracts for a further 12 months
- National Governing Body experience/qualifications in Outdoor Activities essential.
- Board and accommodation available whilst at work.
- 37 hour week including one evening duty.
- Generous paid holidays.
- Further training and professional development available.

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

Website:

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



INVESTOR IN PEOPLE

## Looking for the best Training & Working Adventure?

Rewarding work and great fun instructing exciting adventure activities to 8-12 year olds, including Canoeing, Climbing, Caving, Archery... and many more.

Robinwood offers:

- ▲ Two great locations in the Pennines.
- ▲ An excellent staff training programme, including NGB qualifications paid for by Robinwood
- ▲ Great working conditions, with an average 3 days off per week
- ▲ Good quality staff accommodation
- ▲ Staff residentials and activity events, all organised and paid for by Robinwood.
- ▲ Great staff wages
- ▲ National Training Award Winner 2001

For further details:

[bestjob@robinwood.co.uk](mailto:bestjob@robinwood.co.uk)



Tel 01706 814 554



INVESTOR IN PEOPLE





active 8 CARE

Are you up to **the challenge?**

**IF YOU ARE:**

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

**DO YOU HAVE:**

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



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

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

**If so contact us now!**

Telephone: 01253 640683 Mobile: 07703 030425  
or email: [dave@active8care.co.uk](mailto:dave@active8care.co.uk) web: [www.active8care.co.uk](http://www.active8care.co.uk)



**“This is REAL adventure...”**

*A tangle of wild uninhabited offshore islands.  
Beaches, lagoons, caves and cliffs.*

*Home to eagles, otters, seals and deer - and to our Adventure Training Centre for 9-15 year-olds.*

We need experienced Kayak, Rocksport and Expedition Instructors for our April to September Season at our Multi-Activity Adventure and Survival Training Centre. We can offer you full board and accommodation in a genuinely unspoilt wilderness environment, with a good wage, and excellent wild island exploring and sea paddling all around. Exciting opportunities to add to your logbooks and increase your qualifications.

Please apply with your CV to...

**Wild Island (CF), Solwaybank, Canonbie,  
Dumfriesshire, Scotland DG14 0XS.  
e-mail [rubhafiola@hotmail.com](mailto:rubhafiola@hotmail.com)**

## Aqua Sports Company -

Staff required for 2007 season (March to October)

A busy lake based watersports centre located at Mercers Country Park near Redhill in Surrey.

BCU kayak level 2 coach required (dinghy sailing/windsurfing skill/quals an advantage). On site accommodation

Competitive wages & training package

CLOSING DATE 17th February 2007 - Interviews from 5th March 07  
- immediate start

Send CV + covering letter to Sam  
Smithson, Aqua Sports Company,  
Mercers Park, Nutfield  
Marsh Road, Merstham RH1 4EU,  
or email to [jobs@aquasports.co.uk](mailto:jobs@aquasports.co.uk)  
[www.aquasports.co.uk](http://www.aquasports.co.uk)



**Lead, encourage, motivate!**

Join Acorn Adventure, the UK's leading provider of adventure camps for schools, groups and families.

We are looking for energetic team players to work as **canoe and kayak instructors** at our UK, French and Italian centres in 2007. You must be enthusiastic, reliable and friendly with a positive child-centred approach.

**You will receive:**

- Excellent training and qualification opportunities
- Full-board tented accommodation
- Weekly wages based on qualifications and experience

Positions available from April 2007 to September 2007.

Call **0121 504 2060**

[jobs@acornadventure.co.uk](mailto:jobs@acornadventure.co.uk)

[www.jobs-acorn.co.uk](http://www.jobs-acorn.co.uk)

paddlesport wanted!



**Canoeists Required**  
South of France; Ardèche Region

- A fantastic opportunity to work in a dynamic, customer focused environment, leading a range of activities including a two day river trip in the Ardèche gorge.
- Ideally you will possess BCU coaching qualifications in canoe and / or kayak and have experience of leading young people in outdoor activities.
- Six month contracts available, from April - September plus full board and accommodation provided on site.
- Opportunities to work alongside experience coaches and improve your paddlesport experience and qualifications.
- Other vacancies are available, such as; Catering, Driving & Client Care roles plus numerous vacancies in the UK, including Instructional roles.



For further information and an application pack please contact:  
The Recruitment Team E-mail: [info@nstgroup.co.uk](mailto:info@nstgroup.co.uk) Tel: 0845 671 1357



## Okehampton Adventure Centre Are Seeking Seasonal Instructors to join our busy staff team

Applicants should ideally hold at least one NGB award:  
SPA - ML - BCU L2 Coach

However Trainee positions are also available!

For further information and application  
form please contact Michelle Wood  
Activity Manager

Phone 01837 53916 or

email: [activities@okehampton-yha.co.uk](mailto:activities@okehampton-yha.co.uk)



SITUATIONS VACANT



**Freelance Residential Care Workers Needed!**

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

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

Can you say yes to the following questions?

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

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



SITUATIONS VACANT



**Watersports Instructors**

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

Duties will include - The running of certificated/non-certificated sessions and courses, hire operation, building and site maintenance.

For an application form ring:  
0161 962 0118  
Start dates are available in April & June

INSURANCE



**Insurance for Paddlers**

- ◆ Canoes & Equipment
- ◆ Other Small Crafts
- ◆ Activity Travel
- ◆ Activity Centres / Companies

For more details please call: 01223 720350

Or for an online canoe quote visit:

[www.nwbrown.co.uk/insurance/canoe.asp](http://www.nwbrown.co.uk/insurance/canoe.asp)

Phone: 01223 720350  
Fax: 01223 353705  
Email: [canoe@nwbrown.co.uk](mailto:canoe@nwbrown.co.uk)

N W Brown Insurance Brokers Ltd  
Richmond House, 10-20 Regent Street, London, EC2 1DD  
Authorized & Regulated by the Financial Services Authority



National Centre, Lakeside

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

Paddle down to see us... and join our team of experienced and enthusiastic multi-activity instructors delivering Outdoor Education and Personal Development programmes to school and youth groups at our dynamic Centre in the Lake District. Contracts for our 2007 Seasonal Instructors start from early spring to late autumn.

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

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

For a recruitment pack please contact:

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

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

Registered Charity No. 212810



**TAIN ADVENTURE CENTRE  
BALLYOONAN, OMEATH,  
CO LOUTH IRELAND**

Instructor's required for 2007 season, for a busy multi-activity centre providing a wide range of activities to schools, youth groups and universities throughout Ireland and the UK.

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

Tel 00(353)429375385 Fax 00(353)429375417  
E-mail [tainhol@eircom.net](mailto:tainhol@eircom.net) [www.tainadventure.net](http://www.tainadventure.net)



**Keswick Climbing Wall and Activity Centre**

require Multi-Activity Instructors for the 2007 season (April - October). Open boat qualifications essential, SPA and driving license a definite advantage.

We work with a variety of client groups across the activity range, so a flexible approach will be required. Please send a CV and covering letter to Jason O'Rourke at Keswick Climbing Wall & Activity Centre, Southey Hill, Keswick, Cumbria CA12 5NR. Tel: 017687 72000

E-mail: [Jason@keswickclimbingwall.co.uk](mailto:Jason@keswickclimbingwall.co.uk)  
Web: [www.keswickclimbingwall.co.uk](http://www.keswickclimbingwall.co.uk)



**B.C.U. & R.Y.A**  
**Instructors & Senior Instructors**  
**Required for 2007 season**

AT

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

For an application form contact  
Jon or on 020 8549 3066 or  
020 8547 5812

email: [albanyparksb@rbk.kingston.gov.uk](mailto:albanyparksb@rbk.kingston.gov.uk)



**EssexOutdoors**  
.ORG

**Seasonal Instructors in**  
**Outdoor Education**

**May – September 2007**

Essex Outdoors is currently seeking Seasonal Instructors to work at a variety of centres within the county.

Opportunities exist at our dedicated sailing centre at Bradwell as well as at our land-based centres at Danbury, Harlow and Mersea. Summer instructors are predominantly involved in delivering activity sessions to young people from schools, youth groups and youth localities in a variety of activities which include climbing, high ropes, archery, mountain biking, canoeing & kayaking and sailing.

We are looking for people over 18 who like working outside, are physically fit, enthusiastic, flexible, keen to learn and have an interest in helping young people develop.

Having personal experience or qualifications (e.g. SPA, BCU Level II, GNAS, RYA, MIAS) in the above activities would be a distinct advantage although not essential as all staff receive in-house training/site specific training in all activities offered at the centres

Seasonal instructors should be available to start employment in early May to mid June although there maybe some flexibility with this.

Salary is between £12,918 to £14,538 pa for a 37 hour week, depending on experience and qualifications. Your working week may include some evening, weekend and occasional overnight duties. Some sites can offer accommodation on-site for seasonal instructors.

For more information about Essex Outdoors and the individual centres please visit [www.essexoutdoors.org](http://www.essexoutdoors.org)

For an application pack please contact Danbury Outdoors:  
Well Lane  
Danbury  
Essex  
CM3 4AB  
01245 223 342  
[info@danburyoutdoors.com](mailto:info@danburyoutdoors.com)



Essex County Council

**Peat Rigg Outdoor Training Centre**

**Senior Instructor £15,000 - £17,000**

With a good range of NGBs and experience of running personal development courses

**Assistant Instructor £10,000 - £11,500**

Working towards NGB's and experience with groups (both are permanent positions)

Peat Rigg is a high quality centre set in the North York Moors National Park. We require two enthusiastic, experienced and well motivated individuals to join our small professional team.

For more details and an application pack contact Ian Thorpe on 01751 417112 or [ian@peatrigg.co.uk](mailto:ian@peatrigg.co.uk). Also check out our website [www.peatrigg.co.uk](http://www.peatrigg.co.uk)



**LLAIN ACTIVITY CENTRE**

Job opportunities on the mid-Wales Coast

Join a friendly and enthusiastic team at an expanding centre. Varied activities, diverse client base & favourable working conditions. Season runs from March to late Oct. NGB training opportunities. We are seeking staff for the full season and also for May/June start. Competitive salary plus food & accommodation. In addition to qualifications we require personalities able to bring the best out of clients of all ages & abilities.



Send a CV covering letter to Llain Activity Centre, Llanarth, Ceredigion, SA47 0PZ. Download an application from [www.llain.com/download](http://www.llain.com/download)

E-mail: [enquiries@llain.com](mailto:enquiries@llain.com) [www.llain.com](http://www.llain.com)

**East Coast Adventure**

Nestled in the foothills of the Mourne mountains. East Coast Adventure is the ideal base for adventure. Offering a wide range of activities from Climbing to Jet skiing.

**JOB OPPORTUNITIES**

for energetic and motivated Instructors with land and water based qualifications

Level 2 Coach in Kayak/Canoe

Single Pitch Award

Mountain Leader Award

Personal Water Craft

Power Boat L2

Experience in delivering Team development programmes

\*\* Mini-bus (D1) License very useful

Positions to commence late February 2007



For further info, please contact:

East Coast Adventure

Lower Knockbarragh Road, Rostrevor,

Co Down, N-Ireland, BT34 3DP

Tel: 0044 28 417 39923

email: [Helen@eastcoastadventure.com](mailto:Helen@eastcoastadventure.com)

web: [www.eastcoastadventure.com](http://www.eastcoastadventure.com)

situations

vacant

Carsington  
Sports &  
Leisure

Join an enthusiastic team at our watersports & mountain bike centre beside 1000 acres of water in the Derbyshire Dales.

**BCU / RYA Instructors**

Kayak, canoe, windsurf, sailing & powerboat  
instructors required. Long & short contracts.

Single activity £12,155, multi activity £18,260 (pa pro rata)

Call 01629 540478 for application

SITUATIONS VACANT



**An exciting leadership opportunity**

World Challenge is a specialist in the provision of leadership, teamwork and development training for young people. We require BCU Level 2 Coach and above qualified people to lead our exciting expeditions both within the UK and Overseas.

**We are looking for Leaders with:**

- >> BCU Level 2 Coach
- >> youth development experience
- >> developing world travel experience
- >> NGB awards and similar qualifications

Contact us to book your place on a free Potential Leader Course.

**08704 873173**

**leaderinfo@world-challenge.co.uk**

**www.world-challenge.co.uk**



**Jobs online @**

**www.canoefocus.co.uk**



**Kent Youth Service is currently recruiting seasonal instructors and trainee instructors.**

Please note that each centre is unique in what it offers and the person specifications reflect this. There are a number of vacancies at each centre.

**The Swattenden Centre, Cranbrook (April to November 2007)**

Trainee Instructors (ref CD/07/023)

Instructors (ref CD/07/024)

**Bewl Water Outdoor Centre (April to October 2007)**

Trainee Instructors (ref CD/07/025)

Instructors min BCU Coach 2 or RYA Dinghy Instructor (ref CD/07/026)

**Closing date: 12th February 2007**

For further details please contact:

David Jones, Head of Centre, The Swattenden Centre  
01580 713 657

Richard Retailick, Head of Centre, Bewl Water Outdoor Centre  
01892 890 716

Kent Youth Service is committed to safeguarding young people, and these posts are subject to an Enhanced Disclosure Application to the Criminal Records Bureau.

For an application form and job description (quoting the job reference) [recruitment.line@kent.gov.uk](mailto:recruitment.line@kent.gov.uk)

or

08458 247 904 (calls charged at local rate)

or

write to Recruitment Line, Kent County Council Contact Centre Ground Floor, Invicta House, County Hall, Maidstone ME14 1XX



SITUATIONS VACANT

**Activity Instructors**

**Adventure International**

**The TIME of your LIFE?!**

We are seeking Energetic, Motivated TEAM Players to join our instructor team. Begin MARCH and end NOV 2007. EXCELLENT training opportunities available during the season. Including M.L.T.E. and B.C.U. Awards.

**Tel : 0870 7775111**

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

**Inspiring Instructors Required**

**Then Contact Newlands Adventure Centre NOW**  
**TEL: 017687 78463**

**WEB: www.activity-centre.com**

If you...  
...are a team player  
...have one or more NGB  
...can motivate and inspire  
...want to work in the Lakes, near Keswick  
...would like quality NGB training

**HATFIELD WATER PARK  
OUTDOOR ACTIVITY CENTRE  
ACTIVITY LEADERS REQUIRED FOR 2007**

Hatfield Water Park Outdoor Activity Centre is looking for Seasonal Activity Leaders (£8.36 ph) and Assistant Activity Leaders (£7.18 ph) to deliver exciting and educationally valid activities for Schools, Youth Groups and Individuals.

We are looking for experienced and enthusiastic staff with coaching qualifications in some of the following; Kayaking, Canoeing, Windsurfing, Archery and Sailing as well as SPA training. Additional NGB's would be an advantage and training will be available in obtaining further outdoor qualifications.

Please note accommodation is not included within these posts, for further details contact the centre or send your CV with a covering letter to:

Hatfield Water Park Outdoor Activity Centre  
Old Thorne Road  
Hatfield  
Doncaster  
South Yorkshire DN7 6EQ  
[www.doncaster.gov.uk/hatfield\\_waterpark](http://www.doncaster.gov.uk/hatfield_waterpark)  
Email: [hatfield.waterpark@doncaster.gov.uk](mailto:hatfield.waterpark@doncaster.gov.uk)  
Tel: 01302 841572

**Clearwater Paddling: Sea kayaking in the Outer Hebrides**

We are looking for **Hostel Manger**  
**BCU Coach (Sea)** Post to run May to September.  
Post to run May to September. To run a 16 bed Independent  
[www.clearwaterpaddling.com](http://www.clearwaterpaddling.com) Hostel and 8 bed sea kayak Lodge  
[www.dunardhostel.co.uk](http://www.dunardhostel.co.uk) [www.dunardlodge.com](http://www.dunardlodge.com)

For information about these two vacancies please contact:  
Chris Denehy at Clearwater Paddling, Dunard,  
Castlebay, Isle of Barra, HS9 5XD  
Tel 01871 810443 [info@clearwaterpaddling.com](mailto:info@clearwaterpaddling.com)

Posts open to individuals or a couple

# mepal outdoor centre

Near ELY, Cambridgeshire

## LEAD INSTRUCTOR

We are looking for a mature Instructor to take up a key role in our team. Ideally you'll hold two relevant qualifications (BCU / RYA / BMC) and have at least three years of coaching experience.

£13,260—£15,560



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

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



## Job Vacancy

### Outdoor Education Instructor Duchy College – Stoke Climsland, Cornwall

£13,900 – £15,800 - plus benefits

Duchy College is looking for an experienced Instructor to work in a busy Outdoor Education Department.

Responsibilities involve the teaching and assessment of students in a variety of outdoor education activities linked to their main course of study.

#### Candidates should have:

- One land based qualification (either MLTE Mountain Leader Award or Single Pitch Award)
- One water based Level-3 qualification (BCU Level-3 Coach Award in Kayaking or Canoeing)
- HSE approved First Aid At Work Certificate
- D1 or full PCV Licence

For further details on the above position please contact Nick Carter or Leanne Randall, (Personnel Recruitment Consultants) on 01872 264752, or visit our website at [www.cornwall.ac.uk](http://www.cornwall.ac.uk)

Closing date is: 23rd February 2007

"All disabled applicants meeting minimum job criteria will be invited to interview."

Cornwall College is an equal opportunities employer

"Creating opportunities for all through high quality education and training."

Part of The CORNWALL COLLEGE GROUP



INVESTOR IN PEOPLE



Jobs online @  
[www.canoefocus.co.uk](http://www.canoefocus.co.uk)

## Mersea outdoors MULTI-ACTIVITY INSTRUCTORS

centre for outdoor learning

Required from May to September 2007  
NGB and in-house training provided  
BCU Level 2 Kayak instructors needed  
D1 licence an advantage  
On-site accommodation available

For more information and an application form please contact the centre on 01206 383226 or email [info@merseaoutdoors.com](mailto:info@merseaoutdoors.com)



Rewsalls Lane, East Mersea, Colchester, Essex, CO5 8SX  
[www.merseaoutdoors.com](http://www.merseaoutdoors.com)

## OUTDOOR EXPERIENCES FOR ALL

BLACKWELL ADVENTURE is a new outdoor education provider in the West Midlands

Our residential centre is set in 100 acres of country estate and boasts a range of land and water based adventurous activities for a full range of customers from young people to adult. From April 2007 we require

- 3 inspirational Instructors
- 7 Experienced Senior Instructors

#### Do you have

- A selection of NGB awards including MLT and/or BCU
- Experience of delivering outdoor education
- A flexible and fun approach to work

Great working conditions in a new, dynamic & developing company. BE A PART OF IT!

0121 445 1285  
[info@blackwelladventure.co.uk](mailto:info@blackwelladventure.co.uk)

BLACKWELL COURT  
AGMORE ROAD, BLACKWELL  
BROMSGROVE, B50 9FX

## Trade

### West Sussex

#### SOUTHWATER WATERSPORTS CENTRE

[www.southwatersports.co.uk](http://www.southwatersports.co.uk)  
Cripplegate lane Southwater  
West Sussex RH13 7UN  
Watersports Courses phone  
01403 734424

For all your watersports equipment look @ [www.ukkayaking.co.uk](http://www.ukkayaking.co.uk)

### Somerset

**PK**  
KAYAKS  
PERFORMANCE

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

### Essex

#### Nucleus Watersports The Essex Superstore

Kayaks, Canoes, Accessories  
[www.nucleuswatersports.co.uk](http://www.nucleuswatersports.co.uk)  
[Sales@nucleuswatersports.co.uk](mailto:Sales@nucleuswatersports.co.uk)  
Tel: 01255 812 146  
204 Printon Rd, Holland-on-sea,  
Essex, CO155SP

### Somerset

**AS**  
WATERSPORTS

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

### Cambridgeshire

#### Reeds of Cambridge

EXPERIENCED SELLERS OF CANOES AND KAYAKS FOR OVER 15 YEARS  
VISIT OUR WEBSITE - ORDER ONLINE  
[www.reedsforcambridge.co.uk](http://www.reedsforcambridge.co.uk)

Tel: 01223 425342

Two Trees Boatyard, 70 Water Street  
Cambridge CB4 1PA

### Greater London

CANOE RESCUE EQUIPMENT AND ACCESSORIES INCLUDING GREEN SLIME THROWBAGS



MAIL ORDER SERVICE AVAILABLE

CONTACT: SUZY, 2 VICTORIA CLOSE,  
EAST MOLESEY, SURREY, KT8 9SQ  
TEL/FAX: 0208 941 2714



# Deep U snowy

We packed the boats knowing that there was a deepening low in the Atlantic. This had been predicted to produce winds of up to gale Force 9 in the Rockall, Hebrides and Malin shipping areas over the next 24 hours. Looking at the sea state, this forecast, given to us by the Met' Office was hard to believe. Glassy and clear, you could see the crabs scuttling across the sea bed with fish weaving gracefully in between the kelp.

We packed the boats knowing that there was a deepening low in the Atlantic. This had been predicted to produce winds of up to gale Force 9 in the Rockall, Hebrides and Malin shipping areas over the next 24 hours. Looking at the sea state, this forecast, given to us by the Met' Office was hard to believe. Glassy and clear, you could see the crabs scuttling across the sea bed with fish weaving gracefully in between the kelp. Not a breath of wind stirred the surface of Loch Alsh. A little bleary eyed, we slipped the boats onto the water at Kyleakin, a small fishing town on the Isle of Skye.

A plan was hatched. We decided that we were going to escape the predicted weather and head south and into Loch Hourn, to take up accommodation in a 'bothy' located in Barrisdale Bay on the north coast of Knoydart 'the last wilderness of Great Britain'. This meant a reasonably tough first day of approximately 24kms, with heavy boats packed with food and drink for the week, this seemed more like 30kms. With the tide on the ebb through Kyle Rhea and in the Sound of Sleat, it meant that we could use this to our advantage averaging up to 5kms an hour.

South of Glenelg (famous for the Kyle Rhea ferry which ferry glides its passengers across the strong tidal flow to Skye and also the film 'Ring of Bright Water' – a story about an otter) there are a group of rocky outcrops called Sandaig Islands that provide a perfect setting to watch otters fishing in the sheltered blue water. Here we stayed watching them chunter before they

dived out of view, only to reappear moments later on the brown rocks or the white sands in the bay with a succulent looking fish between its sharp teeth.

After paddling against a weakening tide, up into the further reaches of Loch Hourn, watched by many inquisitive seal pups, we arrived under the white light of the head torch in Barrisdale Bay at low water. Arriving at this state of tide is not to be advised, as it creates a rather large portage of 1.5kms. This portage is made a little easier by using a track on the eastern side of the bay from the small boat house and shingle



slipway on Fraoch Eilean, a tiny island at high tide. A portage across the beach is not advised! Fortunately for us and many other people who arrive in the dark, there is a welcoming light that illuminates one of the windows of the 'bothy'.

For a small cost this 'luxury bothy' provided us with some pleasant accommodation, running water, a flushing toilet, electricity and comfortable bunks.

What more could one want whilst the rain was horizontal and with the wind whistling around the hills and banging on the door? For the next two days, the thought of venturing out into the strong gale force winds and onto the sea was not a pleasant

option. Instead we made use of the time by exploring the wonderful scenery that Knoydart provides whilst squinting through the heavy persistent rain that is typical of the West Coast. After one too many 'wee drams' and many a game of 'Guess the Animal' it was time to reload and float the boats two days later and a little more insane.

Paddling again on a jet black sea, the calm and still water of this deep lock provided us again with some awe inspiring journeying. Looking onto the sunlit peaks which were topped with a dusting of snow and across the water into the little bays along the shores of the lock, made the mornings paddle quite special. A local deer stalker informed us that this was not the normal weather for this time of year



and blamed it on the hot topic of 'global warming'. I know that Loch Hourn is subject to severe squalls and does indeed hold the record for the most precipitation on the west coast of Scotland.

Waiting, basking in the sun and looking around at this glorious setting, we waited for the tide to turn to push us back up north on the flood. Unfortunately, much to our annoyance, a cold wind picked up from the north, picking up the white crests as the tide turned against the wind. This made life hard, and as



# Lochs and mountain tops



each gust became a little stronger, our speed over the ground became almost stationary. Slow progress was eventually made into Glenelg where we were to set up camp for the evening. A fantastic grassy field overlooking the now somewhat calmer Sound of Sleat and the Isle of Skye backed by an amazing sunset to the west and a pub to the east. Here a beer or two was had to end another day of fantastic paddling. Kyle Rhea provides an amazing theatre to watch the local marine life.



Dolphins, seals and many birds congregate to feed on the rich waters that the flood provides. Seals queue in the eddy lines waiting for their moment to fish for salmon and dolphins play in the ever increasing flow while the birds overhead swoop for scraps. Here we waited for the flow to build, and what a place to wait and watch! On a spring tide the flow can build to eight knots and more on occasions, and the flood sets you onto the coast of Skye. We used the flow to launch us up into the eastern part of Loch Alsh and around into Ardintoul Bay, again averaging up to 5kms an hour.

Making our way down into Loch Duich and towards Dornie Castle on the flood, Glas Eilean, a flat grassy island, which is used to graze sheep, becomes impassable on the south side at low tide. The channel on the northern side is marked by two starboard buoys, which become lit at night and a noticeable increase in the speed of the tide. As it passes through the narrow gap between the island and the mainland, the flow catapults you towards the south side of Loch Duich. This shoreline provides some excellent views towards Dornie Castle and some interesting small bays to explore. As you cross towards the castle and the northern shore, the tides become somewhat confused and you may find that your views change suddenly as the boat turns and spins on the boiling eddy lines. Looking southeast will present you with some amazing views of the Five Sisters towering over Glen Shiel.

Ardelve, to the west side of Loch Long, provided us with an idyllic campsite located in a relatively

sheltered bay with a beach that provided us with an abundance of drift wood for a fire. Again we were blessed with some amazing views and were particularly impressed with the castle which is lit at night.

Ardvele Point, west of Dornie on the A87 provides an ideal access and egress point to explore both Loch Duich and Loch Long. Unfortunately, due to being storm bound earlier in the week for two days, time would not permit us to explore these scenic lochs. Hopefully we will get the opportunity soon to explore them.

Our paddle west and back towards Kyleakin along the northern coast of Loch Alsh became both bouncy and slow. A westerly wind blew down the loch against an ebb tide producing a relatively rough sea for the open boats. Sea water would regularly lap over the gunnels and the bow would dip into a trough gulping water. Our speed slowed to a gruelling 2kms an hour. Small rock peninsulas provided us with sheltered areas to hide away from the stronger gusts and these also allowed us to bail out the sea water that had washed over the gunnels. As we rounded Ard Hill into Balmacara Bay, white horses streamed down the loch and Balmacara, basking in a shaft of sun light became our chosen egress point to end our trip.

From the small post office at Balmacara a short bus journey was made over the Skye Bridge to collect the cars which completed our journey at Kyleakin. The 'City Link' bus company runs a regular public service along the A87 which provides paddlers, like ourselves, an easier option to the relentless onslaught of a head wind.

This is an amazing area to explore and provides the paddler with an array of opportunities. I am sure that we will return in the near future to continue our explorations of the west coast. This is one experience that will stay with us for many years to come. ●

**Tim Magson**

## THANKS

I would like to thank my fellow paddling companions for a fabulous week; Paul Mayller, Ol Phillips, Tim Lyle and John (Bon) Sidebotham.

## Pilates for Men DVD

Pilates has been gaining popularity with females for many years now with the result that women practitioners have significantly outnumbered men.

However, that trend is changing as more men are inspired by well-known sports figures begin to explore Pilates workouts for themselves. For those males amongst you who are thinking about starting Pilates, then this excellent instructional DVD called 'Lindsay Jackson's Pilates for Men' will give you perfect preparation.

Your instructor is Lindsey Jackson who expertly and readily addresses men's differing needs for strength and flexibility and gives you an excellent idea of what Pilates can do.

You don't need to have life changing benefits from Pilates, but it's fun to take a look at the high levels of strength, agility and grace that Pilates practice can produce.

Lindsay teaches two men at different levels including:

- Focusing yourself and warming up.
- Stretching and developing your strength with multi-level workouts.
- Challenging yourself with a bonus power section.
- Cooling down and relaxing.

The exercises can result in stretching tight hamstrings and lower backs, reducing sports injuries, improving posture, avoiding back pain, relieving stress and improving sexual performance with pelvic floor strength.

Need we say more!

Available for around £15.00  
[www.enhance-wellbeing.com](http://www.enhance-wellbeing.com)



# 'Running about'

Palm Equipment has released details of its new range of paddle specific footwear that will be hitting the stores running about now...

Featuring five new models the range has been designed from the ground up. This means a specific sole unit with a super grippy 'diamond' tread, ideal for wet rocks and roots. Palm have developed their own foot last with a huge range of sizes so everyone will have a well fitting shoe with Palm's build quality and attention to detail.

## Kevlar Moc

A  $\frac{3}{4}$  boot with optimally positioned over laid Kevlar<sup>®</sup> protection panels on the sole, heel and toe. Described by the test team as the best low profile high performance freestyle footwear available. Uses 3mm neoprene with smooth skin ankle seal and super stretch front panel.

**Usage:** freestyle, surf, multi-purpose. **Sizes:** UK: 4-12; Europe: 36-47. **Colours:** Black/ Kevlar. **MSRP:** £26.95

## Granite $\frac{3}{4}$ River Shoe

A Creeking Boot with a super grippy rubber sole, supporting sole stiffeners to protect the foot from rough ground. Toe and heel rubber caps protect from abrasion. The adjustable webbing straps make sure that the shoe stays in place on your foot. Features 3mm neoprene with super stretch front panel and smooth skin ankle

**Usage:** All river. **Sizes:** UK: 4-12; Europe: 36-47 **Colours:** Black/Grey/Blue. **MSRP:** £34.95



## Action Side Zip Boot

An easy to use 3mm neoprene boot, with a durable YKK<sup>®</sup> side zip and internal baffle to reduce water ingress. The boot has large protective rubber toe and heel caps. The sole unit gives grip on slippery rocks and uneven ground.

**Usage:** General water sports, centre use, kayaking, surfing. **Size:** UK: 4-13; Europe: 36-49. **Colours:** Black/Grey **MSRP:** £24.95

## Quartz $\frac{3}{4}$ Shoe

A lightweight general performance shoe that is ideal for recreational paddling or wearing on the beach. Easy to put on and take off with the inclusion of a pull-tab. The sole unit provides protection from rough terrain and grip on slippery rocks. The adjustable webbing straps support the heel and mid foot ensuring the boot stays on.

**Usage:** General water sports, kayaking, surfing. **Size:** UK: 4-13; Europe: 36-47. **Colours:** Black/Grey/Blue **MSRP:** £22.95

See [www.palmequipmenteurope.com](http://www.palmequipmenteurope.com) for more details and stockist information.

## PADDLE THIS

# Guillemot

When I first saw the guillemot I thought that it would look very nice hanging on my lounge wall and polished occasionally. Thankfully I was given one for a couple of weeks to try out and realised it also makes a damn fine sea kayak as well.

As a wooden sea kayak my first worry (like the majority of people) was the weight. It must be heavy – but no, at 18 kgs it was very light. Secondly how would it handle in open sea, again I was pleasantly surprised. The narrow bow cut through oncoming waves. The shape of the hull at the stern with its projected keel alleviating the need for any rudder. It also rolled well and was very responsive in turning.

It has two waterproof hatches with covers that are also cedar strip. I weigh 10.5 stone and the kayak was just as good as it was with the kayaks builder – Glyn Edwards, who is 16 stone. I paddled this kayak in the first north Kent sea kayak marathon over 15 miles and it won its class which says more than enough about its speed.

Now the technical bit, the kayaks are hand built using strips of cedar imported from North America and Canada. The kayak is then sheathed in tough clear glass fibre inside and out. Several coats of scratch resistant varnish are then applied to the skin, which gives it a deep smooth gloss bringing out the natural beauty of the wood. Fijian mahogany and ash hardwoods are used for the cockpit coaming and the underside of the bow and stern giving extra strength in these areas. The result is a strong, light and beautiful kayak.

**Review by Mick Underhill-rose. Pictures by Glyn Edwards**

**Specifications:** Length: 520cm; Width: 53.5cm; Weight: 18 kgs  
Foam seat and adjustable backrest with adjustable footrest. Price £2,999

[www.glynedwardskayaks.co.uk](http://www.glynedwardskayaks.co.uk) Tel: 07736 549994. E-mail: [glyn@glynedwardskayaks.co.uk](mailto:glyn@glynedwardskayaks.co.uk)





# New from Pyranha

Pyranha will again be exhibiting at the International Canoe Exhibition which is part of the Ordnance Survey Outdoor Show held in the NEC Birmingham over the 16th to 18th March. Pop along to their stand to see the 2007 range and say hello to the team there which will also include new members Tim Lambert (UK Sales manager) and Rich Howe (European Sales manager) to answer all your questions and show you around the range.

For all the latest new check out [www.pyranha.com](http://www.pyranha.com). Also attending the show will be several authorised Pyranha retailers where you can get advice and buy boats and kit as ever.

## P&H unveil their new flagship to the public:

P&H will be unveiling their new 17' + flagship kayak the Cetus to the world press and public for the first time in Hall 2 next to the VW Beach Café at the Ordnance Survey Outdoors Show over the 16th to 18th March at the NEC. On hand will be friendly staff and key paddlers to answer all your sea kayak questions and provide top tips and handy hints. See the full P&H range including the all new Cetus and have a chat with them.

01159 320155

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

## Northwater:

Northwater have announced that they have some exciting new products and updates for the 2007 season. New out this year are:

**RecTow Tether:** This tow tether is built for flat water towing either in a kayak or canoe. Attach it to the grab-loop or thwart of the towed boat and within reach of the rescuer. The unique attachment system can be used as a rip-away quick release from both ends. Made from 4.5m of easy to see, floating 2.5cm wide webbing and comes in a high visibility reflective bag.



**The Recreational Boat Safety Kit:** Covers all the basics, including a RecTow Tether for quick easy flat water tows, a Fox40 whistle for signaling, an Aquabound BilgeMaster Pump to get the water out, and a Bungy Paddle Leash to keep your paddle close.

**Turtleback deck bag:** Perfect for paddlers who like a clean deck but still want quick access to a few top side essentials like snacks, radio, sunscreen, or gloves. It has built-in flotation and a bomb proof anchoring system that will withstand any sized deck wash. Size: 28cm x 15cm x 8cm high.

**Sea tec provision pack:** Great for those sandy beach lunches and sized perfectly to fit under decks. Food is cached in the main body and smaller items in one of two outside pockets; the other contains an attached 1.2m X 1.2m water resistant, clean eating surface which folds up and tucks away for the next meal. Size: 23cm diameter x 48cm long.

The popular Northwater peaked deck bag gets an upgrade for 2007 too. To make stored items easier to get in and out the design has been changed from a single slot opening to a wide mouth opening, and a double pull zipper to make this market leading deck bag even better.

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

P&H Cetus



## PADDLE THIS

# Remodelled Acadia

Perception Kayaks have remodelled their already hugely popular Acadia Expedition. Perfectly complimenting their day touring options as a single hatch relaxed, easy going kayak with ample storage space.

This smooth flowing kayak is quick and holds a true course on inland waterways or coastal waters thanks to the combination of tracking channels and pronounced keel line. In the new Acadia Expedition you can secure gear for your trip in the rear stowage compartment which is now accessed through a large rear Dual Density hatch. Your comfort is ensured by the adjustable Zone outfitting system.

[www.perception.co.uk](http://www.perception.co.uk) or call Perception Kayaks on 01825 765891.



## Kayak Y Deck

We've all had the same problems from time to time with spraydecks: difficulty in attaching them, particularly with frozen unwilling hands and sometimes becoming loose, particularly in white water situations.

Well Ka-y-ak Spraydecks have come up with a solution they think may well help.

The deck has a side mounted clamping lever makes it possible to tailor-fit the deck to your precise kayak cockpit size. I found this easier to do by attaching the deck to the kayak before you get in. This allows you to alter the drawcord and ensure a perfectly tight fit by pushing the handle down which tightens the cord around the cockpit rim. To release, just simply pull the handle back up again. To optimise the deck further, there is webbing stretching across the deck that can be adjusted and tightened by the use of clasps

The result is a very strong watertight grip on the cockpit rim which is also easy to release when needed, though the experienced amongst you may well still be feeling around the front of the deck for the pull-cord!

One size fits nearly nearly all white water and freestyle boats and there is a touring version with shoulder straps.



A genuinely good idea that we found easy to use [www.ka-y-ak.com](http://www.ka-y-ak.com)



## West Rother Tour, W Sussex

A 14 mile paddle from Midhurst to Stopham at the confluence with the River Arun. There is a very narrow window to paddle on this river, March 15th to 2nd April. An additional date has been arranged this year along with an increase in numbers from last year. The first tour will take place on Sunday 18th March and the 2nd on Sunday 1st April.

Please note that the organisers and the BCU are not responsible for organising safety cover or liable for any injury to paddlers or damage to equipment. There are a number of weirs and former lock chambers that can be shot and with one exception all can be portaged. The tour is not suitable for novices.

For further details and bookings please contact me either by phone on 020 8654 0845 or email [electron@nhumphrey.freeserve.co.uk](mailto:electron@nhumphrey.freeserve.co.uk) indicating which date and if you representing a club, how many places are required.

**Noel Humphrey, Local River Advisor, River West Rother**

## Canoe Camping Club, Thames and SE Group

**Sunday 18 February**, River Thames from Chertsey (half day about six miles)

**Sunday 11 March**, Basingstoke Canal from Mytchett

**Sunday 25 March**, R Wey from Godalming

**B/H weekend 5-7 May**, Lechlade, R Thames

**Sunday 20 May**, R Wey from Send

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**, [Robin@rhickman.freeserve.co.uk](mailto:Robin@rhickman.freeserve.co.uk) Tel 01403 267244

## Allan Ellard lecture tour

Mon 12th Feb Keswick [www.cumbriacanoists.org.uk](http://www.cumbriacanoists.org.uk)

Tue 13th Feb Kendal [www.breweryarts.com](http://www.breweryarts.com)

Wed 14th Feb Liverpool Uni [www.talks.lucc.info](http://www.talks.lucc.info)

Thur 15th Feb Glasgow [www.wetdreams.org](http://www.wetdreams.org)

Fri 16th Feb Stirling Canoes [www.stirlingcanoes.co.uk](http://www.stirlingcanoes.co.uk)

Sat 17th Feb Fort William [www.mountainfilmfestival.co.uk](http://www.mountainfilmfestival.co.uk)

'Mountains high and rivers deep - living a wild wet dream'. Alan Ellard is Britain's leading white water expedition kayaker, and a member of the international team that made the first descent of the Great Bend of the Tsangpo in 2002 (the 'Everest' of rivers).

Alan shares his adventures over the last ten years - "We started as young, wild raft guides working in the Himalayas, riding bus roofs, paddling by the seat of our pants, but living a dream - making first descents of the world's great rivers - the Myhka in Burma, the Chenab in Kashmir, and the Dibang in Arunachal Pradesh - somehow we survived!"

## CCDP One Day Conference

17th February 2007

Canoe England together with Sport England and S+P Architects is to hold a second Annual Community Club Development Programme Conference (CCDP) – 17th February – 10.00am for 10.30am Westminster Boating Base, London.

This conference will be of interest to clubs, trusts, and similar canoeing organisations who have been, are already, have a phasing and future expansion issues, or who are aspiring to become part of Canoe England's CCDP.

Speakers are expected to include, a Sport England CCDP project manager, case officers, Canoe England staff and specialist consultants.

Topics covered will be both 'Hard', 'Soft' and problem areas. Including: architectural and building layouts, planning permission, land drainage and other consents. Raising money and partnership funding, case studies, water quality, business planning and templates, Club Mark and Top Club, statistics and monitoring.

Please email Chris Hawkesworth at [chrishawkes@btconnect.com](mailto:chrishawkes@btconnect.com) as soon as possible to indicate that you and how many delegates from your club will be coming. A detailed agenda for the day will be sent to you.

The conference, coffee and lunch is free of charge courtesy of Canoe England, S+P Architects and our co-delivery partners.

## BCU 'Silly Hats' Medway Tour

Sunday 29th April 2007

Venue: Yalding, Kent. (Grid Ref 690498) adjacent to The Anchor pub.

Time: 10:15am for a 10:30am start.

Distance: Morning 6 miles return trip to Teston. Afternoon 4.4 miles return trip to Sluice Weir. Total 10.4 miles. (Option to do either or both).

Suitability: All types of canoe/kayak. All grades of paddler capable of paddling six miles on placid water.

Format: Morning paddle, picnic/pub visit lunchtime at own discretion (bring own food/drink if picnic), afternoon paddle.

Clothing: Dependant on the prevailing weather but be prepared for some rain/wind. **Plus of course... a silly hat... just for fun!**

Cost: £2.00 entry for BCU members (bring your card), or £4.00 for non-BCU members (ie additional £2.00 taster fee for third party insurance.

Organiser: Norman Brooks, (BCU Coach Level 2 Closed Cockpit Kayak – Mem.No. 050550/F) for BCU and Maidstone Canoe Club. Tel. 01634 241350 or e-mail to [normanwbrooks@yahoo.co.uk](mailto:normanwbrooks@yahoo.co.uk) (Note: this is my home e-mail and the one I wish to be used by enquirers)

## Great Lakeland Challenge

May 18, 2007

During the past decade the Wooden Spoon Great Lakeland Challenge has generated well over £1m – money that is helping to make a huge difference to the lives of disadvantaged children and young adults up and down the country and the organisers are on the look out for people who are ready to tackle 'England's longest, steepest and highest' outdoor charity event.

In the space of 12 hours up to 40 three-person teams will take to canoes and paddle the length of Lake Windermere (10.5 miles). At its north-western shore they will switch to bikes and cycle 26 miles over the Wrynose and Hard Knott passes – involving 1,200 ft climbs at gradients of 1:3 – to Wasdale Head, before scaling England's highest mountain, Scafell Pike (3,208 ft).

Each team will be assisted by a driver, whose role is to support his 'athletes' by ensuring their equipment and clothing is in the right place at the right time – especially through the transition stages.

Vehicles will be supplied by the organisers for use by teams during the week prior to the Challenge, as well as on-event, while each team will also receive a set of challenge clothing, canoe, paddles and buoyancy aids and will enjoy two nights' accommodation, breakfast and a prize-giving dinner/celebration at the Langdale Hotel and Country Club.

The aim is for each team to raise a minimum of £4,400 for Wooden Spoon. Last year the Great Lakeland Challenge generated £176,436, which Wooden Spoon is using to fund a host of capital projects located throughout the UK and Ireland.

Challenge teams receive advice on how to generate sponsorship and help publicising their exploits in their local communities. They also get a chance to practice – and check their progress, at a special training weekend in the Lake District in March, when they also receive canoeing training, map and compass tuition and advice on nutrition and fitness.

If you and your friends, family or work colleagues want to join in the fun next May, call the Wooden Spoon Challenge Office on 01889 582889 or email

[challenge@eventsunlimited.co.uk](mailto:challenge@eventsunlimited.co.uk) for an information pack and entry form. [www.woodenspoon.com](http://www.woodenspoon.com)

## Touring and recreation

Cambridgeshire Canoeing Association.

River Great Ouse, Sunday 10 June 2007

Tour of the backwaters probably beginning at Riverside, Huntingdon. Journeys of varying lengths to suit beginners and others alike in almost any boat type.

Contact: [gavin.walker43@ntlworld.com](mailto:gavin.walker43@ntlworld.com) Tel: 01480 391818, mobile: 0797 7768 677.

*There are far  
more stretches  
of wild rivers  
without play waves  
than there are with!*

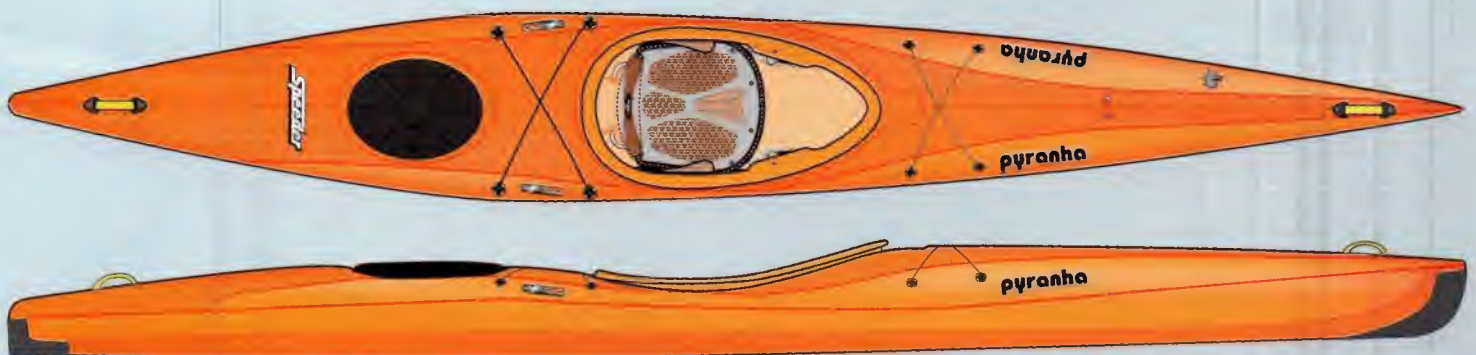


## **Speeder**

The Speeder combines the swiftness of a thoroughbred racer with the manoeuvrability of a much shorter kayak. The rear storage hatch allows for longer trips and its dry ride is a breeze in rapids. The rear wings give it excellent stability when leaned over and the neat heart rate monitor / GPS mount lets you see just how far you have come and how hard you are working!

A kayak to meet the challenges of many scenic rivers, or just keeping fit.

Length	Width	Volume	Weight Range
cm/in	cm/in	Lts/Gals	Kgs/Lbs
450 / 14'7"	60 / 23 1/2"	360 / 95	55-120 / 121-265



**For more information contact your local Pyranha dealer**

Dealer	Location	Phone	Website
Herefordshire Canoe and Kayak	Orcop	01981 580555	<a href="http://www.hbcanoekayak.co.uk">www.hbcanoekayak.co.uk</a>
Marsport	Reading	01189 665912	<a href="http://www.marsport.co.uk">www.marsport.co.uk</a>
Paddleworks	Bala	01678 520808	<a href="http://www.paddleworks.co.uk">www.paddleworks.co.uk</a>
Paddleworks	Llangollen	01978 861444	<a href="http://www.paddleworks.co.uk">www.paddleworks.co.uk</a>
Up & Under	Cardiff	02920 578579	<a href="http://www.upandunder.co.uk">www.upandunder.co.uk</a>
Whitewater the CC	Shepperton	01932 247978	<a href="http://www.wwtcc.com">www.wwtcc.com</a>

**[www.pyranha.com](http://www.pyranha.com)**



**Enhanced for  
a better  
performance**



**The 2007 Carolinas are our all-new versions of  
the World's most popular touring kayak.**

These kayaks of exceptional pedigree have many of the user-friendly characteristics of their predecessors with enhancements to add yet more water between them and their rivals. Our new v-shaped hull with soft chines works in combination with tracking channels to make the Carolinas easy to handle and true tracking for all abilities of paddler. The Carolina's signature stability and versatile performance remain key benefits and have been tweaked to ensure they continue to lead the way in touring.



BRITISH MADE

01825 765891

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

prototypes shown - specifications may vary