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Clockwise: Tim Brabants, Jessica
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Comment by Paul Owen, Chief Executive

Welcome to August's issue of Canoe Focus

I take this opportunity to wish the Team GB canoeists the very best of luck in Beijing.

There have been some outstanding performances in the run up to the Olympic Games and all of the athletes, the 'first timers' and the 'third timers' are capable of medalling. We wish them all the best in their quest to achieve their personal goals and we will certainly be supporting them all the way.

At the end of the Olympic Games the Olympic flame will be passed over to LOCOG (London Organising Committee of the Olympic Games) as a gesture to show that the next Olympics will be hosted in London, presenting an exciting time for everyone in sport.

Competition round up

Congratulations to the following athletes:

Wild water racing

Jessica Oughton

Two Gold medals in (Classic and Sprint)
Junior European Championships.

Sandra Hyslop

Gold medal in Sprint and Classic at the Pre
Worlds in Switzerland and Bronze medal in
the women's team event (Sandra Hyslop,
Hannah Brown, Tierney O'Sullivan).

Also in the Junior Pre Worlds:

Hannah Brown won Silver medals in both
the Classic and Sprint.

Robert Vincent gained a Silver medal in the
Boys U18.

Matthew Bowley from Burton won Gold in
the Classic and Silver in the Sprint in the
Boys U14 class.

Flat water racing

Jessica Walker

Gold medal in Junior and U23 European
Championships (Women's K1 1000m) and
Silver medal (Women's K1 500m).

Tim Brabants

Gold medal in European Championships
Men's K1 1000m.

Bronze medal in 1000m Men's K1, World
Cup 1.

Silver medal in 500m and Gold medal in
1000m Men's K1, World Cup 2.

Silver medal in 500m and Silver medal in
1000m Men's K1, World Cup 3.

Lucy Wainwright

Gold medal at European Championships
Women's K1 200m Flat Water Racing.

Slalom

Campbell Walsh

Gold medal at European Championships in
Men's K1 Slalom.

David Florence

Bronze medal in World Cup 1 and Bronze
medal at the Pre World Championships,
both in the Men's C1.

At the time of writing the Canoe Polo World
Championships are taking place; we hope
the GB team are successful.



Equality Standard for Sport

The British Canoe Union (BCU) and
Canoe England have joined a
handful of organisations that have
reached the Preliminary Level of
the Equality Standard for Sport.
This success follows the
Foundation level which was gained
in June 2006.

The Preliminary standard means that
as an organisation, the BCU and
Canoe England are clear about what
it needs to do to achieve equality, it
understands the issues and barriers
faced by under-represented groups in
sport and has a robust equality
action plan which all staff,
volunteers and key stakeholders
understand.

Happy paddling

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 canoeists, canoeists dialogue, a paddler's magazine, written by paddlers. **Technical Information:** Contributions preferably as a Microsoft Word file, which can be emailed to peter@canoefocus.co.uk 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 SEPT 2008**.

Material arriving after this date cannot be included in the **OCTOBER 2008** 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 BCU, its committees or members. The printing of an advertisement in Canoe Focus does not necessarily mean that the BCU 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.

Competition calendar

	Start	Finish	Discipline	Event		Start	Finish	Discipline	Event	
August	2-Aug		Marathon Racing	Bath to Bradford	Sept	27-Sep	28-Sep	Slalom	Wesj Tanfield - Div 3 and 4	
	2-Aug	3-Aug	Canoe Polo	Welsh International		28-Sep		Coach Update	Northamptonshire - East Midlands	
	3-Aug		Marathon Racing	Medway		28-Sep		Coach Update	Yorkshire - Pugnays	
	3-Aug		Marathon Racing	Inverness		28-Sep		Wild Water Racing	Aire - Div B and Wavehopper	
	3-Aug		Marathon Racing	Bradford Circuit		28-Sep		Marathon Racing	Hasler Finals - Burton	
	10-Aug		Marathon Racing	Reading K4 A		4-Oct		Wild Water Racing	Nene - Div B and Wavehopper	
	10-Aug		Marathon Racing	Ironbridge		4-Oct		Slalom	Grandtully - Scottish Slalom Championships	
	11-Aug	14-Aug	Slalom	Olympic Games - Beijing, CHN		4-Oct		Marathon Racing	Reading K4 B	
	13-Aug		Marathon Racing	Lowport Summer Series - 10km		4-Oct	5-Oct	Slalom	European Club Championships - Sondrio, ITA	
	14-Aug	17-Aug	Slalom	Llandysul - Div 3 and 4 - River Festival		4-Oct	5-Oct	Surf	HP Series Final	
	15-Aug	17-Aug	Freestyle	World Cup 1 - Prague, CZE		4-Oct	5-Oct	Slalom	Tees Barrag - Premier and Div 1	
	16-Aug		Marathon Racing	Cardiff Bay		5-Oct		Coach Update	Buckinghamshire - Southern	
	16-Aug	17-Aug	Slalom	Fairmile - Div 2, 3 and 4 - Youth Scottish Championships		5-Oct		Marathon Racing	River Isla	
	16-Aug	19-Aug	Canoe Sailing	Dale - Nationals		5-Oct		Marathon Racing	Elmbridge	
	17-Aug		Sprint Racing	Broadwood Regatta		11-Oct		Coach Update	Lincolnshire - East Midlands	
	18-Aug	23-Aug	Sprint Racing	Olympic Games - Beijing, CHN		11-Oct	12-Oct	Slalom	Llandysul - Div 1 and 2	
	22-Aug	24-Aug	Freestyle	World Cup 2 - Augsburg, GER		11-Oct	12-Oct	Canoe Sailing	Oxford	
	23-Aug	24-Aug	Slalom	Grandtully - Div 1 and 2		12-Oct		Wild Water Racing	Stone - Classic - Div B	
	23-Aug	24-Aug	Marathon Racing	National Championships - Worcester		12-Oct		Slalom	Stone - Div 3 and 4	
	29-Aug	31-Aug	Freestyle	World Cup 3 - Thun, SUI		12-Oct		Marathon Racing	Chelmer	
	30-Aug		Slalom	Alva Short Course - Div 3 and 4		12-Oct		Marathon Racing	Windsor	
	30-Aug	31-Aug	Slalom	Nene White Water Course - Dive 2, 3 and 4		12-Oct		Marathon Racing	Mersey Descent	
	30-Aug	31-Aug	Canoe Polo	London International		12-Oct		Marathon Racing	Lincoln	
	31-Aug		Sprint Racing	Kirkcaldy Regatta		12-Oct		Marathon Racing	Griffon	
	31-Aug		Marathon Racing	Adlington		18-Oct		Wild Water Racing	Wear - Div B	
	September	4-Sep	5-Sep	Sprint Racing		Pre World Championships - Juniors - Moscow, RUS	18-Oct	19-Oct	Slalom	Llangollen Town Falls - Premier and Div 1
		6-Sep		Slalom		North Walls Short Course - Div 4	18-Oct	19-Oct	Slalom	Sowerby Bridge - Div 2 and 3
		6-Sep	7-Sep	Sprint Racing		National Regatta - Holme Pierrepont, Nottingham	19-Oct		Wild Water Racing	Sleningford Mill - Div B and Wavehopper
		6-Sep	7-Sep	Slalom		Washburn - Premier and Div 1	19-Oct		Wild Water Racing	Lower Dart - Div B
		6-Sep	7-Sep	Slalom		Cardington - Div 2, 3 and 4	19-Oct		Marathon Racing	Wolfreton
		6-Sep	7-Sep	Canoe Sailing		Corus - Inland Championships	25-Oct		Coach Update	South East - Shoreham
7-Sep			Freestyle	Youth Series - Nottingham	25-Oct		Wild Water Racing	Usk - Div A and B - Youth		
13-Sep			Wild Water Racing	Holme Pierrepont - Sprint - Div A and B - Youth	25-Oct	26-Oct	Slalom	Llangollen Town Falls - British Open - Inter Regional Championships		
13-Sep			Wild Water Racing	Holme Pierrepont - Daleks - Wavehopper	26-Oct		Wild Water Racing	Taff - Div A and B		
13-Sep		14-Sep	Slalom	Cardington - Inter Club Championships	26-Oct		Marathon Racing	Richmond		
14-Sep			Local Event	3 Lakes Challenge - Lake District	26-Oct		Marathon Racing	Trent K2		
14-Sep			Marathon Racing	Poole Harbour Circuit	26-Oct		Marathon Racing	Banbury		
14-Sep			Marathon Racing	Huntingdon Great Ouse						
14-Sep			Marathon Racing	Calder 2**						
14-Sep			Marathon Racing	Henley						
14-Sep			Marathon Racing	Macclesfield 1						
14-Sep		20-Sep	Surf	Home Internationals/World Cup Finals - Ille D'Oleron, FRA						
15-Sep		21-Sep	Slalom	World University Championships - Bratislava, SVK						
15-Sep		21-Sep	Wild Water Racing	World University Championships - Bratislava, SVK						
17-Sep			Marathon Racing	Lowport Summer Series - 10km						
20-Sep		21-Sep	Marathon Racing	World Championships - Tyn nad Vitavou, CZE						
20-Sep		21-Sep	Slalom	Holme Pierrepont - Paul McConkey Premier and Div 1						
20-Sep		21-Sep	Slalom	Oughtibridge - Div 3 and 4						
20-Sep		21-Sep	Slalom	Shepperton - Div 3 and 4						
21-Sep			Wild Water Racing	Langham Farm - Div B and Wavehopper						
21-Sep			Marathon Racing	Ratho East Marathon						
21-Sep			Marathon Racing	Chester 2						
21-Sep			Marathon Racing	Fladbury						
21-Sep			Marathon Racing	Longridge						
21-Sep			Marathon Racing	Hemel Hempstead						
27-Sep			Coach Update	Bedfordshire - East						
27-Sep		Wild Water Racing	Washburn - Sprint - Div A and B							
27-Sep		Wild Water Racing	Washburn - Classic - Div A and B							
27-Sep	28-Sep	Slalom	Bala Mill - Div 1, 2 and 3 - Pan Celtic Cup							

** Due to unforeseen circumstances we are having to rearrange the date of the Calder 2 marathon from the 31st August to the 14th September.
Mike Twigg
Pennine CC

Canoe polo : www.canoepolo.org.uk

Canoe sailing: www.intcanoe.org.uk

Flat water racing:

Visit BCU, then 'Disciplines' and 'Flat water racing'

Freestyle: www.ukfreestyle.com

Marathon racing: www.marathon-canoeing.co.uk

Slalom: www.canoeslalom.co.uk

Surf: www.bcusurf.org.uk

Wild water racing: www.wildwater.org.uk

I am new to competition events – what's it all about?

There are many paddlers who may not have thought about the competition side much, but the competition disciplines DO welcome newcomers to their sport. Information and contact details for each of the Competition Disciplines are available within the BCU Directory, or alternatively visit the BCU web site (www.bcu.org.uk) and look under 'disciplines' to visit a competition website.

Have we missed any?

We have compiled the list from those events which people have notified us of and we do our best to ensure that the information is correct at the time of writing. However, circumstances change, so if this is the case or if you know of any competition events that you think should be added, contact: Andy Goodsell: andy.goodsell@bcu.org.uk

Club events

We are aware that there are hundreds of club based events that take place throughout the year. Unfortunately we will be unable to list them all here, however we are very keen to publicise them on the BCU web site. Email Andy Goodsell: andy.goodsell@bcu.org.uk





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Brighton Canoes	Brighton	01273 513200	www.brighton-canoes.co.uk
Cheltenham & Gloucester Canoes	Cheltenham	01242 228484	www.cheltenham-canoes.co.uk
Cornwall Canoes	Cornwall	01726 862798	www.cornwall-canoes.co.uk
Desperate Measures	Nottingham	0115 9816815	www.desperate-measures.co.uk
Endless River	Worcester	01905 640003	www.endlessriver.co.uk
Herefordshire Canoe and Kayak	Orcop	01981 580555	www.hbcanoekayak.co.uk
Kayaks North West	Runcorn	01928 710770	www.kayaksnorthwest.co.uk
Kayaks & Paddles	Plymouth	01752 600722	www.kayaksandpaddles.co.uk
Kent Canoes	Wrotham	01732 886688	www.thecanoeshop.co.uk
Marsport	Reading	01189 665912	www.marsport.co.uk
Nucleus	Clacton-on-Sea	01255 812146	www.nucleuswatersports.co.uk
Outdoor Active	Berkely	01454 261058	www.outdooractive.co.uk
Paddleworks	Bala	01678 520808	www.paddleworks.co.uk
Paddleworks	Llangollen	01978 861444	www.paddleworks.co.uk
Robin Hood	Heckmondwike	01924 443843	www.roho.co.uk
Stirling Canoes	Stirling	01786 478820	www.stirlingcanoes.co.uk
Tradewinds	Wellingborough	01933 276632	www.tradewindsoutdoor.co.uk
West Midlands	Walsall	01922 479279	www.wmcc.co.uk
Whitewater the CC	Shepperton	01932 247978	www.wwtcc.com
Windermere Canoe Kayak	Bowness	015394 44451	www.windermerecanoeKayak.com
Woodmill	Swaythling	02380 555993	www.woodmill.co.uk



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Canoe England members can receive 10% discount at selected canoe and kayak retailers!

Here at Canoe England we continue to seek great deals and discounts that members can benefit from. We look to secure only deals that we think are relevant to members.

We are now pleased to announce that we have negotiated a 10% discount at selected canoe and kayak retailers around the country. For the retailer's contact details visit the Canoe England member's area: www.canoe-england.org.uk

To take advantage of the 10% discount, just show your membership card at the time of purchase.

WEST MIDLANDS

Bear Creek Adventure, Worcestershire
Joel Watersports, Worcester
Canoe Kayak Trader, Warwick
Paddle Sport & Wave Form, Warwick
West Midland Canoe Centre, Walsall

YORKSHIRE

Fear Gear, Doncaster
Robin Hood Watersports, Heckmondwike
Wipeout, Sheffield,
Yorkshire Canoe and Kayak, Doncaster

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The Family Boat Shop, Surrey
UK Kayaking, West Sussex
Whitewater The Canoe Centre, Middlesex

EAST MIDLANDS

Desperate Measures, Nottingham
Tradewinds Outdoor, Northamptonshire

EASTERN

Nucleus Watersports, Clacton
Reeds Of Cambridge, Cambridge

SOUTHERN

Berkshire Canoes, Reading
Marsport Ltd, Reading
Riverside Central, Oxford
Woodmill, Southampton

NORTH WEST

Brookbank Canoes, Cheshire

CUMBRIA

Carlisle Canoes, Carlisle
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Windermere Canoe Kayak,
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SOUTH WEST

Cheltenham Canoes, Cheltenham
Cornwall Canoes, Newquay
Family Adventure Store, Wiltshire
Kayak and Paddles, Plymouth
Outdoor Active Ltd, Gloucestershire
Performance Kayaks, Weston-Super-Mare
Totnes Kayaks, Devon

SCOTLAND

Stirling Canoes, Stirling, Central Scotland
Nevis Canoes, Fort William, Highlands

If you have any suggestions for improving the member benefits you receive, please get in touch – we could like to hear your comments.
Email: chloe.nelson-lawrie@bcu.org.uk or call 0845 370 9500

Member's offers



Canoe England has teamed up with a number quality partners to offer you a range of offers and discounts. For details of how to claim the discounts log in to the 'Members Only' section of the Canoe England web site.

15% discount at **COTSWOLD** or 20% off on selected dates: 7-10th August; 6-9th November
20% discount off **LUCOZADE SPORT** products.

Save over 20% when subscribing to 12 issues of **CANOE KAYAK** magazine.

Exclusive 10% off **SUNSAIL** holidays to Turkey, Greece and Antigua.

7.5% discount on **CONCEPT 2** rowers.

5% discount on **SALAMANDER TOURS** open canoe tours.

CRAFT THERMAL TOPS – This top has become a favourite for paddlers and we are pleased to be able to offer this at a special rate of only £15.99 + p&p. These short sleeved black tops are available in men's and women's sizes. To purchase visit www.bcushop.org.uk.



Did you know you can also receive discount at the Nene and Tryweryn?

Nene – For BCU members its costs £10 instead on £15 per session. If you apply for a user card then the price will decrease further – £10 to £8 for adults; £8 to £6 for juniors.

Trewyem – BCU members get half price discount from £14 to £7.



Competition corner



Members offer – 20% off all Lucozade Sport products. Make use of this increased discount and buy online for the chance to win Lucozade Sport goody bags.

BCU members are now entitled to 20% discount on all Lucozade Sport products.

Members can buy direct at www.lucozadeshop.com. Enter discount code **BC01** to receive your 20% discount.

To help keep you fuelled and hydrated this summer, Lucozade Sport have teamed up with Canoe Focus to offer those who make use of the discount during August the chance to win a Lucozade Sport goody bag*. Everyone who makes a purchase at the shop during August will have the chance to win one of five Lucozade Sport bags filled with products, a drinking bottle and other kit.

Lucozade Top Tips

- Lucozade Sport Body Fuel contains carbohydrate, fluid and electrolytes to help fuel your muscles and replace what is lost in sweat
- Hot and humid conditions result in increased sweat rates and increased sodium concentration in sweat – Lucozade Hydrate has a high sodium content making it ideal for fast and effective hydration in the heat
- After hard sessions Lucozade Sport Recovery Drink will provide your body with carbohydrate to replace energy used during exercise, protein to help repair damaged muscle and fluid to replace what is lost through sweat.



* To enter members must accept to receive further communications from Lucozade Sport
Congratulations to the following members, who correctly answered the prize giveaway question in the previous Canoe Focus issue; James Tilbury, Chris Preston and Linda Belling. The winners were chosen at random.

NATIONAL SCHOOL SPORT WEEK

The school sports week initiative was launched by the Prime Minister and Dame Kelly Holmes, asking all School Sports Partnerships to engage in wide ranging school sports competitions as a way of celebrating young people's achievement and talent in sport. National Government Bodies and School Sports Partnerships were tasked with creating innovative developments to engage as many young people in a sporting activity, throughout the week commencing 30th June.

So why choose Bellboats?

The Bellboat is a great versatile and stable craft for getting large numbers of mixed ability groups afloat and to introduce them to paddlesport in a fun way. Many outdoor centres, some clubs and regions have access to Bellboats and qualified instructors to helm these craft, so it was the obvious choice for a national competition. It was proposed that each Sport England canoeing region

should try to organise at least one Bellboat 250 metre sprint challenge and invite as many schools as possible to enter teams of up to ten paddlers.

The scheme was promoted through the paddlesport participation teams to School Sports Partnerships and centres/clubs who were able to plan the event with the regional Paddlesport Development Officers.

The event succeeded in many regions and School Sports Partnerships and centres are already looking forward to next year's events the week beginning 29th June. This event has the potential to become an established National Schools competition so put the date in your diary and start planning for next year.

To find out more about Bellboats or how you can make links with schools or if you have ideas of your own for school competition, let your Paddlesport Development Officer know or e mail pesscl@bcu.org.uk

Results from the 2008 250 metre sprint challenge:

School or Partnership	Year	Region	Time
Carmountside Primary School	Year 6	West Mids	1min46
Richard Coates Middle School	Year 7	North East	2 min 40
Priesthorpe Leeds	Year 7	Yorkshire	3 min 25
Collingwood Special School	Year 7	North East	4 min 20
Haven Banks		South West	TBC
Plymstock School Sports Partnership		South West	TBC

Three days arranged on the Wirral were cancelled because of strong winds.



Sun drenched bliss Doggy Paddle from Leamington Spa to Stratford

This year it was simply 18 miles of sun drenched, scenic bliss as nearly 250 paddlers turned up in the bright May sunshine to take part.

A team of volunteers cleared a couple of routes through the nettles down to the River Leam and paddlers were checked in with the aid of a volunteer from the Guide Dogs Association.

The first paddlers came under the walls of Warwick Castle at 10am. This is the only weir on the trip that could not be shot so a team of helpers guiding all comers to the short portage across the island. At 11.30 the castle staff fired the Trebuchet on the island, where all paddlers went through before they started to wind the tremendous siege engine up.

Barford Weir was busy and paddlers were indebted to a local householder as the portage ran through her garden. The river then winds through the Barford Meander and past Wasperton, which is a particularly rich habitat with frequent fast flowing shallows and reeds. Those who watched the banks will have seen a Wellington Bomber propeller memorial to two aircrews that came down in the river during the Second World War.

At Hampton Lucy there was organised chaos. It was the lunch halt for many parties who spread themselves over the field and opened up their long awaited picnics. It was a wonderful friendly atmosphere with the chance to meet other paddlers on the water. At nearly twelve miles, there was the usual entertainment as the braver Canadian crews attempted to shoot the weir. RLSCC supply an enthusiastic team there with throw lines who like nothing better than to fish paddlers out.

From Hampton Lucy the river runs past Charlecote Manor, a gorgeous NT mansion with extensive gardens and a pair of deer gates that can be challenging. We watched for deer in the park and herons nesting.

A beautiful Georgian house set in the middle of a wide expanse of green lawns at Alveston, saw the final weir of the journey. The River Avon took paddlers to Shakespeare's birthplace where, tired but happy, they were welcomed at the Guide Dogs tent opposite the RSC.

On average there are about 200 paddlers on the water and the event raised £4,000, the majority of which, after expenses and a small contribution to the club, goes to the GDBA. The team from RLSCC works hard to ensure a successful day, and many people come back year after year.



Obituary: Bob Ottley

After a long illness, bravely fought, Bob Ottley died at home on the 31st May 2008 aged 65. He was cremated at Taunton Deane Crematorium on the 9th June. 160 family, friends and canoeing colleagues attended. The event was a celebration of Bob's life. £1,000 was contributed to St Margaret's Hospice, Yeovil, which provided care for Bob in the Hospice and at home throughout his last illness.

Bob was born in the Black Country and moved first to Birmingham to become a Brummie and then to Somerset but there was never any doubt of his origins. Bob was a great canoeist and a gifted and patient teacher. Bob was

presented with the 'Services to Canoeing Award' in January by Albert Woods, President of the BCU, for over 40 years contribution to developing and promoting the sport. It was the first award of its kind to be made to a member of the BCU in the UK. He was a long time member of Axe Vale Canoe Club and introduced over 1,200 primary school children to the sport of canoeing.

His response to being seriously ill with cancer in 1997 was to paddle from Birmingham to Taunton the following year, finding friends throughout his route to support him. His journey raised £4,000 for Musgrove Park Hospital's X Ray Department. Thanks to the strength and care of his wife Val

he continued with a fully active life, mainly concerned with helping other people, until last year. His second grandchild, Amy, was born three days after his cremation.

One of the "happy band" wrote
*I imagine
As I prepare for another paddle
stroke
That here,
Right here,
Was somewhere Bob would have
been.
And,
As my recovering paddle blade
bleeds water back to the river
Together with a gentle breeze
that ruffles the water,
There,
just for a moment,
Just for a little space in time,
- and right now,
There he is,
Paddling beside me.*

Kayak Slalom Talent Search in Northern Ireland



Hanna Craig

Paddling beyond 2012

The Canoe Association of Northern Ireland (CANI) with the support of Sport NI is going to be giving 24 young people the opportunity of a lifetime to be part of a development squad for the Olympic discipline of canoe slalom.

CANI are looking for young people aged between 12-20 years-old that are fairly fit, love being outdoors, not afraid to get wet and are ready to commit to a year's training. Young people do not have to have any previous paddling experience but an enthusiasm for the sport is essential.

Young people will receive monthly coaching and training from Hanna Craig, who is Ireland's top slalom kayaker who is currently ranked number four in the world, along with Han Bijnen, top Olympic coach.

More information and application form can be found on the CANI web site, www.cani.org.uk or at the CANI office 0870 240 5065

NICK KELLY

LEAS Stabiliser

The LEAS canoe trailer stabiliser featured in the June Canoe Focus omitted to say it is imported into the UK by Conrad Anderson. They can be contacted on 0121 247 0619, email: steve@conrad-anderson.co.uk, or web site: www.conrad-anderson.co.uk.

- BCU Members are eligible for a 5% discount off the kit which is a saving of £25.

Canoeing for all Club forums

BCU achieves Preliminary Level of the Equality Standard for Sport.

The BCU and Canoe England has joined a handful of organisations that have reached the Preliminary Level of the Equality Standard for Sport. The success follows the Foundation level which was gained in June 2006.

The Standard comprises of four levels of accomplishment: Foundation, Preliminary, Intermediate and Advanced.

The Preliminary Standard means that as an organisation, the BCU plus Canoe England are clear about what they need to do to achieve equality, it understands the issues and barriers faced by under-represented groups in sport and has a robust equality action plan which all staff, volunteers and key stakeholders understand.

Evidence was submitted to independent Equality Standard Verifiers who determined that the BCU plus Canoe England had demonstrated a commitment to equality and diversity.

The Equality Standard is a vehicle for widening access and increasing participation and involvement in canoeing by under-represented individuals, groups and communities, especially women and girls, ethnic minority

groups and disabled people. The BCU plus Canoe England now have the appropriate policies, structures, processes and procedures in place to ensure continuous improvement in equality.

Paul Owen, Chief Executive of the BCU comments, "Canoeing is an inclusive sport and recreation that offers something for everyone. The accomplishment of driving towards and achieving the Preliminary Equity Award shows that we are encouraging everyone to get engaged in the sport, either as a recreational canoeist, an athlete, a volunteer or a coach."



Canoe England staff descended on four regions this spring to provide information, updates and a networking opportunity for club members and volunteers. An outstanding number attended the forums for the North West, London and South East, South and East.

A similar programme will be followed for the remaining regions which will include a combination of updates and discussions around new coaching and performance awards; volunteers; insurance; club accreditation; access; safeguarding; equality plus and open forum. New dates for Autumn have now been scheduled for these regions (see table).

The booking form is available from your PDO or from the office by emailing volunteers@bcu.org.uk. More information including the booking form is available on the Canoe England web site, www.canoe-england.org.uk. Places are limited to a maximum of four members per club, so book your place now! Places cost £15 per person.

Team North		
North East	Saturday October 11th,	Adventure Sunderland
Yorkshire	Sunday October 12th,	Pugneys
Team Central		
West Midlands	Sunday November 9th,	Upton Warren
East Midlands	Sunday November 16th,	Leicester
Team South		
South West	Saturday October 4th,	Exeter Canoe Club

A launch with a difference...

Salt Island on Strangford Lough was a hive of activity on Wednesday 2nd July as the Strangford Lough Canoe Trail was officially launched.

The Strangford Lough Canoe Trail provides 80 square nautical miles of paddling paradise. From its many picturesque islands to its abundance of wildlife including curious seals, it is somewhere that can be enjoyed by canoeists of all abilities. Salt Island owned by the National Trust is one of the eight designated access points on the trail.

The official launch on Salt Island was certainly one with a difference with dignitaries and guests being transferred to the island by boat and then onwards by canoe accompanied by qualified instructors from Clearsky Adventure Centre, providing the exciting opportunity to sample the Strangford Lough Canoe Trail first hand. The majority of guests were bitten by the canoeing bug and decided to

paddle the 1.5 nautical miles back to Killyleagh.

Guests were also welcomed inside Northern Ireland's first ever bothy which was also opened as part of the launch. The bothy also owned by the National Trust has been restored from the original cottage dwelling and now offers basic shelter (for up to 12 people) with running water, wood burning stove, and toilets. There are also two official camping areas on the island – one within the bothy grounds and one on the opposite side of the island.

Strangford Lough has always been a popular venue for canoeing, however the official Strangford Lough Canoe Trail accompanied with interpretation panels, a detailed waterproof guide (available from Tourist Information Centres) and interactive information available on www.canoeni.com now provides a fantastic activity

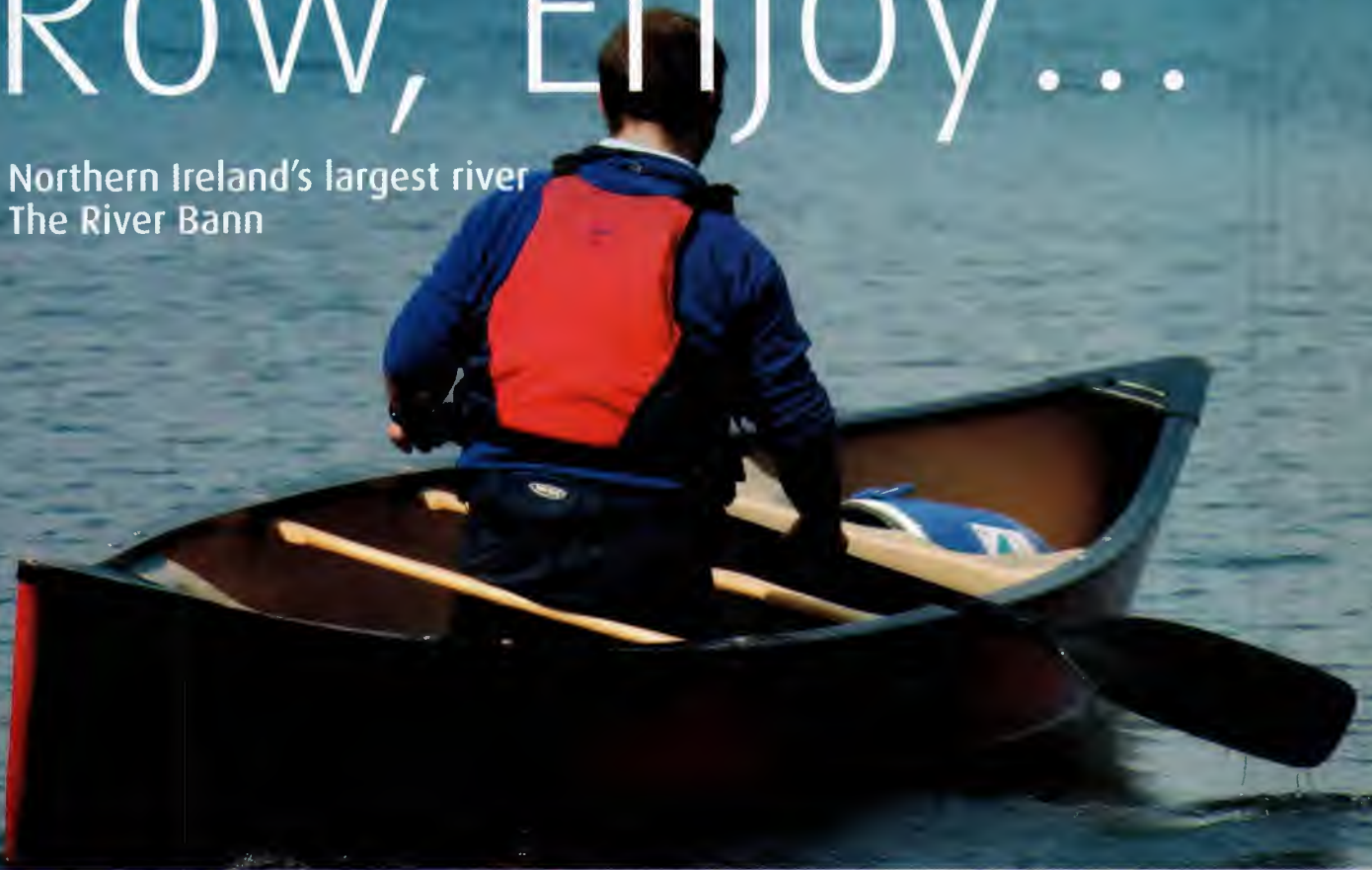


tourism product for the area. It is assured to attract tourists and increase interest in canoeing within the local area.

The Canoe Trails have been developed by CAAN and the Canoe Association for Northern Ireland (CANI). The quality of the canoe trails have been proven with the Lough Erne Canoe Trail recently winning the Innovation Category at the British Urban Regeneration Association Waterways Renaissance Awards becoming the first Northern Irish based project ever to receive such recognition.

Canoe Row, Enjoy...

Northern Ireland's largest river
The River Bann



From the shores of Lough Neagh (the largest lake in the UK and the largest body of fresh water in the island of Ireland) the River Bann flows towards the Atlantic Ocean providing a full sixty kilometres of stunning unspoilt scenery...and fun.

If canoeing, rowing or sailing are your 'thing' then this is the place to be. The region is the perfect location for a vast range of water based recreation with all the facilities but none of the crush. There's space to breathe here and to rediscover the pleasure of getting close to nature as you enjoy your favourite sport. A carefully structured Canoe Trail takes the guesswork out of your holiday planning. Public facilities are excellent and our clubs are quick to welcome visitors. Bring your own gear or hire while you're here.

Discover the Bann for yourself and rediscover the joy of taking to the water in beautiful and uncongested surroundings. As you relax after your day, you'll also discover why the Bann Valley has such a high reputation for great, locally caught and produced foods. You may even be tempted to enjoy a night's craic in an authentic Irish pub. **You'll be glad you came.**

Find out more about us on www.riverbannireland.com including where to stay and play or visit www.causewaycoastandglens.com



Paddling is free at the National White Water Centre



The WCA Board is happy to announce that charges for recreational kayaking and canoeing have been removed at the National White Water Centre located near Bala.

Chairman of the WCA Board, Phil Blain outlined "The WCA has

made this positive decision in the interests of the sport and in support of the WCA's push towards a resolution of the access position in Wales".

"We have shown that even intensively used sites such as this can be managed successfully for the sport and recreation of canoeing in a positive and environmentally friendly manner" said Mr Blain.

"It was felt that the Tryweryn is no different to any other river in Wales and that it was essential for canoeing to maintain parity with other similar outdoor activities like walking and cycling. WCA feel that any notion of charging for access to the water was unacceptable, much as it is unacceptable to charges for recreation on other natural resources." he added.

The Centre will remain an operational facility of excellence. It will continue to provide white water rafting, coaching and rescue courses and host both national and international competitions under a managed programme.

Paddlers will still need to register at centre's reception before taking to the water, but from now canoeists and kayakers will be able to paddle for free.

Site availability will continue to depend on the managed programme of events and exclusive use will be required to meet the needs of competition and coaching operations.

The WCA acknowledges that the provision of genuine facilities that enable canoeists to take to the water such as car parks and changing rooms are something that paddlers would pay for as would payment for exclusive use of a site for competitive events or training. However, payment for linear access along water is not acceptable.

Paul O'Sullivan, Centre Director added "Historically the centre spends about £30,000 a year on purchasing water releases to enable activities to take place on the river.

We will continue to secure releases allowing the site to be used in a predictable and sustainable way. We will not be differentiating between releases that we have purchased over those made available through the operational needs of the Environment Agency. Canoeing and kayaking will be free of charge in both cases. We will continue to provide the excellent range of services that our users have come to expect from the centre"

Phil Blain concluded "This is a large investment in the sport. It is hoped that paddlers will recognise this and support the WCA in its aims. WCA will still need investment to maintain the facilities at the centre and the charging structure for facilities is being re-modelled. Paddlers are encouraged to join the Association as supporter members. All voluntary donations for the upkeep of this gem of a site are welcome."

www.welsh-canoeing.org.uk/introduction/home.htm

Canoe trails - Can you help?








Every month we receive hundreds of calls to the BCU/Canoe England offices from canoeists asking where they can go canoeing. Now we all know our Canoe England membership includes a licence to paddle some navigations and canals,* which is great but which bit of the river or canal makes a good paddle? Where can I park? What is there to see on route? Is it accessible for someone with ambulant problems? Is it suitable to paddle with children?

Many of the Local River Advisers (LRAs) and Coastal Access Advisers (CAAs) also receive lots of enquiries from people asking "where can I paddle?"

These questions could be easily answered if there was a large selection of canoe trails to choose from. We would like to be able to offer canoeists a wide variety of canoe trails available to view on our web site (available to download and print).

We have published canoe trails in the past but would like to construct them into a standard format so that they are easily understood by the user, who may be completely new to the area or the sport. Pictures of the canoe trail would be very useful too. For more information, or an electronic copy of the template on the left, please contact:

chloe.nelson-lawrie@bcu.org.uk

Title of trail	For example: River Thames paddle from Maidenhead to Cookham, Cliveden Reach return.	
Type of trail	River/lake/canal and name of.	
Region	What region of the country is it in?	
Maps covering the area	OS Map numbers/geoprojects maps.	
Difficulty	For flat water  Easy i.e standard summer conditions but leading to... In flow conditions... Difficult    For white water. Use the standard water Grading of 1- 6 water	
Accessibility	Would the trail be suitable for someone with a disability who requires a wheelchair? 	
Ease of access to the water	Access to the water could include distance from car park to water's edge. Does it require a walk over difficult ground or steep banks.	
Portages	Are there any? Is it possible to go through the locks in a canoe? Are they easy or difficult portages?	
Licences	Is a licence required?	
Access agreement	What are the dates and terms of the access agreement? (If there is one).	
Suggested duration	How long is it estimated that the trial will take? Half day? Number of hours?	
Approximate distance	What is the distance of the route if followed?	
Start	Place name and grid reference of possible. For example: Start the trip at Boulter's Lock, Maidenhead where there is a public car park (height restriction) a few yards from the river. From Maidenhead Bridge on the A4, turn into the A4094 to Cookham and the car park (O.S Map ref 175/903825) is on the left, about 100 yards after the lock. Toilets and a café can be found in the park and gardens on the island behind Boulter's Lock.	
Finish	Place name and grid reference of possible.	
Car shuttle required?	Yes/no. 	
General information	Information about the trail/area. For example: Between Maidenhead and Cookham, Cliveden Reach is one of the classic scenic stretches of the River Thames. Off the main channel, the backwaters of Hedsor Water at Cookham and the upper section of the Jubilee River at Maidenhead can be explored. An out and back trip from Maidenhead with no car ferry to worry about provides a five or six mile paddle suitable for all in kayak or open canoe in normal river conditions. A Canoe England sticker or Environment Agency licence is required.	
The trail	(Written as a narrative and describing what you do and see). How to get on to the water. What is there to see? Wildlife? Places of interest? What are the distances between places of interest or sections of the route?	
Additions to the trail	What could you also do to extend or shorten the trail?	
Additional information	Places to have refreshments or places to stay. Nearby canoe clubs.	

Thank you for your help. Providing canoe trail information will enable so many more people to go out and enjoy canoeing.

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Events

The Southampton Boat Show – £3 Discount Offer

Mayflower Park 12-21 September

Whether visitors come to consider all the latest boating gear or simply discover a new hobby, this celebratory year will see over 135,000 people enjoy an array of activities on the water.

There is a whole host of activities to keep visitors occupied including a free Try-a-Boat feature. Eight to 16-year-olds are encouraged to test their sailing skills under the guidance of the RYA's OnBoard programme.

For a more relaxing show experience, why not take a stroll along the 3km Hydropool Marina and admire almost 400 various boats and features afloat.

A £3 discount is being offered to members off the standard day door price (full ticket price £15). This offer is only available by calling the hotline number on 0844 209 0333 and quoting 'Canoe Focus', calls are charged at a national rate. Offer excludes press and preview day on 12 September. Tickets are valid from 13-21st September. Two children aged 15 and under will be admitted free for every adult ticket purchased. www.southamptonboatshow.com

24seven Challenge

11-12th October

A new adventure race is being launched in Britain this year called 24seven Challenge. The event will comprise seven different challenges to test the body and mind to be completed over 24 hours.

The event can be completed in teams of three or as an individual. You will not necessarily be on the go for the whole 24 hours, but that is the timeframe you have to complete all the challenges.

24seven is being organised by the UK's leading children's cancer charity, CLIC Sargent. All participants are asked to raise a minimum of £300 in sponsorship, which will help the charity offer care and support to children and young people with cancer and their families.

Visit www.24sevenchallenge.co.uk/surpol/.

A virtual canoe club



The product of a geological phenomenon, salt was extracted from Droitwich for over two millennia and to aid salt production and transportation, canals were built linking Droitwich to the inland waterways. The longevity of the canals was short lived and the canals were prematurely abandoned.

In its heyday Droitwich was second only to London in terms of wealth but factors conspired and the fortunes of the Spa town declined along with the canals. In the 1970s a group of volunteers formed to protect the remains of the Droitwich Canals but in reality major road constructions had severed the canals, effectively preventing restoration by volunteers alone.

In 2004 a partnership led by the local Councils and BW successfully garnered £10.5m, principally lottery money, to establish a linear park along the canal corridor which would include a complete renovation of the historic canals to form a 21-mile inland 'cruising

ring'. Although the regeneration project is aimed at improving the skills base and wealth creation prospects of the local population, it also addresses the physical and mental well-being of the community. As such, the project has drawn in additional funding including around £125k from Sport England (SE).

Part of the SE fund has been used to renovate an outbuilding for use as a canoe store and to purchase a diverse variety of craft, including Master Lites, Kiwi 3s and Arcadia tourers, sit-on tops and a Katanue. By selecting the 'Key Clamp' tubulation system local unemployed young people on an Entry-to-Employment scheme were able to equip the canoe store with a bespoke canoe storage system using tools donated by Connexions. School Project Weeks have been formulated which place emphasis on the (KS2) National Curriculum and these have attracted further funds which have paid for a second 'Kat'. Outdoor classroom events are now a key feature on the Droitwich

Canals in which a typical class of 30 pupils are separated into three equal sized groups of ten. For one hour, each group undertakes an activity eg PE using the two Kats, Design and Technology, involves building an arched canal bridge which the pupils get to walk over and Life Processes includes determining the quality of the canal water through a 'pond dipping' exercise. At the end of three hours each class has successfully undertaken each activity. Thus at the end of each School Project Week up to 300 local children have been introduced to canoeing!

Having no windows or balcony the canoe store will never operate as a real 'bar and BBQ' type canoe club. However, 15 local volunteers, including school teachers, have now acquired BCU Helm certificates and act as members of the Virtual Canoe Club (VCC), checking the availability and borrowing equipment via the internet for their organisations.

Clubs from the surrounding towns, such as the Wychavon Kayak and Canoe Club also borrow the VCC equipment on demand in return for providing support at Droitwich canoe events such as the Paddle and Portage open canoe expedition around the incomplete 21 mile 'Ring' involving three canals, two rivers and an overnight camp and more recently setting up a mini polo tournament at the newly restored Droitwich Lido. A true win-win situation for all!

ANDY PITT

Active Canals Co-ordinator
Wychavon District Council
Andy.pitt@wychavon.gov.uk

How the Wavehopper series works

- For each event points will be awarded according to placing – 25 points awarded to the winner of each event – 24 to second placed and so on. If two runs are attempted the fastest time counts.
- Double points will be awarded at the final.
- The challenge series winner will be the paddler in each category with the highest score taking the sum of the two best events plus the final.
- The challenge winner will be the fastest time recorded in each category at the final.
- The challenge series club prize goes to the club with the highest score from the best two regional events plus the final.
- The club gaining the most point at the finals will be award the club challenge prize.

Club wins series on their first attempt

John Sherwen and the junior paddlers from Duddon Canoe Club at Barrow in Furness are pictured receiving their free Wavehopper, provided by Perception, for winning the club prize at the Wavehopper final.

This was the first year Duddon had entered the Wavehopper series, and the success of their juniors resulted in them achieving no less than seven overall individual medals as well as the club prize.

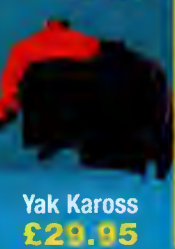
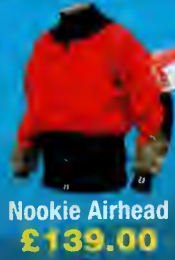
John Sherwen, chairman of the club, said that their efforts would not have been possible without the support and help provided by their PDO Nigel Timmins and Cumbria canoeists who were instrumental in obtaining an awards for all grant which helped to buy a fleet of seven Wavehoppers and a trailer for the use of local clubs in Cumbria.

For more details on the Wavehopper series go to www.wildwater.org.uk



GREAT Deals

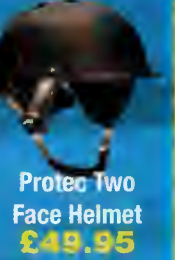
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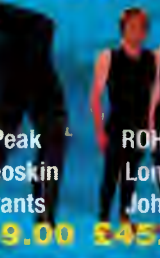
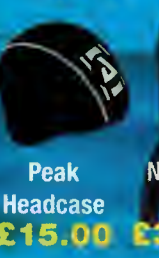
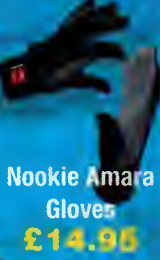
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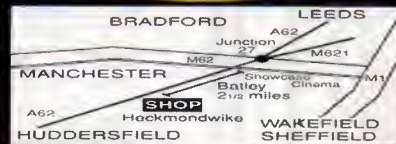
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Hydration in the heat



With summer here the Olympics are almost upon us, we must all pay attention to staying hydrated in the heat. This is especially important for the GB canoeists heading out to Beijing, who will have to cope with temperatures over 30 degrees. Whilst it may not be quite so hot back in the UK, maintaining hydration during exercise is still important. Bronwen Lundy, EIS nutritionist for the GB Sprint canoeists, gives us an insight into how the GB canoeists are preparing for the conditions in Beijing...

HOW DOES THE BODY REACT DIFFERENTLY TO EXERCISE IN THE HEAT, AND HOW DOES THIS AFFECT HYDRATION?

Exercising causes the production of heat which needs to be lost from the body to prevent hyperthermia or heat illness. Sweating is the most effective method of losing heat and in hot and humid conditions the sweat rate will increase markedly. This means active people need to drink more in the heat to stay well hydrated! Further, research has shown that exercise performance in the heat is more affected by hydration status than in cool conditions. This means if it is hot and you haven't consumed enough fluid you'll really feel it!

Another point to consider is that if you are sweating more you have to replace a larger volume of fluid which makes the type of fluid you choose much more important. Fluids containing electrolytes will be more effective for rehydration than plain water.

HOW IMPORTANT ARE CORRECT NUTRITION AND HYDRATION FOR CANOEISTS DURING TRAINING AND COMPETITION?

Nutrition will influence so many aspects of canoeing performance from contributing to the right physique, supporting the training volume, helping concentration and coordination, recovery and feeling comfortable and confident on race day. Dehydration is the fastest way to lose speed and it is something that is easy to slip up on even for our most experienced athletes.

WHAT WOULD BE A TYPICAL DAILY NUTRITIONAL/HYDRATION PLAN FOR A CANOEIST DURING COMPETITION? (E.G. BREAKFAST, PRE-RACE, POST-RACE, RECOVERY, DINNER)

As race days can be a bit hectic, especially when competing in multiple races, a canoeist should start the day with a good breakfast. This should usually include cereal and/or toast with fruit or juice and then follow up with smaller snacks during the day depending on the race time. Small carbohydrate snacks such as a banana, cereal bar, bread with jam or honey, carbohydrate gel or electrolyte drinks are all useful ways of keeping fuel stores topped up during the day. If there is a longer gap between races a more substantial snack could be consumed eg sandwich and yoghurt. After the race it would usually be an electrolyte drink and followed up with a recovery snack or product.

WHAT PRODUCTS WOULD BE BENEFICIAL FOR SOMEONE WHO CANOES SEVERAL TIMES A WEEK?

If you are paddling a few times a week the main consideration would be hydration and appropriate fuelling before and after the sessions. Sports products can sometimes be used in place of

standard foods as they are well tolerated before and during exercise and convenient if you are rushing from work or school to training. You could use a sports bar before a morning paddle if you find it hard to eat breakfast before exercise. If it's a long paddle, a warm day or you feel thirsty when you finish sports drink will help with hydration.

If you train for competition and paddle daily you may want to regularly use a sports drink during training to provide fuel and to minimise dehydration. You will want to pay more attention to recovery so sports bars and recovery drinks may be a helpful part of your plan.

WHAT SPECIALIST SPORT NUTRITION PRODUCTS DO THE GB CANOEING TEAM USE DURING TRAINING AND COMPETITION AND HOW DO THEY HELP WITH TRAINING?

The GB team would use a sports drink with most training sessions. In cooler weather they tend to use an isotonic drink which provides a bit more fuel with lower electrolytes. In warmer weather they will use a hypotonic drink. This provides a bit less fuel per mouthful but as they need to drink more to replace their losses it works out well. This product is also higher in electrolytes which is more effective for hydration in hot climates. For particularly long training sessions several of the paddlers will also use a carbohydrate gel to keep up their energy levels. After hard on water and gym sessions many of the paddlers use a recovery drink.

WHAT ARE YOUR TOP THREE TIPS FOR STAYING HYDRATED DURING SUMMER?

1. Monitor your sweat losses! You won't know how much to drink unless you know how much you've sweat. Weigh yourself before and after hard sessions and multiply your weight loss by 1.5 to work out the volume you need to drink. Eg if you lose 1kg during an exercise session you will need to drink 1.5 litres to be adequately rehydrated.
2. Use a sports drink if you sweat a lot! The electrolytes will help you 'hold on' to the fluid meaning better hydration.
3. Drink at regular intervals during the day rather than gulping down your fluids all in one go.



It's not just the Olympic athletes who will be experiencing competing in the heat this summer, slalom canoeist and Lucozade Sport Academy athlete Lizzie Neave is competing this summer in World Cups, U23 European Championships and the World University Games. She talks to us about her experiences of competing in the heat...

HAVE YOU EXPERIENCED COMPETING/TRAINING IN THE HEAT? WHERE AND WHAT COMPETITIONS?

Yes, most international races are held in Europe in the summer months, and it is often quite hot. Last year the World Championships were in Brazil where the temperature was often above 40°C.

WHAT ARE THE DIFFERENCES COMPARED TO NORMAL, IS IT HARDER?

The heat often makes me feel fatigued, especially for the first few days until I get used to it. It's also harder to keep hydrated as more fluid is lost through sweat than in cooler climates.

DOES YOUR HYDRATION AND NUTRITION STRATEGY DIFFER FOR COMPETING AND TRAINING IN THE HEAT?

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PROVEN TO GIVE YOU AN **EDGE**

Every time I drove north to paddle the rivers around Fort William I looked across Rannoch Moor and was inspired to one day paddle across that wilderness to Perth on the east coast. One day I made the decision to go for it during the Easter holidays.

Words and pictures by Simon Brocklebank.



Across Rannoch Moor to



After a phone conversation with my friend Mark in Nethy Bridge the trip was booked for April, both of us electing to paddle solo. A quick post on the forum at 'songofthepaddle.co.uk' and the team was up to four. The trip covered the Lochs Ba, Laidon, Eigeach, Rannoch, Dunalister Water, Tummel and Faskally, it would also take in the remote rivers Garbh Ghaur, Gaur, Upper Tummel, Middle Tummel as well as the Lower Tummel and Tay.

Mark, Dave and I met up at the SCA access site at Isla Bridge and loaded the car up to run the shuttle across to Rannoch Moor. Rannoch Moor is an area of level peat moorland at an altitude of about 1000ft covering roughly 50 square miles across to Kinloch Rannoch. It lies to the west of Loch Rannoch and is probably one of the most remote areas of Scotland. As we drove through the Bridge of Orchy and headed up towards the plateau, a sense of awe at the landscape descended. What a beautiful place to spend a weeks holiday!

The put in was at a bridge on the A82 that divides Loch Ba in two. It was 12:30 and a beautiful sunny day. We paddled off eastwards through the loch to meet the aptly named Tony 'Tenboats'. Tony had spent the previous day litter picking on Loch Ba and had managed to collect three black bin bags of rubbish! The paddle across the loch was stunning, looking back westwards towards the snow capped hills in the background.

The river connecting Loch Ba to Loch Laidon was very low and negotiating it involved some very technical 'snubbing' and 'poling'. Once onto Loch Laidon we found that the wind was in our favour and we rafted together for the sail. Finding the start of the Gharbh Ghaur from the loch was quite difficult but after a quick scout from the loch side we found the start of the river. Negotiating this also involved some difficult poling until we at long last reached our bivvie site underneath the railway bridge near Rannoch Station.

Low water levels

The following day saw us negotiate the rest of the Garbh Ghaur and paddle Loch Eigeach. Portaging around the dam at Loch Eigeach was easy with the portage trolleys, although 'hard man' Mark carried his boat on his head. When we reached the river it looked very low but we eventually found somewhere to put in. We



o Perth by open canoe

paddled and snubbed our way down some excellent Grade 3 rapids on the Gaur. We were all wishing that the levels had been high enough for us to paddle the rapids though. The Gaur eventually brought us to the Bridge of Gaur where the river joins Loch Rannoch.

Loch Rannoch is the largest of the seven lochs in the trip. It runs approximately West to East from Bridge of Gaur to Kinloch Rannoch and is about 10 miles long. Loch Rannoch and the surrounding area are dominated by the dome of Schiehallion (in Gaelic 'The Fairy Hill of the Caledonians'). The loch has a silvian feel, with pine-covered hills on either side. The wind was with us and again we decided to raft up and sail. The next morning we paddled towards Kinloch Rannoch and portaged the dam there. From Loch Rannoch there was more water; we enjoyed the paddle along the river into Dunalister Water and the next dam in the Rannoch - Tummel hydroelectric scheme.

The dam at Dunalister Water indicates the start of the Upper Tummel; the river contained some great Grade 2-3 paddling. The first rapid at the get in was a technical Grade 3 indicating the type of paddling we could expect for the rest of the river. We negotiated the river in about 2.5 hours by paddling, lining and poling. We portaged one rapid, which looked about Grade 4. Eventually we met up with Dave at Tummel Bridge and began the paddle on Loch Tummel. The wind was quite strong and almost directly down the loch. The sail down the loch was probably the most exhilarating sail we'd had and we covered the length of the loch in about 1.5 hours! We portaged the dam on the left and found a bivvy site high above the Middle Tummel.

The Middle Tummel is the hardest of the three sections of the Tummel we paddled. It stretches the two miles or so between Loch Tummel and Loch Faskally and contains the Linn of Tummel (Grade 4). Progress along the river was fairly quick; we paddled or lined everything except the Linn of Tummel. Once we reached the power station we met up with Dave and paddled Loch Faskally to the dam at Pitlochry.

After portaging down to the river we set off down the Lower Tummel, the river is a mainly Grade 1 shingle rapid to the confluence with the Tay at Ballanluig. Once on

The sail down the loch was probably the most exhilarating sail we'd had and we covered the length of the loch in about 1.5 hours!

the Tay we pushed the pace in order to reach the cars at the Bridge of Isla and a well deserved nights rest after a huge paddle. The last two hours of the paddle from Dunkeld to Isla Bridge was against the wind and took a lot out of us after a long day. The bivvie was noisy as we were right beside the A93 but I slept the sleep of the righteous! The following morning Dave and I shuttled a car further downstream to Waulkmill Ferry. Dave was suffering from blisters and elected

to finish the trip at Isla Bridge, the three of us remaining paddled onwards to Perth.

We enjoyed a paddle through Campsie Linn and the rapids at Stanley, playing a little along the way. We paddled on past our get out and Scone Palace until we could see Perth (by design honest!). Then Mark and I tracked, poled and paddled back upriver to our car, whilst Tenboats paddled on into Perth to reach salt water.

The trip was a very physically demanding five days both for us and our boats. It took in some of the most remote and beautiful parts of Scotland and involved all of the skills involved in canoe journeying: sailing; lining; tracking; poling; snubbing; paddling and portaging. The philosophy of the trip was to make all decisions and deal with all problems from the water, and to paddle as much of the route as we possibly could. For me, the trip contained everything that open canoeing is all about: journeying; crossing wilderness places; and problem solving en route.

The highlights of the trip

- technical poling and snubbing
- the remoteness and beauty of the landscape
- fabulous sailing and
- the companionship and teamwork on and around the river.

You can find details and inspiration for other trips from the SCA Open Canoe Touring guidebook. Thanks to Dave, Mark and Tony for making it a most excellent adventure! Thanks too to the forum members of 'www.songofthepaddle.co.uk' for encouraging us. ●

Competition – wild water racing

A successful 2008 international season

The 2008 wild water racing season has proved to be another triumph for GB.

The GB women have won three championship medals (two Gold, one Silver) and three World Cup medals (two Gold and one Bronze).

The Senior World Championships were held in Ivrea, Italy. The organisers had made improvements to the course and although still extremely tough, it was fairer for the WK1 and C1 classes. Team GB's arrival coincided with some of the heaviest rain seen for over a decade. The old road bridge in the town was closed for safety reasons and crowds of locals thronged the river bank just to look at the surging waters.

The Masters event had to be postponed but the water dropped sufficiently for it to be run the following Monday. This left enough time for a third C2 to be created from canoe coach Phil Caunt and world championship paddler, Dave Bradburn, (both lefties!), giving us an entry for the team event and a Gold medal. In the individual events Colin Smith and Brian McNulty won Gold in their age category whilst Jamie Christie and Simon Wright won Silver in theirs.

As the river under the old road bridge was impassable, the classic course had to be moved to a largely flat section and the estimated race time grew from ten to 18 minutes, which did not suit the British team. Grant Anderson was fastest in 34th, with Ben Oakley just behind in 36th. This was a start of a battle between the two paddlers that would last all the way to the end of the World Cups. Jessica Oughton was fastest of the women, but was disappointed to be ninth. She made up for this in style later on.

Below: Sandra Hyslop, Jessica Oughton and Radka Felingerova (Silver medal team sprint World Champs)



Flood waters in Ivrea



Grant Anderson



Radka Felingerova and Sandra Hyslop



Sandra Hyslop



Sandra Hyslop with her two Gold medals



The technical skills of the British team have improved immensely over the past few years, with a skilled coaching team headed by Alan Tordoff. Jessica Oughton was fourth and Ben Oakley was top placed Brit lying 11th after the first run and finishing 18th. These were excellent performances from U21 paddlers.

Team sprinting is a recent innovation, first seen at the Junior Worlds last year. It certainly provides a good spectacle as the river racers are not especially manoeuvrable and racing lines are narrow. The Men's K1 and C2 classes mostly went down without incident, but the lighter Women's K1 and C1 classes were action packed with rolls, breakouts, spins and swims. The GBR WK1 team of Jessica Oughton, Sandra Hyslop and Radka Felingerova mastered the course and were just one second behind the German team after the first run. They put in a solid second run to claim Silver, the first GBR Senior Women's medal for 15 years.

The action then turned to the World Cups. The first two races were held at KV (Karlovy Vary, Czech Republic). The river flows through historic plazas in the town centre and passes the hotel that featured as 'Casino Royale' in the recent Bond movie. At approximately two minutes, the sprint course is one of the longest on the international circuit. It has a difficult start with competitors required to start facing upstream on fast flowing water. A terrific first run gave Jessica Oughton a 0.3 second advantage over current World Champion Nathalie Gastineau of France. The second run starts were re-ranked to have the fastest going last. Gastineau improved her time by over a second, but Jessica rose to the challenge and raced with speed and precision to stop the clock a full second ahead of Gastineau. It was a stunning and remarkable run that made Jessica the only woman to break two minutes.

The third and fourth World Cups were held at Lofer. The sprint course there is excellent, requiring speed, commitment and skill. The final third is certainly not for the faint-hearted. It begins by shooting a narrow drop then turning immediately into a 90° bend before a series of big waves and a narrow two-metre chute through which the whole river pours. As seen throughout the summer, the technical course suited Team GB. Grant Anderson and Ben Oakley both put in world class performances to finish 12th and 13th and Radka Felingerova finished 11th. However, the day belonged to Jessica Oughton. Lying 0.6 behind Gastineau after the first run, she

accelerated into the 90 degree drop when most ease off and continued to push with no hesitation or need for steering strokes. There was an audible gasp of appreciation from the large crowds thronging the banks only to be surpassed by an even louder cheer as she crossed the line a full four seconds clear. Her second run had been close to perfection – the marriage of speed, precision and skill of which all wild water racers dream.

The Lofer classic is a relatively short eleven minutes. There are nine minutes of shallow flowing water before the final two minutes down the sprint course. Three athletes were in with a chance of becoming Women's World Cup Champion and Jessica put in a career best classic performance to win Bronze which gave her second place overall in the World Cup. The other performance of the day came from the C2 of Jamie Christie and Simon Wright who finished fourth, easily the best GB result in C2 for some years.

The minibus and trailer then headed back to the UK, got as far as Maidstone services and headed back to Italy for the Junior European Championships. The River Adda in Valtellina is a new venue for wild water racing. It is a challenging river and will be even more demanding next year for the Senior European Championships when a further ten minutes of continuous white water is added to the classic course. We were one of the first teams to arrive, a wise decision as the river levels are determined by the amount of hydro-electric plant activity and when most teams turned up at the weekend, there is little or no power demand so levels were much lower than on race days.

The training paid off handsomely. Sandra Hyslop (Classic Junior World Champion) also became Junior European Champion after dominating the field on a course that was shorter than her ideal distance. Hannah Brown was sixth and Rob Vincent put in a superb performance to finish 12th, less than seven seconds behind the winner in an 8.5-minute race. The final day of racing saw the sprint race. Ivana Hrabalova (current sprint Junior World Champion) and Sandra (Silver sprint Junior World Championships) met again. Sandra was lying second to Hrabalova after the first run, but with a typically consistent second run, triumphed again to round off a hugely successful summer for wild water racing.

To find out more about wild water racing, visit our web site www.wildwater.org.uk
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Competition

European rafting Championships

From Wildalpen, Austria

The British teams have been together for three years competing in the last two World Championships in Ecuador and Korea. This was to be their first European Championships and hopes were high. The competition was held in Wildalpen, a small mountain village which is situated in central Austria two hours from Vienna. It is a snow melt river with crystal clear drinkable waters.

Raft racing competitions are split into four categories: a time trial; a head to head sprint; a slalom and an endurance with medals being awarded for each discipline and points going forward to crown the overall champion. The event saw two types of competition the 4-person (R4) and 6-person (R6) events being held at the same venue for the first time.

Both teams made a good start in the R4 event placing highly in the time trials, the women medalling in third, the men however missed out by .09 of a second coming in fourth! The women were off first in the evening head to head finals. They showed their potential by cruising through the early rounds and then faced the Czech Republic women in the semi-finals. After trailing into the first drop, the women regained the lead by overpowering the Czechs as the boats clashed above the drop. This left them cruising for the line and into the finals to meet the

Slovakians. The women started on the slower of the lanes but they managed to fight their way to the head of the race and lead into the rapid and to the line for Britain's first ever European title.

The floodlights came on for the men's finals where the GB team styled their way past the Hungarians and Italians in the early rounds. The men managed to hold off the same sneak line move the women had used, from the Czech men, proving too powerful and came out on top into the drop and down the rest of the rapid. The men's fan base had increased in size as the crowd were willing them on to beat the Russians. They, surging ahead after a brief coming together and away for Britain's second European title, two hours after the first!

Both teams entered the tent to a standing ovation as the rafting heavyweights acknowledged what had been achieved. A moment they will remember for a very long time.

The teams chose the fast lanes for the endurance race and led the field down the sprint section and onto 15km of pain! The women looked strong but the Slovaks cruised past and off into the distance but they held off a determined effort from the Czech team to take Silver. The men were involved in an epic race with all 13 teams never more than a couple of metres apart and finished fifth.

The slalom course involved a nasty cross over a big hole. The women were up first and after a strong smooth run were disappointed to find themselves down the rankings as unsporting teams opted missing a gate to stay out of the hole. The women grouped together. They changed the plan and another strong run took them into third. The men had two solid rides with big crosses over the hole but with one touch they finished in eighth place.

Overall for the R4 competition, the women after medalling in nearly every round ending in second place and the men held on for third. An awesome result for both teams

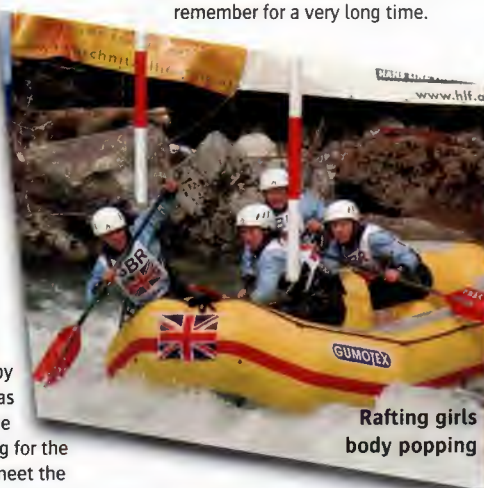
as they took to the podium with the big names.

The R6 competition then begun, the teams were on a mental high after the R4 competition but drained from three days hard work. Most of the bigger nations had different teams competing in the different classes showing the scale of raft racing in Eastern Europe. The highlights included the women's battle with the Netherlands in the head-to-head quarter finals. The women fought from top to bottom even having the Dutch sideways at one point but just couldn't pass before the line. The men had one of their best slalom runs ever being super tight and fast across the hole finishing in fifth. The women showed good strength on their endurance race as they managed to fly past Europe's elite to medal in third! The overall results left the women in fourth and the men in ninth, two very strong results.

The teams are unfunded so struggle to compete internationally more than once a year. They raise money by holding raft racing days yearly and are supported for kit and clothing by local companies. The teams would like to thank Peak UK, Reed, Run and Jump Clothing, Major Sporty, Current Trends UK Ltd. and the National Watersports Centre. If you would like to know more about the teams or raft racing visit

www.britishraftteam.co.uk

ADAM NORFOLK



Rafting girls body popping



Rafting boys hole cross

British National Junior and Veterans Slalom Championships

From Cardington, organised by Viking Kayak Club, Bedford

The event took place in the beautiful surroundings of Priory Country Park on the artificial slalom course.



Above: Mikey Wilson who won the J14 K1 Men

Left: Alice Haining who won the J14 K1 Women

Right: M Evans and M Holliday winners of the J16 C2

success. The biggest thanks must go to the competitors who left the park so clean and tidy that the park users have nothing but praise for the canoeists.

JIM CROFT ORGANISER
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Pictures: www.clevercaptures.com





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Just do it!

Exercise Northern Descent The British Army Pyrenees Kayak Expedition

This year's major kayak Expedition followed on from the success of previous years Joint Service Alpine Kayak Meets, with the aim of providing military paddlers with the opportunity to gain log book experience by developing personal paddling and leadership skills leading to the award of Joint Service and qualifications.



Cpl Charlie Fryer loops a Hefe.

Whilst the Joint Service award scheme serves paddlers for low level leading and instruction, there remains little opportunity to paddle for paddling's sake, to "just do it" as the well known advertising blurb says and to really develop the next wave of advanced paddling instructors and leaders. To meet this specific niche, a number of advanced expeditions have been run over previous years with the focus firmly on paddling rather than qualification, however, it is always nice to gain qualifications on the way if the standard so permits.

This year the expedition was planned and led by a Junior NCO, Cpl Andy Hall, and was based in Laruns, France. In order to provide the technical over watch required by such an event, Maj Kevin Edwards was drafted in from the Joint Service Mountain Training Centre Indefatigable (JSMTC(I)) along with other established coaches from across the army.

The expedition location was a first for the army in general and for all of the participants in particular. We subsequently discovered that most rivers in the area are dammed and abstracted so water levels can be difficult to predict. Furthermore very small and localised catchment areas mean that river conditions can vary wildly between neighbouring valleys, a somewhat alien concept based on our previous experiences. However, plenty of travelling meant that we eventually found suitable rivers.

After a couple of days paddling together the expedition members broke into smaller groups based around paddling ability and aspiration for assessment. Essentially a 4 Star or progression group and a 5 Star or advanced group. Each group was then self-contained with its own leaders and transport for the rest of the expedition.

Rivers in the Pyrenees tend to be very long with limited stretches of interest to the WW

paddler. The paucity of roads and the distance between rivers doesn't therefore lend itself to a static camp event, compared to say L'Argentiere or Landeck in the French and Austrian Alps. However, whilst a more mobile approach is suggested it would be difficult to suggest a detailed itinerary given the wide variation in water levels. The best plan would be to travel light and plan on the hoof using the internet or local knowledge. Camp sites are not busy this time of year and chalet style accommodation is very reasonably priced.

The highlight for the advanced group had to be meeting up with a Spanish Kayak Club and Liam, our man in Palermo. After paddling the Rio Ara it was suggested that we stay in the campsite with the Spanish who then fed us as guests of honour and forced us to the local nightclub where we remained until the early hours. This was rather a change of pace from the French side, which appeared to shut at 9pm if it opened at all. The Spanish don't start to go out until well after that. That being the case I have a feeling future expeditions may be based on the Spanish side. It was very noticeable the difference in

ethos between British and Spanish paddlers. We were all amazed by what we considered a general lack of safety awareness and their 'old school' equipment. Yet their top paddlers were undoubtedly exceptional, making difficult lines look easy, however, they were content to run pretty savage drops without inspection on the grounds that "they had done them before." I am not sure how much of this was bravado or ignorance but I have to admit that this was a little too close to the edge for me.

Towards the end of the second week we had arranged for two BCU coaches to carry out some 5 Star training and assessment. Dave Luke had worked with JSMTC(I) in the past and knew what to expect, however it may have been a bit of an ordeal by fire for Leo Hoare but he quickly got into the swing of things and gave as good as he got.

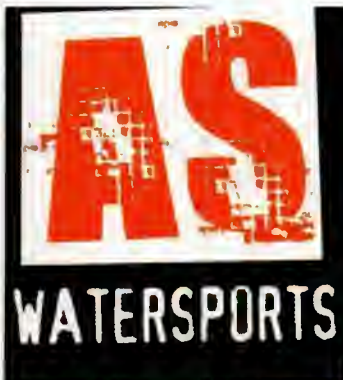
The training and experience gained was well worthwhile and complemented by the awards received including BCU White Water and Safety update for all, three 5 Star assessments, six 5 Star Training, and four 4 Star assessments plus a number of Joint Service qualifications.

Our thanks go to Desperate Measures who provided a generous discount on kit and sourced the expedition hoodies and t-shirts, and to Dave Luke and Leo Hoare for their expert coaching and assessment.

Finally, contrary to the Gunners previous article, "go big or go home" refers to ordering beer in pints as on the continent they use 0.5 litre amounts. It seems that the French don't really go in for this and rapidly run out of suitable glasses. Fortunately it was no problem for the Spanish! ●

DAVID WOODFORD





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Key concepts in WW kayaking

Another look at observation...

You may remember, in the first article we looked at how to observe, analyse and reflect on what we and others actually do on the water. I mentioned a system of observation, known as the three Bs – Body, Boat and Blade. The idea behind this is that if we know what each of those elements is meant to be doing during a stroke, we can identify the times they are not doing what they should be.

This is all well and good but the river, as we saw last issue, is an ever changing environment. No two bits are ever the same. Therefore, the idea that we use set 'textbook' strokes on the river, each with its own body, boat and blade actions set in stone, is ludicrous. So while we need to be able to appreciate the importance of the three Bs, it makes far more sense to think of moving about on the river in terms of these three core concepts:

BALANCE ACCURACY TIMING

In short, how we stay upright, how we get to where we need to be and when we apply certain elements, such as power.

In my opinion, being able to balance the boat, while moving about on the river is the most vital ability you need to paddle on white water. It needs to be automatic. If you are concentrating solely on staying upright, you are not able to focus on getting to your chosen destination – you are not in control.

The type of balance needed is twofold – the ability to stay upright in general and the ability to decisively weight the boat during a particular move. Sub-conscious and conscious balance, if you will.

Sub-conscious Balance: Remember the first time you sat in a kayak? How wobbly did you feel? I'm willing to bet that you can now sit in your boat and feel really stable without having to

think about it. This is all down to the amount of time you have spent on the water.

White water tends to be lumpy and tricky to balance on – a 3D environment. The most important factor in keeping upright is:

Developing body tension:

You need to be able to flex at the waist, not unlike a belly dancer. Check out photo 1 below.

This allows the boat to ride over the various lumps on the waters' surface. If you are stiff and do not let your waist flex, the boat will stall on the various watery shape and trip you up. Try this exercise – Find a jet of water, maybe with some waves on the way

down. Drift sideways down it with your eyes shut. Concentrate on feeling the flex at your waist. You can develop this into spinning the boat in circles on the way, again feeling the flex and twist at the waist. Make sure you pick a jet with no obstructions! Photo 2 below should help.

It's important to realise that you need to be springy at the waist, not floppy. You'll notice as you paddle white water that you develop a certain default posture, generally sat upright, slightly forwards, like in photo 3 above:

If you are too loose at the waist or time a blade placement incorrectly, the lower body and boat will not spring back to that neutral position, leading to overall instability.



Photo 3: posture

photos! But look at what the head is doing during edging and leaning. Elementary, my dear Watson – the difference is all about what you do with your head.

Also, effective tilting comes from shifting your weight to one side of the boat – rather like sharing a barstool with a mate in a crowded pub. Try the traditional way of tilting by lifting a knee, but shut your eyes and concentrate on what you can feel in your waist. Now try the weight shift and compare the results. With a weight shift, you are using gravity to your advantage and not really having to tension your trunk muscles to tilt the boat, leaving you free to drive the boat where you want to.

The real acid test for this is side surfing in a stopper. Try sitting in a stopper lifting a knee to balance and then weight shifted to balance. Now try paddling out of the stopper balanced in both ways – see the difference?

Now, let's examine trim:

Trim is simply how much you lean forward or back. Check out photos 6 and 7.

How you trim the boat will depend on the situation – do you want to lift the nose over something or weight the nose to drive through it? There is no one right answer, since every situation is different, along with the boat being used and the paddler's weight and size. However, there is one important thing to bear in mind about trim. Try this experiment:

Put your boat on edge – just far enough so you don't rely on the paddle for balance. Start trimmed forward and slowly adjust your trim backwards. What feels most stable and controlled?

Photo 1: belly dancing

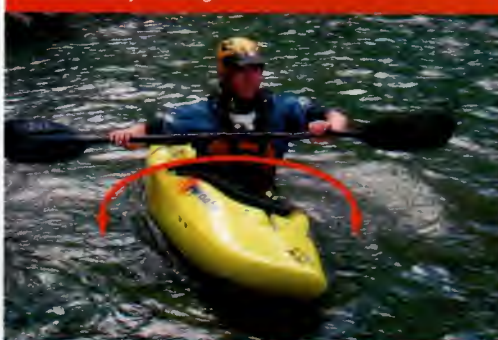


Photo: two eyes shut



Conscious balance:

Sometimes you need to weight your boat in anticipation of certain water features or to get the boat to grip the water better. Hence you make a conscious decision about the boat's balance. There are two ways we can move our weight to balance the boat – front to back (trim) and side to side (edge or lean). We'll look at side to side first.

So, how do you tilt your boat to one side? By edging, right? And I'm guessing you'll tell me that's when the body stays upright and the boat tilts to one side, yes? OK, have a look at photo 4, which shows edging and photo 5 which shows leaning. Tell me what the difference is.

So what's the difference then? The body is tilted over in both

Photo 4: edging



Photo 5: leaning



While you will generally stay upright using this form of box, you'll rely on the back of the blade for support, which is really limiting and you'll develop the bad habit of bracing on landing drops, which will get you into all sorts of trouble



Photo 7: backward trim

Photo 6: forward trim

Still not convinced? Trim back and try hip flicking the boat from side to side. Now try that trimmed forwards. See the difference? If you lean back excessively, you lose your body tension, losing your balance in the process! This leads us to...

The Box:

We've already mentioned this – remember that default position I mentioned? Some people add in a low paddle like this and call it The Box as in photo 8 right. 'Get you down anything, that will' they said. Well, yes, provided you don't want to actually drive the boat anywhere in particular and just like bobbing down stuff.

While you will generally stay upright using this form of box, you'll rely on the back of the blade for support, which is really limiting and you'll

develop the bad habit of bracing on landing drops, which will get you into all sorts of trouble – more on that later. The Box really came about as a way of protecting your shoulders from dislocation. A more accurate way of approaching it is this: keep your blades in front of your shoulders!

Something to bear in mind about your body: Try sitting in your boat on the flat. Imagine a beam of light shining forwards out of your chest. Twist at the waist and point the beam to one side, along with turning your head to the same side. What has happened to your boat? It should have tilted to the side you are twisting towards. Now try to get the boat moving, turn and twist your body as above. This allows you to see where you are going, drive the turn and balance the boat, all in one. Check out photo 9 below.

The final point. You need to be able to balance the boat while moving about. Try tilting the boat then paddling about – forwards and backwards. Make sure you practice on both sides...

In summary – being able to balance your boat on white water is vital. Knowing how to consciously balance the boat is all down to experience – get out there and try it. Being able to maintain balance sub-consciously is about separating the upper and lower body. Keep forward and stay springy at the waist!

That's all for now. ●

To summarise:

Being able to balance your boat on white water is vital. Knowing how to consciously balance the boat is all down to experience – get out there and try it. Being able to maintain balance sub-consciously is about separating the upper and lower body. Keep forward and stay springy at the waist! That's all for now. Next time, we'll be looking at accuracy. Take care kids...



Photo 8: old school box

Being able to balance your boat on white water is vital

Tom Parker – Coaching and Guiding



Photo 9: light beam

Taming the Slave



Canadian rivers are the fashionable water globally right now, and paddling the Slave R

By Steve Hatch



Coming from the UK, you hear from friends that the Ottawa is the only river worth playing on, the daddy of the rivers with all the thrills and spills that you can't get on low volume water back home. Having been in Canada around the resident paddlers for several months now, it's clear that much of the Ottawa's acclaim is due to its ease of access and location. There are countless places to play in this vast land of rock and water that are just as thrilling as the Ottawa if you're able to go a little further afield. A prime example of this is the mighty Slave River.

Running from Alberta through the Northwest Territories to Great Slave Lake, this river boasts a 24km section of rapids with some of best whitewater in the world. Arguably the best in Canada and perhaps second only to the White Nile in the world, the Slave is situated amid the unspoiled scenery of the sub-Arctic and flows at some 90 cumics a second.

My chance to paddle this river was with the Northwest Territories Kayaking Association and boy was it an experience. Currently living and working in Yellowknife, the capital of the NWT, I have immersed myself in the paddling community and decided to get some valuable experience to help me pass my BCU Level 2 instructor badge upon returning to the UK.

The unfortunate thing here though for at least anyone from Britain, is that UK qualifications are not recognised in Canada. Unlike the UK and the BCU, there is no over-arching canoeing body – different provinces remain separate from one another. Bragging to people about having your 4 Star or trainee Level 2 badge doesn't mean much out here. In order to lead people on the river in a teaching capacity, you need to do it all over again.

For insurance purposes, to lead students on moving water, instructors in the NWT require another kind of leadership. Run through the Alberta Whitewater Association, a series of instructor courses were held in Fort

Though a relatively small area of water for the Slave River, this section was bigger than anything I have met with in Britain and makes the French Alps seem small.





ever it's easy to see why.





Smith, NWT, in early June on the Slave River to get the desired pieces of paper.

The river itself offers much more than anything else in the NWT so it's good to learn in the deep end. Barely accessible by road the river carves through the landscape and compared to the UK, is extremely wide. The town's history is built around the trade routes in the 18th Century when European explorers and their Aboriginal guides transported fur from the northern areas down the Slave River to various trading posts. They would have to portage between Fort Smith and Fort Fitzgerald, 24km away, as the rapids were impassable by the boats of the day.

Remote location

There are four sections of rapids ranging from Grade 2 to 5+, which have been host to many kayakers over the years. As Fort Smith is in such a remote location and hours from other big towns, accessibility is an issue. Once on it though, the grading of the water is increased due to the difficulties of reaching anyone should an accident occur. Indeed, on the section of water that we found ourselves it was a good hour's paddle from one side to the other.

Of the four sections of rapids, we spent most of the week on those known as the 'Mountain Rapids.' Though a relatively small area of water for the Slave River, this section was bigger than anything I have met with in Britain and makes the French Alps seem small. It somehow made me think of a friend of mine who recently paddled in Nepal and told tales of the sheer volume of water. I now understand what he was talking about.

The river is not all white. There are huge eddys, so large that you forget you are still in them. In terms of undertaking the moving watercourses for teaching, the Slave was ideal. A

Swiftwater rescue course was carried out during the week, allowing us to get used to swimming and

A Swiftwater rescue course was carried out during the week, allowing us to get used to swimming and rescuing in such large water

rescuing in such large water.

In the UK, Swiftwater rescue courses are hard to get onto. They fill up very quickly and are usually the other end of

the country - especially when you live in Norfolk. Fortunately this type of training is available here in Canada and with the paddling community spread nationwide, it is easier to get a spot.

Understanding the river

The course was great fun and so important to do it on such a large volume river. When I have participated in similar courses in Britain, they are on the small technical rivers. To do this on such big water gives you a comparison between the two and helps you understand the river and how it works.

After spending the main of the week acquainting ourselves with the Slave, the weekend was for the serious stuff. A two-day course on leadership skills applied to moving water meant lots of work. The section of the rapids we ran included big stoppers, large waves that would come from nowhere then disappear, boils, whirlpools, viscous eddylines, and a 10-foot waterfall affectionately known as 'stop drop' thrown in for good measure.

Getting used to this kind of water took the first couple of days, and by the end of the week many of us were completely exhausted. A river of this scale really does take it out of you and makes you realise that only well-experienced paddlers travel so far to enjoy this water.

Breathtaking scenery

The Slave's popularity hasn't been so high in recent years. Every year the spotlight seems to change on the fashionable river to play. Having hosted the Canadian kayaking championships several years ago, the Slave's time as the darling among resident paddlers has come and gone, for now. This however doesn't mean it is forgotten forever. The breathtaking scenery and



surrounding nature are other advantages of visiting the area. The northern most pelican rookery on the continent is located on one of the many islands, and the views are stunning. To see a bald eagle fly overhead while you assess the next drop (which you can hardly see because the water is too big) is something else. It almost makes you miss the small technical rivers of Britain which we hold so dear, but at the same time allows you to enjoy the moment: You're in Canada, you're paddling one of most challenging rivers in the world and all you can see are trees, rocks and miles of unspoilt landscape.

If you do make it up this way to play, try to paddle with someone who knows the river. It really is so much bigger than anything you'll have experienced at home and its relative isolation makes the Slave an unforgiving master, ready to punish you for even the slightest transgression. Enjoy it. ●

To see a bald eagle fly overhead while you assess the next drop (which you can hardly see because the water is too big) is something else

Christmas Card Competition

Could you be the designer of the Canoe England Christmas card this year?

Canoe England is searching for a design for 2008. Over the last five years we have had some great entries and are hoping to get another 'cracker' this year! So get your pens and paints at the ready and read the entry requirements below.

- The picture must be about Paddlesport and Christmas. For example images of where you go paddling/ your friends or family paddling- surprise us with your imagination!
- The size should be around 150 x 210mm (A5) but don't worry if it's A4 we can always reduce it to fit if needed.
- It can be colour or black and white but must be hand drawn/painted.
- You must be under 18 and it must be all your own work.
- Please send a S.A.E if you want your work returned to you and remember to write your name, age, address, phone number and club or centre on the back of your picture.
- Great prizes to be won and the winning design will be professionally printed and used by Canoe England this Christmas!

Entries need to be in by Fri 31st October – so get cracking!

Send your entries to:

Kimberley Walsh, Canoe England, 18 Market Place, Bingham, Nottingham, NG13 8AP.

Condition of entry:

Submission of entry indicates permission to publish. The judge's decision is final. No responsibility will be taken for loss or damage to entries by the BCU.

www.bcu.org.uk

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We are not just about canoe and kayak



The Canoe England Rivers Access Campaign has been busy

Media interest in canoeing and the Rivers Access Campaign has been growing dramatically. Canoe England have been very involved in assisting and advising on a new television series called Rivers which is due out next year. The series of six programmes covers rivers throughout Britain showing their history, uses, wildlife and recreational activities. The presenter is Griff Rhys Jones who, as you are aware, has a great fondness for water having presented several series including *Three Men in a Boat*.

The access issue will be covered in general terms and will touch on the difference in access between Scotland and the rest of the home nations.

Wild Swimming

As has been mentioned in other editions of *Canoe Focus*, we are not the only water sport or interested party who wants to see clarity and certainty of access to inland waters. Wild swimmers have been in the news recently with not one but two books published as guides of where to go wild swimming.

The books by Daniel Start and Kate Rew (founder of the Outdoor Swimming Society) have details of really interesting and often inaccessible places to swim. Many of the 'inaccessible' idyllic swimming places are reached by canoe/kayak and therefore often use waterways where there is no known right of navigation or indeed access agreement. There are roughly eight million wild swimmers so as you can see the numbers supporting the campaign are dramatically increasing!

Early Day Motion 1331 – Now up to 93 signatures... Is your MP there yet? Let them know you want their support for this.

EDM 1331 RIVER ACCESS FOR NON-POWERED CRAFT 03.04.2008

Grogan, John

That this House urges the Government to extend legislation on access to the countryside in England and Wales to allow canoeists and users of non-powered craft similar access rights to water as walkers have to the land; notes that in Scotland such access, accompanied by a code of rights and responsibilities for all concerned, has been successfully implemented; and believes that increased access to waterways would lead to greater participation in canoeing, resulting both in obvious health benefits to the nation and in increased chances of future Olympic success.

Thank you to all of you who have written to your MPs and asked them to support EDM 1331 by signing to say they support it. The response has been tremendous. We have also written on behalf of the campaign to all MPs whose names were not on the EDM list. We will also be writing to all of the MPs who have signed Martin Salter's amendment, pointing out politely the error of their ways.

Correction in News of the World article:

Access to rivers – is not just a canoeing issue

In relation to a recent article in the News of the World, Canoe England takes the opportunity to correct the misinformation communicated.

Canoe England is not 'demanding' unregulated access to rivers as the article says. This could not be further from the truth.

Lack of access to inland waters is not a canoeing versus angling issue it is in fact a concern for all members of the public. With over 41,000 miles of rivers in England and Wales, there is plenty of room for everyone.

Water related activities have grown rapidly. Therefore public access to inland waters is a far greater issue than just meeting the needs of over 1.5 million canoeists.

We have in fact met with Martin Salter MP (who has put up an amendment to EDM 1331 RIVER ACCESS FOR NON-POWERED CRAFT) he offered to form a joint working party to look at an access

code. Nothing has come of this so we have drafted our own access code consultation with others and related to English Law. This supports the Public Access to Inland Waters Bill, which ran out of Parliamentary time last year. Clarity of access is needed so that an access code can be developed and adhered to.

We are not asking for anything unreasonable only what happens in Scotland and works extremely well. We are asking for access with rights and responsibilities not the un-fettered access that Mr Salter suggests. It is not about trespassing across private land it is about all of us all accessing water and using the rivers and inland waters appropriately.

Can fishing and other water sport activities undertake their activities in harmony?

We believe it can. Fishing and other water sport users are able to use the rivers and lakes in harmony all over the world so why not in England and Wales? Scotland has a long history of the waters being shared by all.

This is from a very recent British Waterways report (5th February 2008 Boat Licence Fees April 08 – March 2011)

From page 7

A large number of submissions also made reference to the opportunity BW appeared to be missing of collecting fees from other waterway users, notably anglers. We do lease lengths of fishery to angling clubs whose members therefore contribute through their club fees. However, canal angling operates at the lower end of a highly competitive market. We are finding that demand for angling rights is falling as anglers increasingly prefer the large, easy-to-catch fish and superior facilities offered by intensively stocked angling pools.

Consequently, angling income is diminishing and on some stretches of canal, the angling rights remain un-let. It is not within BW's powers to 'claim' a share of rod licence income from the Environment Agency.

We are not asking for anything unreasonable only what happens in Scotland and works extremely well.

England and Wales have a natural heritage which provides great opportunities for open-air recreation and education. Open-air recreation provides people with great benefits for their health and well-being and contributes to the good of

society in many other ways.

Government has already strengthened public access to land by the introduction of the Countryside and Rights of Way Act 2000 and made a commitment to extend this right to Coastal Access as a part of the Marine Bill. Opening up inland waters will bring a common policy for access to land and water, and meet an increasingly unmet demand.

With 2012 around the corner one of the best legacies that could be left to all members of the public is a legacy of access to inland waters.



10th June 2008

Dear MP

Early Day Motion 1331 Rivers Access – Non Powered Craft

I am writing to you concerning the continuing deliberate misrepresentation of the BCU's position for achieving greater public access to inland waters. The BCU is not seeking 'unfettered' access to inland waters, as is claimed by some interests challenging our aims. Currently there is no clarity and certainty of access.

Canoeists and all parties seeking greater access to enjoy inland waters firmly recognise their responsibilities to respect the natural environment, the activities of other recreational users and property. These principles are already established, practiced and proven in Scotland through the Land Reform (Scotland) Act 2003 supported by an Outdoor Access Code. Water recreation practitioners in Scotland that include canoeists are required to comply with this legislation.

This is why the BCU is committed to an access code to support legislation for a presumption of access to inland waters in England and Wales. To suggest that canoeists wish to recklessly access inland waters is a gross distortion of the facts.

Government and the Environment Agency stipulate access by voluntary agreements. Sadly, the experience of the BCU and study of reports by the Environment Agency has shown the voluntary process is flawed and:

- Unfit to tackle long standing resistance to access.
- Access would be piecemeal and not continuous.
- Access would be shown on web sites and not on Ordnance Survey.

Natural England has identified these flaws with coastal access and caused DEFRA to adopt a commitment for legislation now incorporated in the Draft Marine Bill. I cannot understand how DEFRA has two differing standards for public access to land and inland waters when both are intrinsically linked with the natural environment.

Neither can I understand the recent DEFRA statement that the presence of man made in river features are a reason why England's rivers are not suitable for access; when access to the coast will present users with numerous physical land and marine features to negotiate. This Government policy is completely ill informed and mischievous.

We are aware that there is a perceived conflict between the different users, particularly with angling. We understand that in reality as access is increased and therefore intense use of a few sites removed, any conflicts will be few and far between. Very few anglers would be affected by the proposed legislation. Many anglers pursue their sport either; in specially provided still water fisheries on private purpose built lakes or on the sea or on large rivers which are often existing navigations where fishing and boating interests have had shared use for many years, an example being the River Thames. Many of our angling friends now fish from kayaks so access to inland waters would benefit them too.

Clarity and certainty of access would provide millions of people, including canoeists, anglers, walkers and boaters and other interest groups, with more opportunities to recreate near their homes on various waters with conditions for a range of recreational disciplines. Most people in England and Wales live within 20 minutes of inland water; yet there is often the need to travel considerable distances to a place where there is access to participate in their chosen activity. A legal right of access to rivers would also provide added benefits for public health, education, social cohesion and local economies. Reducing travel will lessen the carbon footprint of water related sport and recreation.

I urge you to support our campaign and the current EDM 1331.

For more information on the Rivers Access Campaign visit www.riversaccess.org

If you have queries or comments about the above, please do not hesitate to contact me.

Yours sincerely,

Paul Owen
Chief Executive
British Canoe Union



BBC TV Country File is 20-years-old



The Rivers Access situation has featured several times on the BBC

TV Country File programme. This year the BBC celebrates the 20th anniversary of Country File on July 27th. The first ever programme had a feature concerning river access with Canoe England's Chris Hawkesworth. The programme makers are going to revisit the access issue and the first programme.

The show will be filmed in Swaledale where the first programme was filmed back in 1988 - it was on the banks of the River Swale that they reported on the 'row' between anglers and canoeists over river access. At that time the Campaign for River Access for Canoes and Kayaks (CRACK) existed.

The debate has moved on since then and it is no longer a canoeing versus angling issue. It is public access to inland waters that is being called for (for all users) via new legislation similar to that of the Scottish Land Reform Act 2003. We also know that the way to change things is via raising the profile of the issue positively and lobbying the many Government departments, MPs and large organisations. Support to change the access situation now is huge and involves many millions of people. Along with the Countryside Rights of Way Act (CRoW) and now legislation via the Marine Bill for Coastal Access the next step and missing pieces of the outdoor jigsaw puzzle is legislation for access to inland waters.

Attitudes to access have long since changed from the original programme 20 years ago and the issue is well and truly lodged within Government circles. Canoeists and all parties seeking greater access to enjoy inland waters firmly recognise their responsibilities to respect the natural environment, the activities of other recreational users and property. These principles are already established, practiced and proven in Scotland through the Scottish Land Reform Act 2003 supported by an Outdoor Access Code. Water recreation practitioners in Scotland, including canoeists are required to comply with this legislation.

The Rivers Access Campaign regularly receives support from anglers who feel that they want more opportunities for fishing and now as the sport of kayak/fishing is growing extremely rapidly they too need more places to go. (Anglers themselves in their own publications are saying "Keep rivers for ALL – not just the select few" – (Anglers Mail 5/6/07)

Will the situation change? We believe that it will change and have a positive solution one day.

Keep up to date with the news and views at www.riversaccess.org

Competition – Beijing Olympics 2008

We wish the team all the best in their pursuit of medals. "Across GB Canoeing as a whole, all of our athletes have already medalled internationally and are capable of being on the podium in Beijing."

Meet the British

Slalom

Fiona Pennie: Women's K1 (kayak single)

www.fionapennie.com

Age: 25

Interesting fact: Fiona's mother was an international flat water racing athlete. Fiona has recently had laser surgery on her eyes to correct short sight.

Career highlights: 2007 Bronze Women's European Championship team event
2007 Bronze Women's World Championship team event
2006 Silver World medalist
2005 Bronze Under 23 European Championships
2000 Junior World Champion

Fiona Pennie



Fiona comments: "I am looking forward to taking part in the biggest sporting event in the world and to have this opportunity to represent Great Britain is very special."

Campbell Walsh: Men's K1 (kayak single)

www.campbellwalsh.com

Age: 30

Interesting fact: Campbell has a degree in mathematical physics and uses his skills to develop and improve boat design. His sister Kim was also a talented paddler, representing GB at an international level.

Career highlights: 2008 Gold European Championships
2007 Bronze World Championships
2007 Bronze European Championships and Bronze in Men's team event
2006 Bronze World Championships
2005 Silver World Cup 2
2004 Silver Athens Olympics
2004 World Cup winner
2003 Silver World Cup

Campbell comments: "I am looking forward to my second Olympic Games – it's a second opportunity for me to get Gold."



Campbell Walsh

David Florence: Men's C1 (canoe single)

www.davidflorence.co.uk

Age: 26

Interesting fact: David has a degree in mathematical physics, from Nottingham University. He is a keen skier and plays the bagpipes. He enjoys learning new languages and has been studying Chinese.

Career highlights:

2008 Bronze Pre World Championships
2008 Bronze World Cup 1
2007 5th World Championships
2007 Silver in World Cup series
2006 Gold World Cup
2005 Bronze World Cup



David Florence

David comments: "Competing in the Olympics has been a long term and major ambition of mine. It is truly the highlight of my sporting career."

Jessica comments:

"It is thrilling to be competing in my first games and am looking forward to going to Beijing and experiencing the greatest sporting event in the world. I feel really lucky to have this opportunity, especially at such a young age as this experience will aid my development towards 2012."

Flat water racing

Tim Brabants: Men's single) 1000m & 500m

www.timbrabants.com

Age: 31

Interesting fact: Tim is a qualified teacher. His best time for MK1 1000m at the A

Career highlights:

2008 Silver World Cup 2 (Poznan)
2008 Silver World Cup 2 (Poznan)
2008 Gold World Cup 2 (Duisburg)
2008 Silver World Cup 2 (Duisburg)
2008 Bronze World Cup 1 (Szeged)
2008 Gold European Championships
2007 Gold Pre-Olympics (Beijing)
2007 Gold Pre-Olympics (Beijing)
2007 Gold World Championships
2007 Silver World Championships
2007 Gold European Champion (Poznan)
2007 Silver European Championships
2007 Bronze World Cup 3 (Gerard)
2007 Bronze World Cup 2 (Szeged)
2007 Bronze World Cup 1 (Zagreb)
2006 Silver World Championships
2006 Gold European Championships
2004 5th Olympic Games Athens
2004 World Best Time K1 1000m
2004 Silver European Championships
2000 Bronze Olympic Games Sydney

Jessica Walker: Women's K2 (kayak)

Age: 18

Interesting fact: Jessica will be competing in the 2008 Beijing Olympics as a racing athlete to compete in the C

Career highlights:

2008 Gold Junior European Championships
2008 Silver Junior European Championships
2007 Gold Junior European Championships
2007 Silver Junior European Championships
2006 Gold World Marathon Championships

Jessica Walker (front) and Anna Hemmings (back)





British Olympic canoeing team*

Men's K1 (kayak) 200m

...d doctor. He achieved a world's ... Athens Olympics.

- ... K1 500m
- ... K1 1000m
- ... K1 1000m
- ... K1 500m
- ... K1 1000m
- ... (Milan) K1 1000m
- ... K1 500m
- ... K1 1000m
- ... (Duisburg) K1 1000m
- ... (Duisburg) K1 500m
- ... (Pontevedra) K1 500m
- ... (Pontevedra) K1 1000m
- ... (Mer) K1 500m
- ... K1 1000m
- ... K1 1000m
- ... (Szeged) K1 1000m
- ... (Racice) K1 1000m

- ... Heat Athens Olympic Games
- ... (Poznan) K1 1000m
- ... (Men's) K1 1000m



Tim Brabants

Tim comments: "This is my third Olympic Games, but this year I've had my best preparations and results. So this one I'm the most excited about in terms of a result and bringing home a medal for Team GB."

John Anderson, Performance Director comments: "In the current World and European Champion Tim Brabants, Team GB have a great prospect for a Gold medal at the Olympic Games in Beijing."

Performance Director, John Anderson comments: "At 18 years old, Jessica is the youngest female to compete in flat water racing canoeing at an Olympics. Together the pair are certainly capable of reaching the finals."

Lucy Wainwright: Women's K1 (kayak single) 200m

www.lucywainwright.com

Age: 30

Interesting fact: Lucy finished seventh in Athens in the women's K1 event. Her husband Barney was part of the commentating team for canoeing at the Athens Olympic Games and commented on Lucy's performance during the races. Her hobbies include cycling and outdoor activities. She is a former BUSA champion in canoe polo.

Career highlights**

- 2008 Gold European Championships K1 200m
- 2008 World Cup 3 Bronze K1 200m
- 2008 World Cup 2 11th - K1 500m
- 2007 6th - K2 200m World Championships
- 2007 World Cup 1 Silver - K2 500m
- 2004 Olympics 7th K1 500m

Lucy comments: "It is an amazing sporting event and achieving success in Beijing has been the main focus of the last four years of training. Racing got off to a great start this year at the European Championships and I'm looking forward to building on this in Beijing."

Lucy Wainwright



Women's K2 (kayak double) 500m

... the youngest female flat water ... Olympics.

- ... Championships WK1 1000m
- ... Championships WK1 500m
- ... Championships WK1 500m
- ... Championships WK2 1000m
- ... Championships Junior WK2

Anna Hemmings: Women's K2 (kayak double) 500m

www.annahemmings.co.uk

Age: 31

Interesting facts: Anna, six times World Marathon Champion suffered from Chronic Fatigue Syndrome and had to take a break from canoeing but made a miraculous return to the sport by winning a clean sweep of national, European and World titles. Anna was the first British female flat water canoeist to win a World or European Championship title, she did this in the discipline of Marathon racing. Anna competed in flat water racing at the Sydney Olympic Games in 2000. In 2005 she was voted Sunday Times Sports Women's of the Year, Champions Award. In 2007 Anna was voted the BBC London Sports Personality of the Year.

Career highlights**

- 2007 Gold Marathon World Champion
- 2006 Gold Marathon World Champion
- 2005 Gold Marathon World Champion
- 2005 Gold European Marathon World Championships
- 2001 Gold Marathon World Champion (WK1 & WK2)
- 2001 World Championships WK1 500m
- 1999 Gold Marathon World Champion
- 1998 Silver Marathon World Championships
- 1996 Silver Marathon World Championships

Anna comments: "I am delighted to be selected for my second Olympic Games; competing at the Olympics and being part of the British team is an incredible opportunity. I'm really excited and I can't wait to get to Beijing and start racing."



* This is the team at the time of writing

** Selected results only. For a full list, visit the athlete's own website.

*** Ages - at time of Olympics

See page 37 for the canoeing schedule at Beijing

Competition

A warm up for the World Championships

Marathon World Cup 2 from Crestuma, Portugal

Crestuma offers a couple of unusual challenges – rough water conditions and a very hard portage. Past years have seen plenty of sinkings and capsizes and this year was no exception in the GB team's last major test before the 2008 World Championships.

Saturday saw the Junior Men's K1 Mark Childerstone and Matt Welch of Wey KC and Daniel Barber of Elmbridge. All three broke away in the front group, along with three from the strong Spanish team. Daniel worked hard to finish less than a minute out of the medals in sixth place. Mark and Matt stayed in contention until the final lap, where two Spaniards broke away for first and second. Mark secured the Bronze medal, with Matt just behind in fifth.

Jenna Hawkey of Hayle CC was the only representative in the Women's K1, racing a world-class field. Jenna's first lap proved to be a disaster, as she capsized after catching her paddle under another boat in choppy conditions. Jenna recovered well to finish sixth out of eleven. Multiple World Champion Vivian Follath won.

The Men's K1 was missing Spanish World Champions Manuel Busto and Emilio Merchan, but the field was no less impressive for it. Stuart Hastings of Royal was competing in his first World Cup as a senior, after winning Silver at the World Championships as a Junior in 2006. Simon Fennemore of Wey joined him, fresh from ninth place at the first World Cup event in Brandenburg.

Stuart made the front group into the first turn, with Simon just behind. Both were then swamped by waves struggling into the portage behind the front group. Stuart continued to take on water with a broken foot pump, eventually finishing 17th behind winner Anthony Stott of South

Africa. Simon paddled strongly in the final few laps, recovering to tenth place.

In the Junior Doubles on Sunday, Childerstone and Barber raced again in K2, along with Welch and Wey KC's Mike Lambert. Mike had been nursing an injury for a couple of weeks and after leading the group around the first lap, he and Matt were forced to retire. Mark and Daniel stayed in the first group, with strong Hungarian and Spanish boats. Some strong tactics and portaging kept them there, but they were narrowly beaten into the Bronze medal position.

In the Junior Women's K2, Amelia Churnside and Jess Collins of Reading CC were racing in their first marathon world cup, while the U16 crew of Hazel Childerstone and Victoria Croucher had already won a Bronze medal at the Brandenburg race. Hazel and Vicky have made a great impression this season and halfway through the race, this looked to have secured them a medal, as Amelia and Jess lost touch with the front group after capsizing at the portage. However, Jess and Amelia chased hard and caught up, eventually claiming an excellent Silver medal whilst Vicky and Hazel came in fourth.

The Senior Women's K2 of Harriet Farish and Nicky Taylor started while suffering from the effects of a dodgy lunch the previous day. This looked to have been too much after the first lap lying last in seventh. But Harriet and Nicky showed the same determination as their team-mates, paddling through the field in the second half to a fine fourth place.

The final race of the weekend was the Senior Men's K2, featuring reigning world K1 champion Merchan and K2 Silver medallist Attila Jambor of Hungary. This was a real crowd pleaser, with nine boats coming into the first portage in the front group, including Tim Pendle of Norwich CC and Jon Simmons of Wey. The portage broke the group up but Tim and Jon settled into a group with a local Portuguese crew, some French, Spanish and Italians claiming an impressive sixth place.

Congratulations to the whole team, who raced impressively and thanks to the team management, including David Enoch who arranged race entries, transport and accommodation.

JAMES SMYTHE, TEAM MANAGER



Barber and Childerstone



Above: Churnside and Collins. Below: The GB team



Poznan Senior World Cup 2008

The third World Cup in Poznan was a high quality international event with 39 nations taking part. The GBR entries were the boats that had been provisionally selected as the GBR Olympic team. The only exception being James Train who was preparing for the U23 Championships in the UK.

The team stayed in the Park hotel which is on the side of the regatta course and about ten minutes walk to the boat sheds, very convenient for the athletes.

The team performed exceptionally well on Friday and Saturday with everyone progressing to the next rounds. On Sunday two athletes were ill which meant withdrawing from four events including two of the A finals.

In total the team qualified for nine A finals and won three medals - two Silver and one Bronze. These were exceptionally good results and showed that GBR is now able to compete at major competitions in a wide range of events.

Tim Brabants was on great form and medalled in both the K1 500m and 1000m. The colour was Silver this time but the racing was very close and the time for the 500m was the quickest ever recorded.

Paul Wycherley also raced the K1 Men's 1000m and had really good results. He was third in both the heat and the semi-final but did not quite get the fastest time. Paul then went on to win the B final beating many high profile names.

Lucy also took a Bronze medal the WK1 200m and made the A final in the 500m. Lucy's racing is getting stronger and stronger with each international competition.

Ed McKeever raced in both the K1 500m and K1 200m and won the heat and semi final in both events. In the K1 500m A final he finished eighth and in the K1 200m, 40 minutes later, he finished fourth!

Ben Brown and Jon Schofield raced the K2 500m and Jon also raced in the K1 200m. They qualified easily for the K2 semi final and Jon qualified for the K1 200m A final. Unfortunately Jon was not well on Sunday morning and had to withdraw from these events.

Jessica Walker and Anna Hemmings were entered into all of the Women's K2 events. They qualified for the A finals in the K2 1000m and finished fourth, a good result for their second international. In the K2 200m they also qualified for the A final but were withdrawn when Jessica was not feeling too well.

Full copies of the results available on www.wcc.canoepcf.org

Canoeing schedule at Beijing UK times in brackets

SLALOM

Venue: Shunyi Olympic
Rowing-Canoeing Park
GB athletes to watch

Date: 11th August

Men's C1 David Florence
Heats. Run 1: Start: 15:00 (8:00am). End: 15:40

Men's K1 Campbell Walsh
Heats. Run 1: Start: 15:50 (8:50am). End: 16:42

Men's C1 David Florence
Heats. Run 2: Start: 16:52 (9:52am). End: 17:32

Men's K1 Campbell Walsh
Heats. Run 2: Start: 17:42 (10:42am). End: 18:34

Date: 12th August

Men's C1 David Florence
Semi final. Start: 15:00 (8:00am) End: 15:30

Men's K1 Campbell Walsh
Semi final. Start: 15:40 (08:40am). End: 16:17

Men's C1 David Florence
Final. Start: 16:47 (09:47am). End: 17:07

Men's K1 Campbell Walsh
Final. Start: 17:17 (10:17am). End: 17:42

Date: 13th August

Women's K1 Fiona Pennie
Heats. Run 1: Start: 15:40 (08:40am). End: 16:32

Women's K1 Fiona Pennie
Heats. Run 2: Start: 17:22 (10:22am). End: 18:14

Date: 14th August

Women's K1 Fiona Pennie
Semi final. Start: 15:35 (08:35am). End: 16:12

Women's K1 Fiona Pennie
Final. Start: 17:12 (10:12am). End: 17:37

FLAT WATER RACING

Venue: Shunyi Olympic Rowing-
Canoeing Park

Date: 18th August

Men's K1 1000m Tim Brabants
Heats. Start: 15:30 (08:30am). End: 15:54

Date: 19th August

Men's K1 500m Tim Brabants
Heats. Start: 15:30 (08:30am). End: 16:02

Women's K1 500m Lucy Wainwright
Heats. Start: 16:40 (09:40am). End: 17:02

Women's K2 500m Anna Hemmings & Jess Walker
Heats. Start: 18:00 (11:00am). End: 18:12

Date: 20th August

Men's K1 1000m Tim Brabants
Semi finals. Start: 15:30 (08:30am). End: 15:44

Date: 21st August

Men's K1 500m Tim Brabants
Semi finals. Start: 15:30 (08:30am). End: 15:52

Women's K1 500m Lucy Wainwright
Semi finals. Start: 16:20 (09:20am). End: 16:32

Women's K2 500m Anna Hemmings & Jess Walker
Semi finals. Start: 17:10 (10:10am). End: 17:12

Date: 22nd August

Men's K1 1000m Tim Brabants
Final. Start: 15:30 (08:30am). End: 15:34

Date: 23rd August

Men's K1 500m Tim Brabants
Final. Start: 15:30 (08:30am). End: 15:32

Women's K1 500m Lucy Wainwright
Final. Start: 16:20 (09:20am). End: 16:22

Women's K2 500m Anna Hemmings & Jess Walker
Final. Start: 17:20 (10:20am). End: 17:22

BBC One and BBC Two will be covering the Olympics, for more information on the television schedules visit www.bbc.co.uk/sport

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Access volunteers

One of the most frequently asked questions the Canoe England Customer Service team hear, is "where can I paddle?" Many of the Local River Advisers (LRAs) and Coastal Access Advisers (CAAs) tell us that that is a question they are asked frequently too.

Canoe England has an extremely important network of access volunteers who assist with enquires. They network consists of

- Regional Access Advisers, (RAA)
- Local Rivers Advisers (LRA)
- Local Coastal Advisers. (LCA)

To assist them with their valuable work, we have begun to investigate how to best support these volunteers.

Regional Access Advisers as the name suggests cover regions, Local Rivers Advisers cover an individual river or a group of rivers, normally close to where they live, and Local Coastal Advisers cover a section of coast, again normally close to where they live.

Canoe England and its members really appreciate the amount of work carried out by volunteers. To help with this valuable role we are developing an information pack for use by access volunteers, to support their various roles. We will also be holding briefing sessions where volunteers can be briefed on policies, as well as discussing how Canoe England's access role can be developed. We will also be working with Julia White, the Canoe England Volunteer Manager, to develop a volunteer agreement; this will be a two-way contract between Canoe England and the access volunteers,

Initially the Regional Access Advisers role will be developed and then this will be rolled out to provide a more structured network for the rest of our volunteers.

Once we know how to best support our volunteer network, we will actively recruit paddlers to fill some of the gaps and to assist others who are overstretched.

If you are interested in helping out please let us know at access@bcu.org.uk

ANDY GREEN
CANOE ENGLAND
HEAD OF ACCESS AND
ENVIRONMENT



Funding of inland waterways

Over recent months a series of meetings centred on the funding of inland waterways have been attended by Canoe England. Government sponsorship and funding of inland waterways is high on the agenda of the navigation and boating sector.

At the March meeting of the Parliamentary Waterways Group, the Minister for Inland Waterways, Jonathon Shaw MP, announced he was to meet with other government departments to discuss the funding of inland waterways.

Two events concerning the funding of inland waterways took place in June. The minister arranged for the recreational navigation and boating sector to attend a Waterway Stakeholders meeting in Westminster. In the event the minister was unavoidably called away on parliamentary business.

DEFRA officials confirmed the first interdepartmental meeting had taken place. The basis of discussion at this initial meeting was DEFRA stressing how waterways were relevant and could contribute to meet departmental government targets. A second meeting was scheduled later in the month of June by the minister to develop this theme.

Other issues related to Environment Agency and British Waterways funding, planning and heritage. Stakeholders again put on record the fact that lack of funding was stacking up major maintenance backlogs. A speaker from the Inland Waterways Advisory Council also contributed to the meeting.

Thereafter the Royal Yachting Association hosted the Inland Navigations Working Group formed as a consortium of boating organisations from both the recreational and business sectors of navigation. The group was convened to; review recent government statements, policy and outcomes for inland waterways, work for a unified position on a range of issues to influence government.

The Environment Agency proposed disposal of lock houses, the future of the British Waterways property portfolio and

mooring licences are areas for debate. All have a bearing on the heritage enjoyed on the waterways, the way they are used, managed, maintained and funded.

Environment Agency – Post implementation review for 'Putting pilot voluntary Access agreements in place (Brighton 3)'

The 'Brighton 3' report issued in October 2006 announced pilot schemes for canoe access based on the Rivers Teme, Wear, Waveney and Mersey. Whilst the Mersey and Waveney schemes commenced at this time, the proposals for the Rivers Teme and Wear have not progressed to operational schemes.

The Environment Agency have recently issued a post implementation review of the schemes up and running on the Rivers Mersey and Waveney. Both have all year access. The review can be viewed at: www.environment-agency.gov.uk/subjects/recreation/1467794/2037703/?lang=e

Key findings from the review include:

- Those who have noticed changes in the river or river users over the past year generally feel that the changes have been positive, particularly on the Mersey.
- The vast majority of users of the River Waveney that we spoke to in-depth, be these canoeists or anglers, express positive feedback on the canoe access agreement. No negative impacts are reported by this group of respondents, although a few are neutral as they have witnessed no significant change in either their use or enjoyment of the river.
- There are indications that the agreement will be of benefit to businesses. Several have reported an increase in customers, while other businesses adjacent to the river have begun introducing facilities for canoeists.

Focus on facilities updated by Chris Hawkesworth

2008, 2009 and 2010 are shaping up to become vintage years for facilities delivery.

Washburn

This year, commencing on 4th August, J N Bentley & Co contractors, is commencing a £135,000, six-week contract to upgrade the Washburn. New ingress, egress points and a series of 'In river' features are being installed to the lower Washburn.

The Washburn calendar will run as normal throughout the works.

The Washburn committee is also working on the woodyard site at the end of the river with a view to opening this up in the early autumn as a car park and river egress point. In future paddlers will be able to exit the river just above the A59 bridge. Vehicle access to the woodyard will be off a new entrance 100 yards up Hardesty Hill from the A59 to the North East of the river.

Symonds Yat

Also this year, commencing early September, this same contractor will commence £155,000 worth of work on replacement groins and habitat improvements to the Canoe England site at Symonds Yat. This work is river level dependent; if the river is too high the project will be postponed until the same time next year. As I mentioned in the last issue of the River Wye Navigation will be closed at the rapids whilst the contractor is in the river. A portage will now be signed down the left hand bank, not the right as previously stated. The exit point above the rapids will be at some renovated steps directly below the Royal Lodge Hotel.

Chris Hawkesworth or Andy Laird will be on site for most of the time that the



contractor is 'In river' and will be contactable through either the Saracen's Head or the Royal Lodge Hotels at Symonds Yat east should members require any help, assistance or explanations.

Teesside, Cardiff and Holme Pierrepont

We have two really hot bits of news for this issue. These relate to Teesside and Cardiff. The £3.5m British Waterways lead upgrade to Teesside and the proposed £11m new white water course at Cardiff are going into their final design stages during August. At Cardiff a design and build contract has been let to local contractors Dean and Doible.

The review clearly indicates a positive attitude from a majority of people (not only users) in favour of access to inland waters for unpowered craft and has shown:

- Liberal all year access does enable canoeing to co-exist with other users and interests for enjoying inland water based on good practice to protect the environment.
- The value and benefits of canoeing as a sport and recreational activity.

Canoe England believes the review findings support the case to adopt the format of these schemes as the benchmark for canoe access elsewhere and brings into question the imposition of highly restrictive or total absence of access on other inland waters. Canoe England will be commenting more fully.

Environment Agency - Strategic Planning for Water Related Recreation Pilot Schemes Update

The pilot schemes are centred on the South West, East of England and Wales with the objective to produce a more strategic approach to planning recreational access to inland and coastal waters.

As reported previously the first report has been published for the South West and is available from www.brighton.ac.uk/waterrecreation. The Canoe England response to the associated consultation will be posted on the web site www.canoe-england.org under access.

Canoe England has expressed doubts that the plan had the potential to provide access to inland waters for all people who wished to participate in water recreation in the absence of public access to water. A more optimistic view was taken for activities on coastal and estuary waters where access is generally less of an issue and scheduled for improvement with the proposed new legislation for coastal access.

The Strategic Planning report for the East of England is awaited.

The contract for Teesside is expected to commence in December and to be complete by the end of June 2009. During this time an additional 80m steep short cut course incorporating play spots will be built. Four pumps/hydro generators, two fishpasses, improvements to the existing course, new more user friendly poles, stretchers and timing will also be provided. The course will be out of commission for a 12-14 week period within this seven-month window.

Also this winter and expected to be completed by the spring of 2009, is an upgrade to the 'In course' obstacles to the Holme Pierrepont white water course. This upgrade too will involve the course being taken out of commission whilst the work is being carried out. It is just possible that in early spring 2009 the works to both Teesside and HPP will overlap with both courses out of commission at the same time.

This potential overlap is not of Canoe England's making but is due to the different requirements by contractors, funders, environmental and other considerations of the courses themselves. We are working hard to minimise this possible overlap but could paddlers and event organisers please be prepared to be flexible and patient.

The Washburn will be available throughout this period and the upgrades this summer will enable events to be double or triple backed on different stretches of the river on the same release dates.

Bishops Mill

Also... an upgrade and flippers are shortly to be installed at Bishop's Mill sluice in the centre of Cambridge. Cambridge Canoe Club (CCC) is leading this and funding has just been confirmed. The 'Flippers' will stick out from the sidewalls of the sluice below the gates to create a wave train in the

pool below. When out of use they will fold flat on the river bottom so as not to affect the volume capacity of the sluices when the river Cam is in flood. It is a long term pilot scheme intended to prove design, fabrication and installation costs as well as operational management.

Other news

CCDP, the new clubhouse for Eyot at Henley is now complete and open. Manvers Lake at Rotherham is well underway. Newburn at Newcastle upon Tyne is complete and about to be opened. The new canoe storage building for Cleveland CC at Teesside is about to start building and the new gym and attendant heritage building at Royal CC at Teddington is almost complete.

In this one article we are talking about over £17m coming into our sport which, if we include the proposed Broxbourne Olympic course as well it means that over £40m will come into our sport for facilities in the next three years.

Disposal of Thames Lock Houses

The announcement by Thames Region Environment Agency to sell or put up for rental 22 in a review of the 57 lock houses raised a storm of protest from staff, their representatives, river users and local residents on the Thames and elsewhere. Numerous concerns were raised from; the conditions of employment for staff, retaining and recruiting staff, the operation of weirs for flood control and the return on the sale of property in a depressed market.

The matter has escalated to the national press and an Early Day Motion supported by MPs, has been introduced in the Thames Valley opposing the proposed action by the Agency.

Following a meeting with the Minister Phil Woolas and MPs Martin Salter and Theresa May, the Agency have agreed to put on hold any changes proposed by the lock house review until completion of a full review of waterway's staff roles, responsibilities and terms and conditions.

No action will be taken to sell or rent lock houses until these negotiations on the full review are completed that should take will take six months. The Agency will then review the position on lock houses with lock-keepers and their representatives and with the MPs group.

KEVIN EAST

Draft Marine Bill consultation

Canoe England has responded to the consultation for the Draft Marine Bill. The Bill sets out conservation measures to protect the marine environment and provide coastal access.

The conservation elements to varying extents cover all of the United Kingdom; the coastal access section only applies to England.

The main area of interest within the conservation portion of the Bill are the proposed Marine Conservation Zones, these will enable certain activities to be excluded. Canoe England commented that unless there are very sound and proven environmental grounds, that the conservation objectives should be worded to allow benign or sustainable activities such as canoeing. This could be particularly important to enable a safe passage.

Coastal Access is intended to provide both an access corridor from the low water mark to a point inland along the length of the English coast and to allow for a continuous long distance route for the purpose of recreation on foot. Canoe England has welcomed the additional provision and certainty of coastal access that will benefit canoeing and a range of other users. Access to land at landfall is equally important for navigators. For clarity the Bill should be clear that hand portable water recreation equipment i.e. canoes can be conveyed as a natural accompaniment.

A key factor in this Draft Bill is the Government choosing to use legislation to provide access rather than rely on inadequate access provision gained through voluntary access agreements.

If you want to read either DEFRA's draft Marine Bill visit: www.defra.gov.uk/corporate/consult/marinebill/

**ANDY GREEN
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CanoeEngland
Something for Everyone

Coaching

Top surfing tips

Simon Hammond

Level 5 surf coach and former world surf kayak champion



1. Simon and palmless mittens.

SIMON, YOU MUST HAVE SEEN A LOT OF KAYAKERS IN THE SURF, WHAT GENERAL ADVICE CAN YOU OFFER?

I've seen lots of kayakers arrive at beach car parks and before they've even looked at the surf they are changed and racing down the beach with all their kit desperate to get going. They are in such a hurry to get surfing that they don't spend any time checking out the beach or the conditions. My advice would be when you arrive for a surf:

- Spend some time looking around.
- Try and get an idea of how big the surf is before you go in.
- See if you can spot any currents or rips.

Think about who else and how many others are in the water, what the tide and wind are doing and how these are going to effect conditions over the next couple of hours.

It doesn't hurt to have a chat with a local surfer or beach lifeguard if there is one, they are usually only too happy to share their knowledge and often give good advice.

When you do go into the water play it safe. I know from personal experience how easy it is to paddle out and then realise that I'm trying to surf waves beyond my ability. Sometimes it's really hard to hold back but it's better to catch a few small waves first before venturing out too far.

WHEN THERE IS A LOT OF BOARD RIDERS IN THE SURF WHAT ADVICE WOULD YOU GIVE TO PADDLERS?

That's a tricky question. When I go surfing I might use a kayak, a ski or a board and I really don't see a difference between any of them. However, some people do see a difference and unfortunately kayakers in particular are easy targets for others to pick on, especially when you make a mistake and we all make mistakes. As it gets busier in the water everyone has less room and less waves to catch, everyone gets impatient and there's an increased chance of making mistakes that effect other surfers.

If its really busy in the water I'd have to say that I would go and look for somewhere else to surf. I just know that if I paddled out to a crowded spot I'd be fighting for very few waves and that there'd be an increased chance of falling

out with someone in the water and whether I'm shouting at someone else or someone is shouting at me it spoils the atmosphere and the experience.

WHAT TECHNICAL ADVICE CAN YOU SUGGEST FOR SOMEONE WHO IS NEW TO SURFING?

Work on core stability. A lot of paddlers are very loose with their bodies and in their boats. The problem with surfing is if you stay loose you won't be able to stay balanced when your kayak suddenly changes direction. You'll experience your kayak suddenly accelerating, turning, twisting and moving violently sideways. You need to be ready and balanced for all of these movements at least a split second before they happen or you'll be thrown to the back of your kayak and capsized.

To be ready and balanced in your kayak first make sure that you have a good tight fit inside your boat and that you are actively holding yourself into your kayak with pressure through your feet, ankles and thighs. Really lean forward with your upper body, not just a casual lean but really try and get your chest leaning over the front of your spraydeck, this engages your core abdominal muscles, which are critical to balance.

A great exercise for developing good core stability is to paddle out a short way, staying within the white water waves and let wave after wave hit you from the side. Make sure that you're tight in the boat and leaning well forwards and be strong and tensed as the wave hits you (Photo 7). If you can avoid a low support then you are balanced! Try this with your paddles held over your head (Photo 6) and then with your paddles in one hand to build up confidence. When you're stable and balanced in small white water waves move out a bit and look for higher energy white water waves to experiment with!

This is actually a really good exercise for any surf kayaker no matter what their ability and is a good way to start any session.

HOW CAN A REGULAR SURF KAYAKER IMPROVE THEIR PERFORMANCE?

There are lots of ways to improve performance but your position as you

surf across an unbroken wave is the key to making sections and increasing your speed.

Too many paddlers will drop down a wave-face and then try to surf across at its base. The problem is that if you want to surf across a wave-face with speed then you need to be surfing its steepest part (Photo 5). On any curved wave-face the steepest part is always the top third of the wave. You can get into the right position by either:

- Taking off at a diagonal to start with and never really falling down the face.
- Take-off straight down the wave then go into a long drawn out bottom turn which pulls you back up the wave-face where you can reset your line to surf high across the steep face of the wave.

I'VE HEARD A LOT ABOUT SURFING ETIQUETTE BUT WHAT IS IT?

Surfing etiquette are just a few common sense rules, which help everyone stay safe in the surf. The rules are really concerned with when you and others are catching and riding peeling waves. If you're surfing closer to the beach than this, in the white water waves, then don't get too close to anyone else.

When you're surfing peeling waves the number one piece of surfing etiquette is – don't drop-in on another paddler. This basically means that if a surfer has caught and is riding a wave close to where it's peeling you must never attempt to catch this same wave further across its face, if you do

you're dropping-in and you'll be the biggest criminal in the water for the rest of the day. If you're not sure about this rule ask a surfer to explain it, it's very important.

The other rules are about avoiding collisions but its best to say that if you think you're going to be in someone's way or hit them, then don't just sit there like a lame duck do something to get out of the way.

WHAT MAKES A KAYAK GOOD OR BAD FOR SURFING?

Most playboats are reasonably good for surfing because of their flat bottoms and sharp edgy sides. However, really short playboats are very slow in the water which makes them difficult to paddle out and catch unbroken waves, they also surf slowly on the wave which limits what they can do. The other negative with playboats is the rocker at the stern of the kayak. When moving forwards this rocker creates a stern wave, which causes drag and slows you down. When you're surfing you want as much speed as possible so if you're using a playboat find one that is long with the least amount of stern rocker.

WHY DO SURF KAYAKS LOOK SO WEIRD?

Because they are specifically designed for just one job – surfing. They have lots of rocker in the nose to help with paddling-out and avoiding nose-dives on steep take-offs and have flat or concave hulls to help them plane across the water at high



2. Favourite pieces of kit.



3. Kayakers and surfers can be friends.

speeds. There is no rocker at the tail so no drag is created when moving forwards – allowing them to surf as fast as possible. The edges are extremely sharp (except at the nose) to help with high speed carving turns. Side fins help with the carving turns and a central fin acts as a pivot during low speed pivot and skim top turns. The rest is just tweaking and personal preference

WHAT DO YOU WEAR WHEN YOU'RE SURFING?

I'm a firm believer that whenever I go surfing I might end up swimming! As a result I choose my clothing carefully. When I'm in my boat I want to be sleek, to avoid dragging clothing through waves, and if I'm out of my boat I want to be able to swim as well as possible. If you put this together you end up wearing a wetsuit, or tight fit Chill Cheater and a tight fit BA. I try not to wear cags or drysuits unless I'm coaching.

CAN YOU RECOMMEND ANY GOOD BOOKS OR WEBSITES?

I use two main sites the first is www.metoffice.co.uk where I can get information on the local weather for the next few days but more importantly I can see the current and predicted synoptic charts for the next 96 hours. I'm looking for any swell generating low pressures in the mid-Atlantic and high pressures over Europe. After a while synoptic charts will tell you everything you need to know about likely swell and wind direction. Then I check www.magicseaweed.com and mainly focus on their local swell forecast page together with their swell animation.

As for the books I'm always checking my local tide tables booklet, then I'll pick up the Stormrider Guide, which gives me information on every surf

break in the UK (plus Europe and the world if you're interested). The other two books which I would recommend are 'Surf Science' by Tony Butt and Paul Russell explaining everything you'll ever need to know about surf and then I'd recommend looking through one of the surf coaching books on the market; you've a choice between Nigel Foster, Bill Mattos and my own.

YOU MUST HAVE SOME FAVOURITE PIECES OF KIT – TELL US ABOUT THEM.

I've spent years getting comfortable with kit and right now I'm really happy with everything I've got. I love my kayak which is a Mega Slingshot, it's difficult to roll but is the only surf kayak I've ever paddled which allows you to surf for three hours and still be comfortable.

Next would be the Chill Cheater cag deck, which is totally watertight even after the biggest of wipeouts and so much easier to put on than a neoprene deck. My Artistic Save Pro BA is snug, well made and doesn't drag on even the hardest of bottom turns and just to finish it off on a cold day I've an old pair of Crewsaver palmless neoprene mittens (Photo 1) which are the best way of keeping your fingers warm and at the same time keep your hands in direct contact with your paddle.

When I'm looking after other surfers I also wear a Palm Ocean Pro towline – this is a great piece of kit. Firstly it doesn't get in the way of anything and is really easy to use and then if I have to pull a capsized kayak out of a rip current I can do so at a safe distance without any risk of the rescued boat being surfed up on top of me. My other bit of invaluable group kit is a survival shelter ideal for briefings at the waters edge on cold February mornings!

When you're surfing peeling waves the number one piece of surfing etiquette is – don't drop-in on another paddler.

WHAT SORT OF INJURIES SHOULD WE BE LOOKING OUT FOR WHILST SURF KAYAKING?

In the short term I have to say that you should always wear a helmet to protect your head from your own kayak. On two occasions I've seen helmet-less kayakers come out of their boats only to pop up just as a wave throws the kayak on to their heads! The result, both times, was lots of blood and concussion.

Watch out for your shoulders and lower back, I'd always recommend a warm-up/mobilisation exercise for a few minutes on the beach before paddling off into the surf.

As for long-term injuries, I've had both my ears operated on for Surfer's Ear. Each operation and recovery period has been long and painful and kept me out of the water for three months on each occasion. This can be so easily avoided by wearing earplugs – I use Doc's pro-plugs.

WOULD YOU RECOMMEND ANY PARTICULAR OFF-WATER EXERCISES THAT COULD IMPROVE YOUR SURFING PERFORMANCE?

OK I'm going to stick my neck out here and recommend Ashtanga Yoga! It's actually becoming really popular among surfers. In fact a surfer runs the lessons I attend. OK there's still a bit of chanting which helps to set the scene but the workout is great, I'm worn out at the end of every session and my core strength and flexibility have never been better.

THANKS SIMON, IS THERE ONE LAST TIP YOU COULD GIVE BEFORE WE SAY GOODBYE.

Just get out there and have a go. Use the white water waves as much as possible to build up your initial skills, never worry about surfing small waves and as soon as you're balanced get used to surfing across the wave with as much speed as possible. If I can help give me shout. ●

Simon Hammond is a Level 5 Surf Coach, author of the book 'Surf Kayaking The Essential Guide' and former world surf kayak champion. He runs Shoreline Extreme Sports in Bude, North Cornwall. You can contact him by e-mailing: hammond.family@virgin.net



4. The range of kayaks seen surfing.



5. Good high position on wave for speed.



6. Good core stability and balance exercise.



7. Good forward leaning body position.



8. Seal launching.

The Swedish alter

A canoe trip to Sweden is highly enjoyable, and compared to accessing other remote areas, such as Canada, relatively inexpensive. This article by Paul Gray and Mark Hickman, is designed to act as a short guide to getting organised.

The genesis of the idea came about a year ago at the end of a trip to Ontario. The original plan was to return to either Ontario, to paddle the River Missinaibi, or to go west, to paddle the River Yukon. Sweden was suggested as an alternative, but research threw up very little information. The web site www.kanotguiden.se proved a good place to start, covering all types of paddling throughout the country and logically divided into geographical regions. Drill deeper and the names, addresses, telephone numbers and sometimes web sites of clubs and outfitters can be obtained, as can outline information on rivers. The kanotguiden does not, however, constitute a guide in the UK sense and consolidating the information we had took a lot of time, most of the winter, in fact. Still, 'time spent in reconnaissance is never wasted'.

'time spent in reconnaissance is never wasted'

An extensive trawl through the web site, made us decide that we wanted to go north, have extended daylight, see moose, reindeer and beaver and also because the outfitter had Old Town canoes, whereas many others seemed to favour fibreglass or aluminium.

Highly organised and professional

Contact was quickly established with a local 35-year-old business which proved highly organised and professional in helping us to get arrangements finalised.

After deciding on the route, from Lake Leglingen in Norway, via the River Harkan, to Lit in Sweden, logistics were next. Although we had taken our own wooden deep-water paddles, we hired plastics for shallows or white water, barrels, a grill for open fires and two really super hammocks from New Zealand. These proved invaluable simply for lazing

around, sleeping in on temperate nights and had an ingenious closure system to keep the ever present, and persistent mosquitoes out. We also hired two buoyancy aids, but declined the use of a trolley. If there is a need to travel really light, tents, stoves, tarpaulins and just about everything else can also be hired to expedite the trip.

Very tolerant

We flew to Stockholm Skavsta, caught a bus outside the terminal to the train station at Nyköping, some 12 minutes away and then changed at Stockholm Central for Östersund, where we were collected by the canoe business for the one-hour drive to Raftälven. The flight time was some 2.5 hours and the journey to Östersund was eight. Flight baggage was limited to 15kg each and we paid extra to include a third bag containing paddles. Whereas checking in at Stansted, our bags were processed quickly, at Stockholm Skavsta there was an attempt to charge an extra £20.00 for our paddle bag, the only thing that marred the trip. That notwithstanding, the journey was exceptionally smooth, Ryanair being very efficient, and public transport in Sweden proving un-failingly prompt, speedy and well maintained. Train tickets were booked in advance and are priced like airline tickets, being cheaper when bought early (www.sj.se). With English taught in Swedish schools, there were no language problems and people were very tolerant with our attempts to learn their language: Nyköping being pronounced 'Nee-Show-Ping', for example.

Arriving at Raftälven at about 2330, we stayed in a bunkhouse at Jesper's for the night. This was plain, but functional and comfortable, with cooking area and bathroom with overhead shower. An alternative de-luxe chalet is also available.

The Right of Public Access in Sweden allows you to pitch your tent for a day or two on land which is not used for farming and which is not close to a dwelling

Next morning, provisioning was simple, if a little limited. A small shop in Follinge 30 minutes from Raftälven, provided fresh fruit and vegetables, pasta, sauces, chocolate, cereal and bread. There were three potential re-provision stops en-route, at Rengsfallet, Laxsviken and Follinge. Considering the limited choice in Follinge, if timetables allowed it, we would advise arranging a visit to a supermarket in Östersund prior to the drive to Raftälven. For re-provisioning, it was fine, but for the main shop it was limited, no powdered milk, for example. As with public transport, shops are prompt, and open and close on time. Plan re-provisioning around this to avoid un-expected waits or going hungry.

Norway

Once packed, there followed a two-hour drive into Norway. We set off with our first camp within view of the snowline. The trip itself consisted mainly of large lakes, interconnected by short, white water sections of river, some of which were runnable, some, such as Rengsfallet, requiring portage and then the River Harkan. Due to strong winds at times, night paddling became essential, aided, of course, by 24 hour light. Camping was wild, no organised sites and involved mainly island pitches, with stunning views. The Right of Public Access in Sweden allows you to pitch your tent for a day or two on land which is not used for farming and which is not close to a dwelling. Campfires are

native

permitted but ensure that fire pits are built and fires extinguished prior to leaving. This is not only good 'soft paths' practice but if fires spread you can be held liable for any damage caused. Driftwood is plentiful but you are not allowed to take twigs, bark, leaves or resin from growing trees. Apart from the negative environmental impact, this is regarded as damage or theft and again you can be held liable. Portages are not marked, although dams are and basic map and navigation skills are essential. This area was remote and response to an

accident would be a long time in arriving, so caution should be exercised at all times. En-route we saw beaver, reindeer, moose and eagles. Remember that these are wild animals, so do not approach too closely and if you want to see them, be aware of time of day, wind direction and the noise you make.

Costs

Lenglingen to Lit took ten days and we then opted to run another river, the Storan, from Lake Laxsjon

to Lake Hammedalssjon, for three days, before heading back. We factored in a four hour visit to Stockholm as part of this but be aware that although you can leave your bags secure at the station, the lockers are not big enough for paddles, so they will have to be carried. The entire cost per person for two weeks was £525.00, including return flights. This compares favourably with the £499.00 flight alone price to Toronto in 2006. ●



National

Youth freestyle

Nene on 6th July



This year's Youth Freestyle series is proving to be more popular than ever. The latest event on the Nene, Northampton saw nearly 80 youngsters take to the water for coaching and fun competitions. This year the course was exclusively booked for the whole day allowing

more time on the white water. In the morning the paddlers were split into two groups. One group took straight to the white water whilst the other group participated in what may start to become a Nene tradition: the 'bungy race'. This entertaining contest involved four paddlers going head to head in creek boats each with a bungy cord attached to the shore.

The paddlers were given tips and coaching in various play spots on the course. Some paddlers practiced their white water rolls and a number of less experienced white water-paddlers were helped to run straight down the course and conquer their fears of the 'pourover'. They all had huge smiles as they realised they had made a successful run down into the eddy below without flipping or being 'sucked' back into the Pool A feature!

The parents and judges were grateful for the Dagger Europe gazebo as it provided welcome shelter from some heavy downpours, though the paddlers didn't seem to notice the changeable weather and were more than keen to get back on the water after a short lunch break.

There was a choice of venues for the afternoon competition. Pool C was the feature for both the aged twelve and under paddlers and for anyone who wanted a friendlier feature than the bigger pourover of pool A. The relatively gentle feature was great for enders, pop outs, front and side surfs and most importantly paddle spins, paddle guitars and big grins which all scored very favourably with both the judges and the crowd.

Pool A was the spot for the rest of the competitors and some very brave youngsters were throwing themselves into a sticky feature which they hadn't paddled in before. This resulted in some great crowd-pleasers of 'beatdowns', 'window shades', big pop-outs as well as side-surfs. There were also some very dynamic freestyle manoeuvres being completed by a number of the more experienced paddlers. Tom Turner threw down some smooth cartwheels and split-wheels to take his second win of the series in the 18 and under category, just ahead of Stu Parry. For full results of all categories and all events so far please visit www.youth.ukfreestyle.com

This was the third event in the Youth Freestyle series this year with events at Teeside and Llangollen also being very successful and enjoyable. Each event is run separately (with a series ranking at the end) so it doesn't matter if you've missed out on the first three events, as there are still two more to go: Boulton on 9th August and the grand finale at Nottingham on 7th September. Visit www.youth.ukfreestyle.com to find out more details and to enter.

A big thanks must go to the sponsors (Palm Equipment, Squarerock, Pyranha, Dagger Europe, BCU North East, K3) and to all of the parents and volunteers at all of the events who have helped with safety cover, judging, timing, scoring, crowd support and general helping out.

FIONA JARVIE. PHOTOS: STUART WILLIAMS



Regional Development

TEAM CENTRAL

Royal Sutton Coldfield Canoe Club

Open day 7th June 2008



Mike and granddaughter Penny on Blackroot Pool

Throughout its 18 years existence the club has held an open day in the park in June. In recent years the club has been allowed to use Blackroot Pool and will later this year establish a boat store there with the aid of a £16,500 grant from Sutton Municipal Charities.

Along with club members and coaches were two scout troops who are part of the club's 'affiliated group' scheme which allows uniform groups, schools and youth organisations to

access the club's expertise, facilities and equipment. At one point there were over 30 paddlers, scouts and families on the water, leaving only one boat on the shore. The day had been well advertised using posters and the local papers and by the end of the day the club had introduced 50 people to the pleasure of canoeing and made some new members as well.

MIKE NICHOLLS

TEAM SOUTH

London Youth Games



The day started way before 7am on Saturday June 7th for the willing volunteers, with a traditional format slalom course of 12 gates hung in the narrows between Victoria and Albert Docks. Over 100 competitors raced for their 27 London Boroughs and the points were hotly contested.

In the sprint racing there was competition and the cheers were drowned out the sound of departing aircraft only a few yards away.

Lots of positive feedback was received about the event format and organisation, credit for which lies firmly with Sam Keegan and his colleagues from Fairlop Sailing Centre. Ian Rowley, John Green and Sean Martin's expertise with managing the Sprint regatta provided invaluable. Special mention also goes to George Murdoch (Tandridge Blades), Ian from Leaside and of course Richard Hodge from Shepperton for compiling the results and all committing for 2009.

Prizes for all the events were presented by dignitaries from Thames Water, the event sponsors. With a special presentation made to Sydney Storey who had won 'Young Volunteer of the Year' for her sterling work and unselfish commitment to helping develop paddlesport within London.

Congratulations to the two winning Boroughs: Richmond won the sprint competition and Kensington and Chelsea won the slalom event.

Hampshire Youth Games

Farnborough Leisure Centre provided the backdrop to the canoeing section of the Hampshire Youth Games on the 21st June. Local authorities in collaboration with their linked canoe clubs selected young athletes to represent them in a Cross Stream Challenge event.

Winchester was the winning local authority with Basingstoke and Deane following close behind. In the individual competition, the fastest time of the day was from Will Smith from Winchester, with the fastest girl being Katrina Miller from the New Forest. Coaching was on hand from club coaches and the new South East white water coach, Gordon Walling. Medals and trophies were presented by Sam Willis a young canoeist supported through the Hampshire Talented Athlete Scheme for athletes working towards 2012. The event which saw over 1,500 young people take part was organised by Sport Hampshire and Isle of Wight. Thanks must go to Woodmill Canoe Shop for providing the prizes and Perception for providing the kayaks.

Go Paddlin'

Sunday 17th May saw the first of the West Midland Go Paddlin' events take place at Upton Warren. This was organised by the West Midland Regional Development Team and was a great success.

Many West Midland clubs were represented and there were plenty of coaches on hand to give paddlers expert advice and tuition. There were courses on offer if people wanted formal tuition and assessment, Paddlepower, Start, 1 and 2 Star, Canoe Safety Test etc. For people wanting to try something different there was the chance to paddle fast boats, Bellboats, try the Cross Stream Challenge, even paddle a coracle!

The weather was better than forecast and was quite a pleasant day, if the forecast had been fine there may have been a bigger turnout, as it was there were still around a hundred people turned up.

I would like to thank everyone who gave up their time to organise the event and help out on the day, particularly Dave from Endless River and Phil Ascoug for the use of Upton Warren – such a superb venue for events like this and for the paddlers who turned up. For future Go Paddlin' events email:

phil.hadley@bcu.org.uk



Inner city slalom

The first slalom competition to be held within central London. What a fantastic first attempt for Dave Harvey and his team from Islington Boat Club, who really pulled out all the stops with lots of hard work in promotion prior to the Sunday race. This paid dividends with over 100 entrants in the Division 4 event. Key to the success was Dave's great powers of persuasion in getting the parents competing as well as the children.

Islington Boat Club's long paddling pedigree enabled a safe, enjoyable and fun event for everyone who attended, an interesting course made the most of the available water. Next year Islington slalom will be promoted in the slalom yearbook, and I recommend everyone to give it a go.

Whopper racing at Shepperton

The last weekend of June is traditionally Shepperton Div 3-4 slalom but is now also being associated with Wavehopper racing. This is the second year a Wavehopper development race was held in conjunction with slalom and this year over 30 competitors took part, which proves that good news travels fast.

The fastest time of the day for the weir to weir loop course was posted by Andrew Rendall (Shepperton) with 9mins 45, yet George Durdem was only fraction behind at 9.57 and third fastest was Andrew Lillie (HYMB) who achieved a very respectable 10.00. Well done to all competitors and thank you to Sue Templeton – the event would not have been the success it was without her help.

ANDY GRAY – REGIONAL DEVELOPMENT OFFICER

Funding coaches in the South East

Over the last few months several coaches within the Southern regions have been successful in gaining funding from several sources through the support of Canoe England. Twenty-three coaches were qualified with the help of the European Social fund, to pay for their BCU UKCC L1 qualifications. The last two rounds of Hampshire County Council's, Coaches, Officials and Volunteers Scholarship Scheme have also been successful to support coaching, with contributions towards two BCU Level 5 awards, two BCU Level 3 and four BCU UKCC Level 1. Support totalling £2,506 was given to three clubs across Hampshire and the Isle of Wight.

The Southern region has also been busy giving volunteer bursaries to coaches and volunteers within its patch to support new and ongoing activity within the region.

For more information contact: James Hinves South Senior Development Officer

james@bcu.org.uk. Southern region web site www.canoesouth.org

Hampshire Bursary Scheme www.spothampshireiow.co.uk

TEAM NORTH

North West paddling weekend

The North West paddle weekend has grown out of the North West coaching weekend. Paddlers from around the region wanted a weekend where they could do their coach update and also try different boats, learn skills and try new games.



Anderton Centre hosted the event. The Saturday started with a group heading off to do L2 assessments, foundation safety and rescue courses and lots of paddling in the Brookbank demo fleet.

Late afternoon five scouts and three sea kayakers started the bonfire and once it

was going the burgers and sausages soon charcoaled themselves. Later in the evening we were entertained with Chris Bain's fantastic slide show from last year's trip to Uganda. That was followed by another slide show about an open canoe trip to Sweden. After the slide shows there was an opportunity for clubs from around the region to meet and chat.

Sunday arrived, sluggishly for some of us! The opportunities to participate in similar sessions to the day before were offered alongside more coach update focused sessions. The beach was awash with paddlers in all forms of boats. More sea kayaking, open canoeing and some people running down into the water in a line with a kayak paddle between their legs (I never did find out what that was about).

As we headed off on Sunday night, talk was already starting about next year's event! Thank you to the North West Regional Development Team for organising the event. If anyone has thoughts on how we can make next year better or if you want to help organise the event, please get in touch with gareth.field@bcu.org.uk.

Leeds schoolgirl outdoor activity day

The 3rd of June saw the first Leeds Schoolgirl activity day held at Yeadon Tarn Outdoor Centre in north Leeds. This event was supported by partnership working between West Yorkshire County Sports Partnership, Sports Leeds, Yeadon Tarn, Canoe England, Amateur Rowing Association, Royal Yachting Association and British Orienteering. The idea was to run a day for young girls in the schools of Leeds and to provide them with an opportunity to have an experience of outdoor pursuits.

The day itself was a round robin of canoeing, sailing, rowing, orienteering and mountain biking. Seventy girls from five secondary schools around Leeds participated on the day. The weather was atrocious but the girls showed fantastic determination to carry on throughout the day continuing to give the activities their all, right up to the end of the day.

A huge thank you to all of the NGB's involved, West Yorkshire Sport and the team at Yeadon Tarn and Leeds Sport.

GARETH FIELD

South West paddlesport fun days

Siblyback Water Sports Centre, Near Dobwalls Sunday 24th and Monday 25th August.

There will be a host of canoes, sit-on-tops and all shapes and sizes of kayaks for you to try from major manufacturers. In addition there will be workshops throughout the day for you to hone your personal paddling skills as well as organisational and trip planning skills. Teams will be invited to register for the Bellboat challenge as well as a dual slalom knockout competition and for the little ones a fun adventure treasure trail.

There will be a family hog roast on Sunday evening where Andy Davey will be on hand to answer any questions about paddlesport. If you fancy staying overnight there is camping available on site. For more information check out the South West web site www.bcusw.org

ANDY DAVEY, SOUTH WEST PADDLESPORT DEVELOPMENT OFFICER

National Development News

Large uptake in Clubmark accreditation

"It is great to see Clubmark underpinning the new three tiers of accreditation. Clubmark is a minimum operating standard and the additional criteria for Top Club and Top Club Gold builds directly on this, giving high quality junior sports clubs clear pathways for progression."

Clare Macleod, Knights, Kavanagh & Paige (KKP) managing Clubmark for and on behalf of Sport England.

Since an announcement from Canoe England, of the launch of a revised club accreditation scheme, starting with Sport England's Clubmark, many clubs have enthusiastically signed up. Canoe England has seen a marked rise of a 19% increase of clubs signing up to the scheme this year, with the total of clubs now working towards Clubmark rising to 68 clubs.

Tandridge Canoe Polo Club were the first club to become accredited under the old 'Top Club' scheme almost five years ago, and since then the numbers have risen to 53 clubs gaining accreditation. Almost 4,000 sports clubs from 29 national governing bodies for sport in England have signed up to Clubmark.

So why this sudden increase?

There are many benefits available to clubs signed up to the accreditation scheme. The most recent being the discounted prices when purchasing the Paddlepower awards and other Canoe England products (these will soon also be listed on the E Shop). Canoe England has invested £750,000 in subsidies to purchase equipment suitable for juniors at discounted prices through the Junior Development Project (JDP) funding scheme available to clubs that are working towards or are Clubmark accredited. Also with financial support from the Community Club Development Programme (CCDP) some clubs have aspired to operate from a purpose built club house rather than, from a trailer or container stuck

in the middle of a field... and of course all this could not have been achieved without the added support from Paddlesport Development Officer time allocated to clubs aspiring to become accredited and those already there.

But it's not all about getting huge wads of money or cheaper gear. One club said; "going through the Clubmark process made us realise that what we are doing, we do really well" – a feel good factor is experienced by many clubs. Other clubs found when working through the criteria they had much of the documents already in place. This is because the standards expected to meet the Clubmark criteria is nothing more than you would expect from a club working with young people, as Clubmark is minimum standards.

Clubs are all different and have different packages to offer the membership. Some clubs operate every day of the year with a wide range of activities, healthy membership and coaching expertise, while others operate once a week during the paddling season. If your club has young people under 18 paddling with your club then you are eligible for gaining the Sport England kite mark of Clubmark.

What are the differences?

Clubmark is Sport England's quality accreditation that demonstrates to sporting partners, local authorities, schools and parents, that a club meets the minimum operating standards, to ensure clubs serve young people well, by offering a quality experience in a welcoming environment.



Top Club follows the same framework of criteria and standards as Clubmark but allows a club to provide evidence that they have systems and procedures in place to demonstrate they operate above the minimum operating standards. This type of club is offering more to paddlesport, its members and the community.

This award is aimed at a club that demonstrates:

- Development of coaching and training opportunities through a wide range of activities.
- As a priority, development of coaches and volunteers.
- The opportunity for young people to be included in decision making processes.
- Good lines of communication at all levels.
- Strong links with schools and other clubs.
- A detailed action plan that covers at least a two-year period.



Much of the same levels of criteria as Clubmark and Top Club but this type of club are demonstrating that they are a very active club in both a community and performance based role.

This award is aimed at a club that demonstrates:

- A dynamic coaching programme that encompasses a wide range of activities and events, with procedures and systems in place to support the membership.
- Strong management by an active committee that has action planned for the club's long term future.

If you have young paddlers in your club, wish for your club to develop but have not already signed up to work towards Clubmark and would be interested in finding out more, then do not hesitate to get in touch with your Paddlesport Development Officer or contact the Paddlesport Participation team at Canoe England offices.

Paddlepower and Cross Stream news

A big thank you to all the clubs, centres and coaches for all their support of both schemes

Paddlepower and Cross Stream Challenge posters have arrived! Perfect for promoting Paddlepower and Cross Stream (see pages 37 and 47).

The posters will help to raise awareness of the schemes and will be available in two sizes: A2 and A4. The A4 posters will be added to the starter packs for both Paddlepower and Cross Stream, whilst the A2 version will be available via your PDO.

We are still reviewing the Paddlepower prices and details of any changes will now be announced on the home page of www.bcu.org.uk. The good news is that all of the Paddlepower and Cross Stream resources will be available to purchase via the BCU web site Eshop in the near future.

Paddlepower coaches manual

We are still working very hard to update the Paddlepower coaches manual, apologies for the delay. This updated resource is due to be available in a colourful booklet format. The Paddlepower coaches manual is designed for any coach wishing to run the BCU Paddlepower scheme and is essential to help get the most out of it. We are now at the final design stage, so fingers crossed!

Inspiration For Young Athletes at Grandtully

Members of the Canoe Slalom, World Class Olympic Development coaching team, Mark Ratcliffe, Craig Morris and Neil Buckley set aside their lunch breaks for a couple of days to offer their expert training skills to help develop the techniques of some of the junior slalom

paddlers enjoying the Tully waters over the Easter period.

Dan Evans (12) from Nottingham was one of a dozen lucky children invited to take part in the sessions.

"We met Mark, Craig and Neil in the car park by the white water course at Tully and they asked all our names and how confident we felt about

paddling on the Tully course. Then they broke us into three groups and I paddled in Mark's group. On Tuesday we did a lot of work on up stream gates crossing the wavy section in the middle of the course. Mark was really good, advising me on how to improve my paddling by spending some time doing core stability exercises, which would help with some of the moves. On Wednesday I was in Mark's group again and we paddled at the bottom of the course down below the 'boat breaker'. We practiced our techniques on small courses of six gates and Mark told us what we had done well and what we could do to improve the next run. It was a fantastic two days!"

The coaches were all impressed by the enthusiasm and skill of their young students and hope to be able to offer further sessions to our aspiring young athletes in the future.



Dan Evans

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Volunteers



Canoe England has launched its first ever Volunteer Awards Presentations which took place on Saturday June 7th. The awards recognise and reward volunteers, officials and coaches who make outstanding contributions to paddlesport and who often go unnoticed with very little thanks and praise.

Presentations took place at the National Watersports Centre, Nottingham during the English Council ACM. BCU Vice-Presidents, David Gent and Alan Laws, were on hand to present the awards.

The awards were launched as part of a number of new initiatives which have been aimed at rewarding, recruiting and supporting volunteers in paddlesport. Along with new resources for clubs, which can be accessed on the Canoe England web site, the awards are part of a scheme to enable Canoe England to thank the many volunteers in paddlesport for their time and commitment.

"Canoeing has a fantastic network of volunteers who dedicate their time and energy to the sport," says Julia White, Volunteer Development Officer for Canoe England. "We would love to personally thank every volunteer for their time and dedication if we could, and the awards allow us to start doing this by honouring some inspirational and long standing volunteers."

Volunteers get recognition canoeing's first awards

Here are the volunteers who received awards:

Female Volunteer Coach

Esther Mathews

Green Star Canoe Club, S. Yorkshire

Level 3 Coach, Esther Mathews from Doncaster, contributes so much for paddlesport, blends into the background and never expects any thanks. Esther dedicates hours of volunteering every week for Green Star CC – in particular for young people and slalom.



"She does every job with a smile, always giving 100% to the task in hand," says friend, Suzanne Redford.

Male Volunteer Coach

Geoff Goulden

Poole Harbour Canoe Club

Level 2 kayak and racing coach, also volunteers in many different roles. *"Geoff is a mainstay at Poole Harbour Canoe Club and was key in arranging canoeing activity in 2007 for children from Chernobyl,"* says fellow club member Tony Kirby.

Young Coach/Leader

Helen Anthony

Gosport Scout Kayak



At the age of 17, Helen Anthony has already been volunteering for four years. The level 2 coach passed her 1 and 2 Star awards at the age of 11 and is fundamental to coaching in her area: *"Everyone who comes into contact with her give her praise in her attitude to coaching,"* explain her fellow club members.

Young Volunteer

Sam Hargreaves,

Staffordshire



Sam, aged 15, has been volunteering since he was 12 and is enthusiastically on hand to help where it's needed – leading groups, loading trailers, sorting kits, designing leaflets, and planning trips and events. Sam's confidence, skill, ability and sense of purpose have increased no end and has now found happiness through volunteering in paddlesport, but also realised the rewards which can be gained: *"He mentioned to me recently about a very disabled boy who smiled for the first time as Sam was towing him and his mum around in a canoe,"* explains Sam's mum.

Young Volunteer

U15 Special Award:

Sydney Storey

Royal Victoria Docks Centre, London

Sydney started volunteering at the age of seven – some six years ago when her grandmother brought

her to the centre. No matter what task she is given, Sydney is happy to take it on – from running taster sessions, to cleaning and maintenance. *"She does every job with a smile, always giving 100% to the task in hand,"* says friend, Suzanne Redford.

Official of the Year (joint winners)

Brian Gandy

Basingstoke Canal Club



Brian has been an official for over 17 years as well as chair of the marathon racing committee. Officiating has given him many years of enjoyment since his first day when he felt it was time to put something back into the sport: *"Helping comes naturally to many parents but Brian continued even when his son didn't need driving to races anymore,"* says Liz Murnaghan.

(joint winners)

Irene and David Osbourne

Mansfield, Nottingham



Irene and David have been officials for more than 30 years. This couple give up hours of their time every year to time events for slalom events. *"Never seen by the competitors, their uninterrupted service to the sport for over 20 years has ensured a legacy of professionalism and trust in timing,"* praises Andy Maddock, BCU.

Professional Community Coach

Ruth Holdway

Stafford and Stone Canoe Club



Level 3 kayak and level 2 slalom and racing coach, Ruth Holdway is employed as a community sports coach for the region of Stafford and Stone and Trencham. Ruth consistently goes the extra mile and works over her contracted hours resulting in a tremendous impact on the young people she works with.

ion at ceremony

Professional Performance Coach

Jurg Gotz
Nottingham

Level 3 slalom coach and BCU World Class coach, Jurg, leads the slalom Olympic programme towards Beijing 2008. "He is an inspiration to athletes and coaches around him. He works tirelessly and has a huge eye for detail. He coached Campbell Walsh to Olympic Silver in 2004 and World Championship Bronze in 2006 and 2007," says his colleagues at the BCU.

Teacher of the Year

Lee Menday
Royal Hospital School, Ipswich



As level 2 kayak and racing coach at the Royal Hospital School in Ipswich, Lee, coaches students and organises group paddle trips. As a paddler himself, his colleagues describe Lee as a "superb motivator, who connects very well with pupils and adults. He is very inspirational." Lee has a below the knee amputation, and is far from limited by this – in fact it spurs him on. He is a dedicated and committed coach and teacher of paddlesport.

Community Volunteer

Keith Sunderland
Trentham Canoe Club, Staffs



As fellow coach, Ruth Holdway, states: "Keith mustn't have a minute to call his own: if he's not on the water teaching beginners to canoe... he is trying to organise canoeing courses; promote opportunities for scout leaders to become qualified coaches; help on the committee, do DIY work; work on boat storage or look after and transport bulky canoeing equipment. For Keith there is no such thing as a quiet weekend... Without Keith and his family, Trentham Canoe Club would struggle to operate so successfully."

Special Recognition for Community Volunteer

Steve Courtney
Bolton Canoe Club



This is a special award to honour an inspirational volunteer who encouraged and supported people not only in paddlesport, but throughout his life. "Steve

is the most enthusiastic advocate of paddlesport I have ever had the privilege of paddling with. He shares ideas and his enthusiasm, and until his ill health prevented him, Steve would frequently be found ferrying people to club sessions and rivers," says clubmate Helen Sharples. "He is the backbone of our club and when he isn't on the water with us we miss his presence."

Unfortunately, Steve lost his fight against cancer in October last year but his wife Joan was present to collect his award in honour of the impact that Steve had in paddlesport.

Access Officer Icarus and Fiona Edmonds Devon



Icarus and Fiona volunteer together as access officers. The couple work hard for the paddlers in the region in a community that is changing year after year.

Their input has had a great impact on paddlers of play boats, river runners, touring and racers and has not gone unnoticed. Their most notable success is preserving the access on the River Dart in Devon.

Outstanding Contribution

Don Raspin
Tees Kayak Club

Don has been coaching slalom for over 30 years, as well as being influential on the slalom committee and as a volunteer in access. As a level 3 coach, Don is qualified in slalom, recreational and placid water: "He is a huge advocate of the introduction of slalom at club level - Don's input has been invaluable," commented Anne Hounslow, chair of the slalom committee.

Outstanding Contribution

Sue and Ken Trollope
Salisbury Canoe Club

Ken and Sue have been involved in slalom for many years – with the slalom team and on the committee. Together, they were a major part of the organisational team for the European U23 Championships in 2007. "You cannot talk about Ken and Sue separately. They have given so much to the sport of canoe slalom," says Andy Maddock, BCU. Sadly, Sue passed away last year and has been a great loss to the world of paddlesport: "Sue will be sadly missed, Sue and Ken have made an outstanding contribution to canoe slalom over the years," explains Andy.

Outstanding Contribution

Dick Constable
White Rose Canoe Club, Leeds



As chair of the Yorkshire region, Dick has taken on numerous roles over the years. He coaches for White Rose CC; Yorkshire Single Bladers and Yorkshire Sea Kayakers. As president of White Rose CC, Dick also organises trips away, coordinates training, organises events and supports the region as a Local Coach Organiser (LCO). "Dick has made an amazing difference to the Yorkshire region," says Gareth Field, Canoe England. "He has made a huge difference in developing the region."

Outstanding Contribution

Andy Neave
Stafford and Stone Canoe Club



Andy has been volunteering for over 23 years as a coach and competition organiser for his club. His coaching has developed many of Britain's junior and senior

medallists: "His commitment to coaching is outstanding, Andy has the gift of getting the children he coaches to strive for the best they can achieve." Andy is one of those people who will also go the extra mile to help his. "He is an innovator... If we had more Andy Neaves dotted around the country, British canoeing would be a force to be reckoned with across the world," says Ruth Holdway.

Outstanding Contribution

John Humphrey Cork
Cheltenham



Having volunteered for over 38 years, John has now retired from the sport. His involvement was primarily through the army where he was on the committee, volunteered

as a top level coach and was on hand to train and assess for other coaches and awards. John's most impressive achievement came after being posted to Singapore. Here, John founded the Singapore Canoe Foundation and was honoured as national coach for the country. He has since returned to Singapore where a presentation dinner was held in his honour.

Outstanding Contribution

Julie Lowe
Newark, Nottinghamshire



Julie has been volunteering for over 15 years as a coach as well as helping with the organisation and running of the club. As co-founder of the 4A's (Adventure

Activities for All Abilities) sports club, Julie has ensured that the club caters primarily for the needs of young people with special needs and their families. "Julie is passionate about giving children/young adults an equal opportunity to access sport, enabling everyone the opportunity to participate in canoeing alongside their able bodied peers," says Helen Purdy, Newark and Sherwood District Council. "Her commitment and dedication, the kindness, respect and encouragement that she shows the children/young adults is admirable."

Club Awards



Presentations were also made to three clubs in the BCU Club of the Year Awards. BCU Club of the Year, Sheffield Canoe Club, and runners up Tandridge Canoe Polo received their awards from Alan Laws, while runners up Birmingham Canoe Club were presented their award by Howard Blackman at a special presentation in Birmingham.



Clubs and regional news

Morpeth gets active

To mark the launch of the Paddlesport Club in Morpeth, the River Wansbeck became hive of activity recently as spectators were encouraged to participate in a range of activities including canoe polo, slalom and flat water racing. Members and qualified coaches were also on hand to provide professional support and advice.

The sports development team at Castle Morpeth Borough Council developed the club over the past 18 months as demand grew. A constituted group was set up to take the club forward in partnership with Canoe England and Morpeth and Ponteland Schools Sports Partnership.

The festival was also sponsored by Northumberland Sport via their Get Active Northumberland campaign, which aims to encourage people to get active and to stay active and highlights the amazing opportunities places like the River Wansbeck in Morpeth has to offer.

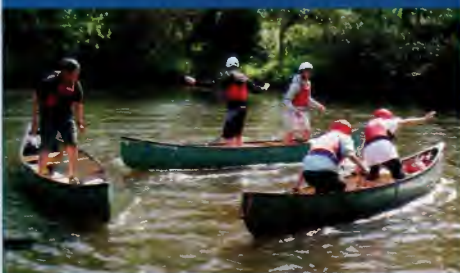
All activities over the weekend proved to be very popular and as a result of almost 100 participants on Saturday and Sunday, official club sessions which commenced on 2 June 2008, are now fully booked.

As a finale on Monday, the schools competition, organised by the Morpeth/Ponteland School Sport Partnership, proved to be as equally popular with participants from Newminster middle, Ponteland middle, Rothbury middle and Coates middle school competing against one another. The climax to the challenge saw Newminster middle winning the canoe sprint challenge just ahead of Ponteland middle by two seconds. As a result, 70 year 8 pupils have now been introduced to paddlesport activities for the first time. This produced a very positive response, many children will now be joining the new paddlesport club, which is a very significant achievement.

To date, the club has already raised approximately £20,000 from key Partners including Castle Morpeth Borough Council, Sport England, Morpeth and Ponteland Schools Sports Partnership and Northumberland Sport. This funding will be utilised to sustain the future growth of the club and enable a coach to be employed one day per week for the next three years which will be a fantastic asset.

Doug Lowery, Executive Director of Northumberland Sport said, "We're delighted at Northumberland Sport that the paddlesport club launch proved to be such a success. It's fantastic to see so many people wanting to take part and more importantly being prepared to follow this interest by signing up to attend more club sessions in the future."

For further details, please visit www.castlemorpethspaa.co.uk or contact Castle Morpeth on 01670 535 000.



Award for All saves club



The prospects for Dereham Canoe Group were very bleak in 2007, having survived for 35 years as a very successful club in Norfolk, they had been told that when the old swimming pool in the town closed, they would not be able to have the same slot at the new leisure complex that was replacing it.

The new leisure complex offered unsuitable slots very late at night, or to share the pool with public swimmers – definitely a no go. On top of these problems, the club equipment was beginning to age.

After struggling through the summer by borrowing equipment from a neighbouring club, the decision was made to apply for an Award for All grant. Once the application went in, their luck changed for the better. A chance to take up a swimming pool share with Wensum Ospreys CC, gave them a suitable time slot for the junior membership, more pool time than before and at a far more realistic price than that proposed by the new leisure complex. News then came that they had been successful in their bid to get new equipment. The award added 12 new kayaks, three open canoes and a trailer, plus a complete set of equipment to go with each craft. The future now looks very bright for the club, with the river lessons booked to the capacity of their coaching staff.

The club's priority for the future is to attract more coaches, as it is this that will build them back to be able to boast a 100 plus membership.

www.derehamcanoeing.co.uk

E-mail Lynda: lynda.turner@tesco.net or

Contact: Jeff Toser, Eastern Paddlesport Development Officer at jeff.toser@bcu.org.uk
079125 597986

4A's Kayak and Canoe Club celebrates

Adventure Activities for All Abilities (4A's) Kayak and Canoe Club celebrated on Saturday, their O2 It's Your Community Award. The 4A's spent the morning on the water in their new racing canoe which has been bought with a grant of £1000 from O2. Andrea Cahin from Newark's O2 store was there to hand over the cheque and to have a go at canoeing herself.

The very successful 4A's club – was set up by Julie Lowe, for youths with special needs. They have been hugely successful, with representatives in the GB Paddle-Ability team, and at the Special Olympics. But the club has been struggling to enable all their members to get out on the water due to lack of canoes.

Saturday saw Julie Lowe teaching O2's Andrea Cahin how to paddle 4A's style. "The 'It's Your Community Award' has made all the difference – we couldn't have bought these new canoes without the help of O2" Julie said. "The youngsters have achieved so much already – these racing boats can only help them to achieve more."

O2's Andrea Cahin explained, "The It's Your Community Awards are designed to make a difference to people just like them, all over the UK by providing the funds to get ideas off the ground. We want to build a network of projects across the country – which collectively makes a difference. Applying for an It's Your Community award is simple and fast, just log on to www.itsyourcommunity.co.uk – get inspired and see what you can do."



White Rose Canoe Club paddle day

This year the annual White Rose CC paddle day was held on the 18th May. Tri-It Outdoors turned up with the delivery of new boats to play with for the day as more and more members of the club started turning up for the event.

At the start of the day there was lots to do, with slalom posts to erect in the lake and other equipment to set up. Polo goals appeared out of the shed along with open canoes thanks to The Yorkshire Outdoor Superstore.

Slalom race competition grew throughout the morning and only

subsided as the smell of burgers wafted across the lake. After lunch they got the long boats out and started going fast in straight lines around the lake.

Overall it was an excellent day with lots of people trying all sorts of craft they would not usually paddle, with coaching and fun competitions in a wide range of boats.

White Rose junior cadet leader's day

White Rose CC has a strong team of junior cadet leaders involved in

the club. The club decided to have a cadet leader day with the aim of the day to promote the cadet leader coaching skills and eat lots of flapjack!

The afternoon was spent looking at the fundamentals of coaching. After the coaching they got onto two hours of playing different games, wet games, dry games and some in between!

The imagination of the young coaches added a fantastic amount of fun into the sessions with lots of laughing and great opportunities to learn.

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Clubs and regional news

Safeguarding and protecting children

Canoe England is committed to ensuring that we provide a suitable environment for children and young people to participate and have fun safely in paddlesport. We are therefore continually working to improve the support we can give clubs and providers in this area. One of key area that we are supporting clubs is with the 'Time to Listen Workshop' for Club Welfare Officers. This workshop has been very welcomed by the clubs attending to date as it can provide a lot of answers to the questions and issues raised by clubs with respect to child protection. A new series of workshops are planned for the autumn, and dates will be published shortly on the web site.

We have also recently added some more guidance documents to the web site to support clubs and organisations working with children. This includes:

- A new anti bullying policy
- Parents guidance document from the DCMS

Further updates with respect to disclosures and child protection training will be included in the next club mailing.

Olympic Go Paddling Programme

Clubs across the country have signed up to the Canoe England Olympic Go Paddling Programme this summer. A significant rise in participation is anticipated in paddlesport in the build up to, and following, the Olympic Games which takes place from 8-24th August.

The Olympic Go Paddling Programme was launched in order to support clubs and centres to assist in meeting this expected demand in interest. The aim of the programme is to 'help and inspire people to go paddling' where clubs and centres are being asked to provide a positive and welcoming paddling experience within a managed environment. At a time which suits the club or centre, a large number of clubs will be providing taster events and following this up with an additional session in the two weeks following.

In return, Canoe England will support clubs through the process through signposting enquiries to clubs and centres participating in the programme. In addition, a template welcome pack is provided to clubs to assist clubs in the organisation of the programme including providing follow up information to participants.

For more information or to register your taster event with Canoe England, contact kimberley.walsh@bcu.org.uk or call 0845 3709520.

On the water and the web!

South Skye and Lochalsh Kayak Club have just launched a new web site: www.skye-lochalsh-kayaking.co.uk.

South Skye and Lochalsh KC aims to encourage young and old to participate in sea kayaking in a safe manner and provide instruction to a high level. Membership is open to anyone with the minimum age to becoming a member being ten years of age. South Skye and Lochalsh KC is an affiliated member of the SCA.

MP praises Leaside and visits Holme Pierrepont



Peter Bottomley MP with Laurence O'Riordan

Peter Bottomley MP whilst visiting Leaside as part of a Sport England initiative to promote a better understanding between the worlds of sport and politics, praised the excellent work of the educational trust in Hackney.

Leaside has been providing outdoor educational pursuits, with canoeing being the main stay of its operation, for young people in east London for more than 30 years.

Formally Leaside was a Bostik glue factory and in the early days the old warehouse was used as a canoe store. The warehouse has been converted into changing rooms but now Leaside also has a new central building, which accommodates 15,000 visits a year was opened in 2005.

After having a tour of the facilities, Mr Bottomley climbed into a kayak and took to the water with 19-year-old Laurence O'Riordan. Laurence, a qualified instructor who first attended Leaside as a schoolboy seven years ago, is just one of many local young people who have progressed from visitor to volunteer at the centre.

"Laurence has kindly taken me out and to see the confidence he can give to other people, is very warming thing to be able to watch," commented Peter.

He was also full of admiration for the Centre Manager, Mickey Gordon. He added: *"Too often people think the answer to every problem is legislation or using tax payers' money.*

"In fact, we should use our eyes and ears more to see what people like Mickey have managed to achieve here and to meet people, whatever their age, to see the contribution they are making. If you give people the opportunity they can achieve miracles."

Mr Bottomley was impressed by the way the Trust is giving scores of local teenagers, such as Laurence, a sense of belonging and purpose as well as the chance to hone new skills. He had the opportunity to meet more youngsters over a sandwich at lunch time. The two lads were very excited as they were just about to head off for a weekend of kayak surfing in Bude. Throughout the conversation they kept repeating the fact that Leaside was like a family to them and they felt safe there. It had kept them on the straight and narrow as well as providing them the opportunity to gain coaching qualifications.

Mr Bottomley said: *"Leaside provides a great contribution towards people's enjoyment and their lives. The more young people who get the chance of coming here; the better it would be for everyone."*

Visit to Holme Pierrepont

Peter Bottomley MP enjoyed an interesting day hosted by the Team GB slalom team and the Nottingham Slalom Academy, as part of The



Peter Bottomley MP with Stu Mackintosh

Sport England's Parliamentary Sports Fellowship Scheme despite a hectic build up to the Olympics.

The day started with a briefing from John Anderson, Performance Director about the sport and the athletes and where and what will be happening in Beijing.

It was then on to the white water course where Peter received briefings about how training is undertaken and how the athletes receive feedback on their performances. Olympic Canoe Coach Mark Delaney, explained the whys and wherefores of the 'obstacles' and drops.

After the Olympic slalom team finished their training session, Peter had the opportunity to meet the team members; Fiona Pennie, Campbell Walsh and David Florence. Campbell Walsh explained the importance of having a personally designed boat and the need to have it in Beijing prior to the games so that paddler and boat could be as one practicing on the course.

After a buffet lunch with the younger development athletes and coaches (they have never been so quiet), Jurg Gotz showed Peter how video analysis is carried out and the significant benefits that an athlete acquires if their 'run' can be analysed in such a way.

From the white water course it was off to the regatta lake to see podium programme athletes go through a flat water training session. To follow the training session we were put out in one of the safety boats in order to keep up with the athletes, whilst the coaches were on bicycles on the bank. From the boat there was a magnificent view of the regatta course, which was still, like a mill pond; it certainly looked a long way to the finish at the start of a 1000m race!

After the tranquillity of the regatta course it was back over to the white water course where Stu Mackintosh very kindly took Peter down the course in a Duo Topilino. Peter is considerable taller than Stu so it was a challenge keeping the boat upright.

Stu and Peter managed all the drops and waves and even pulled in to an eddy.

Peter smiled in between water crashing over him, but the biggest grin of all was when he got to the bottom of the course... upright!



Peter with John Anderson

Paul Owen, Chief Executive of the BCU said: *"This scheme allows us to showcase our popular sport and to provide Peter Bottomley with a unique insight into all aspects of canoeing, from the grassroots and youth projects, to the Olympic podium programmes."*

"Canoeing is a diverse sport and the BCU is very much enjoying sharing its success through the scheme."

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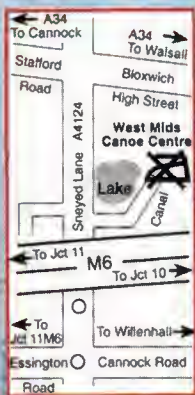
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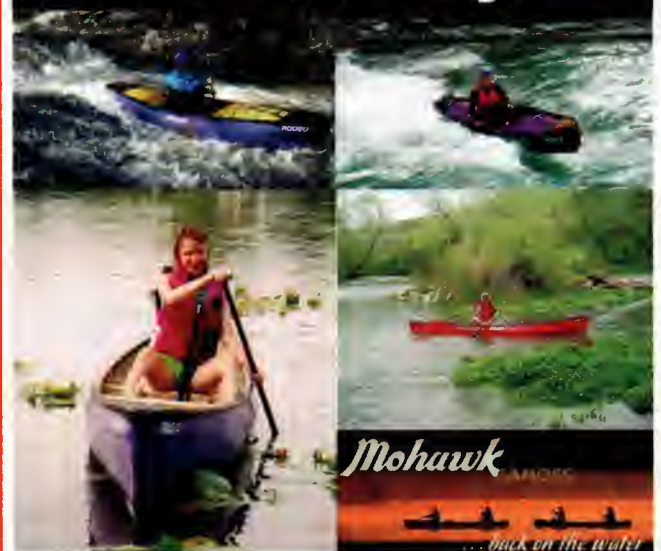
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Clubs and regional news

London to Sheffield – my personal Everest

The fund raising started following the birth of my son, born three months premature in 2003. He stayed in hospital for five months and I was determined to put back something to thank the people who kept him alive and supported us.

This year I decided to raise money for Bliss the support group for premature babies.

I decided to Kayak from London to Sheffield. One problem, I had only been in a kayak once when I was about 14 and that was only for ten minutes!

I set about getting the skills I needed and luckily made contact with Sheffield Canoe Club (thank you all). Slowly I gained the skills and safety knowledge, worked hard on gaining stamina, either running daily or cycling and lifting small weights in a paddle stroke motion.

Start day – We left base camp, Leicester, at 02:20am (I needed sleep for the jet lag) for the journey to London we arrived at Putney Bridge and were on the water by 05:20.

The Thames was calm and the first light and mist combined to make a memorable experience. We caught the last of the incoming tide and enjoyed a view of London at which will stay with me forever.

On day two we quickly realised we had problems. The whole plan had been based on doing 3mph over ten hours which gave us 30 miles distance a day. On day one we had spent 14 hours on the water and were about three miles short of our target.

Day three was an early start and we made fantastic time as we got out of lock hell.

On day seven we arrived at Nottingham where my wife met me on the river bank at Trent Bridge. We spent some time together and had lunch, however, after sweating hard when paddling I could not warm up after saying goodbye. Luckily at a manned lock the lock keeper let us use the mess room to re heat, get some warm fluids and dry our kit.

Re-warmed we went off again and got as far as Gunthorpe before we found a camp site. The tents were no sooner up than the heavens opened. I couldn't hold a conversation with Adam in the next tent because it was raining that hard. Inside my survival sack the wind and rain was howling like I was stuck up Everest, but 50 yards away was a pub! The next day, we were back on the water at 05:00. The tide had just turned, the wind was behind me and I paddled like mad and shot down the Trent in five hours covering mileage that had been taking 12 hours on other days.

Saturday saw us start from Rotherham and as we paddled to Sheffield we were joined by a flotilla of boats from Sheffield CC. As we rounded the corner to the basin a lone piper dressed in full kilt played pump up the jam, a banner welcomed us back, people cheered and the swing bridge opened for us and we steamed in!

Final thoughts. This was my Everest, my walk to the North Pole all in one, it was hard, but I never thought it was time to give up. Corey this one was for you as you never gave up for me when death stalked you.

DAVE STANNARD

YORCIE NEWS: www.yorcie.org.uk

Following a period of stagnation, we now have some volunteers to restore our web site to its former glory and 'possibly more'. The restoration work starts with the help of new editors, John Elvidge and Duncan Berriman. Thank you both. Send your articles and information to webmaster@yorcie.org.uk

The 'possibly more' bit is tied into our future plans for the Yorkshire Region and includes ties with all clubs (open and closed, affiliated or not), coaches and disciplines and the region's RCO and LCO network. The more editors, regional contributors and clubs we get will make the web even better. There is quite a bit of inter-related actions going on. The culmination of which will be to use technology to improve communication.

Inter-related activities

When I wrote the last article we thought we were to have a postal ballot for our next RCO. However one candidate had to withdraw so the process was speeded up and I am pleased to announce that John Lucas is now our new RCO. John can be contacted on RCO@yorcie.org.uk Tel: 07884 181828

It is the intention of the new regional and LCO team, to approach every club in the region to establish a coaching contact (regardless of whether they have a coach or not) but specifically to establish an active 'coaching rep' as opposed to a normal contact point like a club secretary. We want to know what you want and how the region can help you – even if it's an aspiration. We may not be able to achieve a fraction of what's asked for, but if we don't ask we will never know and it may be that your wishes are expressed by several other clubs and together they make a big impact. Currently the Canoe England office team are drawing up a development plan called 2020 and we want to add everything we can to make it what we as a region aspire to.

Yorkshire as we all know is a massive region and some of it isn't served by swift roads, which prevents us easily coming together. With fuel at an all time high most of us can't drive to meetings, so we hope to bring the event to you. Take coach revalidation for instance. We know we have 600 coaches who haven't revalidated, so would a revalidation day nearer to you, encourage you to attend? Let us know please.

When we move to a structure of four LCOs, (to mirror our four County

Sports Partners (CSPs), north, south, west and east Yorkshire), we are planning a support structure of DCOs (District Coaching Organisers). Therefore all offers of assistance to suit your local geography are appreciated. Please let me know if you would like to get involved.

On the subject of Coaching

The next scheduled revalidation and coach get-together day is Sept 28th at Pugneys. The next coaches evening get-together is also on Sunday 28th September but please note the change of venue. It will be held at 7.15 pm in West Yorkshire Sports and Social Club, Sandal Hall Close, Wakefield, WF2 6ER visit www.wysports.co.uk. The meeting room is booked from 7.00pm but the bar will be open all day – so you can arrive earlier if you wish (especially if you have been at the revalidation event at Pugneys during the day) they do not serve food, but there are a few local hostellers close by that do.

Full details, minutes of the last meeting (March 9th) and an agenda for the 28th Sept can be obtained by emailing Janet Cartwright at paul@pcartwright.freeserve.co.uk or Tel: 01484 603126.

We leave the final word on coaching with our retiring RCO Ian Scott who can offer comfortable meeting and function facilities at his new venture The Courtyard Cafe, which runs functions and special evenings by arrangement. Good luck Ian.

People and clubs

The next Yorkshire Sea Kayakers (YSKs) trip will be on the 17th Aug, details from Mike at YSK@yorcie.org.uk. The Yorkshire Single Bladders (YSBs) autumn dates are available from YSB@yorcie.org.uk.

On the 30th Aug, White Rose CC will again be supporting the Staithes Lifeboat RNLI fund raising weekend. The club take as many boats as they can and run a 'come and try it' session in the harbour with all the proceeds going to the Staithes Lifeboat appeal. Last year they raised £250 so their intention is to beat it. You could help if you want, or just come to the town on the day and see the spectacle of simulated cliff rescues and much more.

Just off the M1 in the south of our region, Manvers Waterfront Canoe Club (MWCC) can now see daily progress as their new clubhouse grows out of the ground. Help is needed to manage this new facility

and all the essential tasks that ensue. Anyone who can juggle books, write a newsletter, collect litter and make tea would be very welcome. Please contact the acting secretary at manvers@yorcie.org.uk. You don't have to wait for the new building as you can join now for £10 and for now use your own kit.

Washburn

Many thanks to Gareth Field gareth@bcu.org.uk who ran our first Thruscross Reservoir come-and-try-it, with a Res lap race. The event was enjoyed by a great mix of serious skinny boat paddlers, to three ups in an open canoe and a sit-on-top double. This event allowed us to sort out some future plans.

Other forthcoming release dates are: Aug, 24th Sept 6th-7th, 10th, 21st, 28th, Oct 5th, Nov 8-9th. As always please check the YORCIE info line on 0845 833 8654 before you travel.

Gareth will also be running a club forum based at Lower Wharfe CC premises on 12th Oct contact him for details. (Please note that Gareth will be on holiday until Aug 27th).

Some good news for our region's paddlers is that the Teeside WW course is to be revamped with £4m to put in new pumps (and a whole lot more) and to raise the volume from 7 cumecs to 14.

And finally

A big thank you to Andy Davidson, who at very short notice, organised a spectacular polo tournament in the new Leeds Clarence Dock Basin. It was billed as a demonstration event and formed part of the new Leeds River Festival. It will I'm sure, be a future event. Thanks to all the Players from Pennine, White Rose, Viking and Friends of Allonby.

If you'd like to know more about the affairs of the region, please contact our regional secretary Jon on jdakeyne@aol.com 18 Hayton Wood View, Aberford, Leeds, LS25 3AN. Tel: 0113 2250984. The date of the next RDT meeting which is in Leeds is Monday 1st Sept 6.30. And don't forget our annual Social evening and ACM on Tuesday 28th October at the cricket club in Ossett at 7.30.

Please keep your news coming in. Thank you.

Dick. dickconstable@canoeists.co.uk

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BCU PHOTOGRAPH C



The winners for March and April
(as voted by you)

MAY ADULT WINNER

Daniel John Bownds

MAY UNDER 18 WINNER

Orlando Elmhurst

JUNE ADULT WINNER

Stephen Bowden

JUNE UNDER 18 WINNER

Jack Durrant

**For your chance of winning
get clicking now!**

May adult winner
Daniel John Bownds

May Under 18 winner
Orlando Elmhurst



May selected photo
Jackie Walker



COMPETITION

COTSWOLD
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We receive lots of photos of canoeing and competitors, but if you have any photos of the volunteers who often work behind the scenes, contributing their time and commitment to the sport, we would love to see your photos. Please send them in.

HOW TO ENTER

Send your photos in jpeg format via email to chloe.nelson-lawrie@bcu.org.uk or post your photos on a CD to: Chloe Nelson-Lawrie British Canoe Union, 18 Market Place, Bingham NG13 8AP. Remember to label your photos and to provide contact details that include your name, address, telephone number, whether it is an adult or U18 entry plus your BCU membership number. Please also include:

- where the photo was taken (name of river/lake/stream and location)
- when it was taken (time of the year)

PRIZES: MONTHLY WINNER

A winner will be chosen each month until December 2008. 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 web site where people can vote for their favourite image by emailing the number of the photograph to chloe.nelson-lawrie@bcu.org.uk

OVERALL WINNER

At the end of January 2009 one overall winner from the youth category and one winner from the adult category will win a digital camera worth £150!

PHOTO QUALITY

The images should be a minimum of five megapixels if possible.

Terms and conditions

By entering the competition The British Canoe Union will be entitled to use your photograph to promote canoeing, without needing to obtain your permission. By submitting your photograph/s you agree to grant the BCU a perpetual, royalty-free, non-exclusive, sub-licensable right and licence to use, reproduce, modify, adapt, publish, translate, create derivative works from, distribute and exercise all copyright and publicity rights with respect to your photograph/s worldwide and/or to incorporate your photograph/s in other works in any media now known or later developed for the full term of any rights that may exist in your photograph/s.

By submitting your photograph/s to BCU, you warrant that your photograph/s is/are your own original work and that you have the right to make it/them available to the BCU for all the purposes specified above; and does/do not infringe any law.

We will only accept images as taken and will not accept any image that has been re-mastered or which are montages. The British Canoe Union will not be able to return any images. Wherever used, we agree to credit your images to you. We reserve the right to crop the images as we see fit. This competition is open to UK residents only. Overseas entries will not be considered.

Collective Editor's announcement of the winner is final and no correspondence will be entered into. The prize(s) must be taken as stated and cannot be deferred. There will be no cash alternatives. The BCU does not accept any responsibility for late or lost entries due to the Internet. Proof of sending is not proof of receipt. No responsibility is accepted for ineligible entries or entries made fraudulently.

This competition is not open to employees of the BCU, any person directly or indirectly involved in the BCU or the running of the competition, or their direct family members. The BCU reserves the right to cancel this competition at any stage, if deemed necessary in its opinion, and if circumstances arise outside of its control. Where photos of people are submitted, you agree to having the consent of those people wherever possible and if applicable (i.e. members of the general public). If children are featured the consent of their parents/guardians is needed.

Prizes unclaimed after 28 days will be deemed to have been forfeited and the BCU reserves the right to either offer the prize to the entrant whose name is next drawn at random, or to re-offer the prize in any future competition on the BCU.

Entrants will be deemed to have accepted these rules and to agree to be bound by them when entering this competition. This includes entries made via email.

We reserve the right not to publish images that are submitted and to edit the comments that accompany the image. The site editor's decision is final and no correspondence will be entered into.



June adult winner
Stephen Bowden



June Under 18 winner
Jack Durrant

June (selected photo)
Jane Wright



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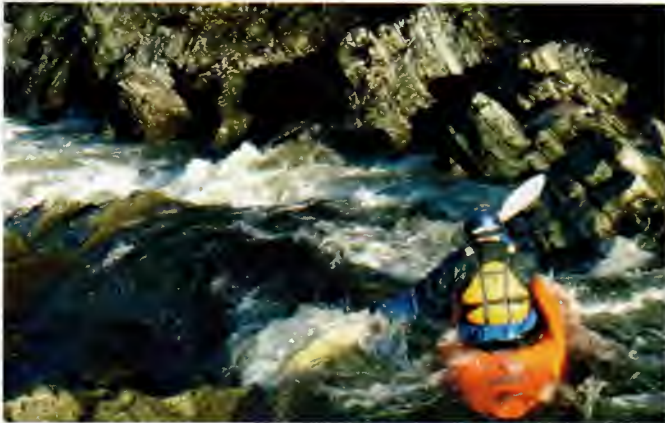
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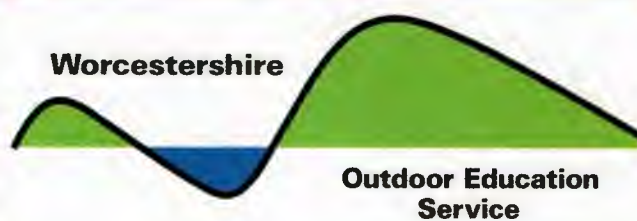
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- Two References
- Driving Licence

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EVENTS



BCU Lifeguards - Convention

Venue: **Llandysul Paddlers Canoe Centre, Pont Tyweli**

Cost: **£40** (Lifeguard Unit Members)
£50 (Non-Lifeguard Unit Members)

A wide range of courses will be running, including:

- Core Lifeguard Module (Training and Assessment)
- Aquatic First Aid Level 1
- Aquatic First Aid Level 1 Coach Training & Assessment
- Level 3 Lifeguard Coach Award
- Swift Water Rescue First Responder Course
- Foundation Safety & Rescue Training Provider Course
- BCU Lifeguards Moving Water Module.
- Whitewater River Trip



Note: Courses will run subject to availability of trainers and demand.
Accommodation: Accommodation is indoor bunkhouses for the first 38 candidates. Outdoor camping for the remainder or those who would prefer to camp.
Food: Self catering (lunch will be provided)

For more details please visit www.bculifeguards.org.uk
or e-mail convention@bculifeguards.org.uk

13th - 14th Sept 2008

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Plastic surf weekend

This is the first time I have organised a whole weekend of surfing in St Ives bay. During the planning stages I was contacted by the British Stand Up Paddleboarding Association (BSUPA) who said they also had an event running on the same weekend and could we run our events together which was a great opportunity to bring the two sports together in a safe environment.

The aim of the weekend was to run a relaxed, informative and encouraging weekend of surfing primarily for newcomers to the discipline. The net result was lots of people, food, drink and the opportunity for our surf kayakers to have a go on a stand up paddleboarding (SUP).

Saturday saw two kayak surf coaching sessions running; the first was an introduction to surf kayaking for those new to the sport and the afternoon session was for improvers who could already surf but wanted to start to push their skills to the next level. On the Saturday evening all the participants strolled across the car park to the Sunset surf café who were the host venue for all the social aspects of the weekend. Here we mingled with the SUP guys eating, drinking and watching the warm evening sun set over the perfect beach with small clean waves rolling in. We were provided with some cheap beer, which helped to sooth those sore muscles from the day's surfing.

Sunday morning we awoke to bright sunshine and small but perfectly formed surf. The briefing began at 09.00 with a full description of the plan for the day, where the format for the contest was to have as much fun and surf as possible. Each participant would surf in

a minimum of three 15-minute heats until three people would then be knocked out and all the others would go into a semi-final and then the final.

There were some fine performances from all categories in the surf, which was small and fun. The local people were great keeping an area clear for the competitors to perform and the lifeguards even moving the swimming area away from the best surf on the beach to allow us to use that area. Some of the most noteworthy performances were from the juniors: Bylan Petherwick, Aiden Brakenbury and Neil Moon, especially since this was the first competitive performance for both Aiden and Neil. All the juniors fought hard and surfed really well. There were also some very competitive women with Annabella putting in her first competitive performance and surfing well all though her heats.

I would like to say a special thank you to those who supported this weekend event including: Mega kayaks, Naish Watersports, Falmouth Marine School and Sunset surf café.

Another event in the same format is planned for September (all information available soon at:

www.bcusurf.co.uk

STEVE BOWENS. PHOTOS: DYLAN PETHERICK



Is it worth it?

After 25 Hours, 460 miles and five hours of surf – are day trips worth it?

The two of us (team mate Luke and myself) try to get as much practice for kayak surfing as possible; we both compete in BCU competitions but also live in West Sussex, which is not known for it's great surf! So we try and get down to Cornwall as much as possible to practice.

So when you have little spare time, are the short day trips really worth it? Well, there are a lot of things you need to take into consideration if you're going to make it work. The main points being; tide times, weather and surf conditions, which are not the most reliable aspects.

We left Worthing on the Sunday evening and ended up in a Cornish pub at 11pm for light refreshments before our following busy day. To catch the middle to high tide we got to the beach at 9.30am and the surf wasn't quite as predicted at Widemouth Bay, but there were waves so we kitted up and headed out. In the morning the waves were large but had no power and we were having sinking feelings as we paddled to the neighbouring bays!

Just before lunch, after I had a very close call with a large rock heading towards my boat, the waves finally picked up and we had some clean four foot waves. So for our remaining three hours in the water we had some fantastic waves and we ended our session with a broken side fin. By this time we were exhausted and relieved the waves appeared on time.

So my advice to people who do go for one or two day sessions is be as sure as you possibly can that the waves are going to be there or you could be in for a very dull paddle!

The best way is to compare predicted reports with actual eyeball witnesses every day leading up to your trip so you can try and get a better picture of what's to come.

Good luck to all of you and I hope this might help.

NATHAN LONG – KEEN KAYAK SURFER



The final results were:

Men:

1. Glynn Brakenbury
2. Pete Copp
3. Andy Pearce

Ladies:

1. Claire Eatock
2. Annabella Pearce
3. Debbie Heppell

Juniors:

1. Dylan Petherwick
2. Aiden Brakenbury
3. Neil Moon



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