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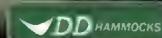
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crowned as European Champions
by Glenn Summerbell

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Above: Malcolm Kerry receiving his Vice Presidency award last month, from BCU Chairman Brian Chapman.

Hello and welcome to the October Canoe Focus



As the summer comes to an end, I hope you can all look back on an enjoyable few months, spent out on the water, canoeing.

For all of our GB teams, it's been another successful summer, winning over 30 medals between them. A special congratulation to our most recent World Champion, Paracanoe's Pat Mahoney who returned home from the Canoe Sprint World Championships with a gold medal in the Men's V1 200m LTA event. Well done also to the Women's Canoe Polo team, who were named European Champions in Madrid.

All of our athletes, coaches and support staff have contributed to another pleasing set of results and I'm sure we're all looking forward to seeing more success next year with, of course, the added excitement of the Olympic Games in London.

Talking of the Olympics, I am pleased to confirm that this season has seen the successful qualification of seven boats into next year's Games, plus any host nation places.

As preparations for the Olympics got well underway this summer, we also saw the excellent delivery of the Canoe Sprint and Slalom Olympic test events. I'm sure you'd all agree that these events, along with the Games themselves, would not be possible without the valuable contribution of our many volunteers and I would like to thank everyone involved in making the Games – and indeed so many other canoeing events – happen to such a high standard.

Finally, I would like to give a special mention to Malcolm Kerry, who received his Vice Presidency award last month, from BCU Chairman Brian Chapman and I. Malcolm has been an influential character within canoeing for many years, and I'm delighted he's been given the commendation he so richly deserves. Congratulations Malcolm.

I hope you will enjoy this issue of Canoe Focus. Happy paddling!

Paul Owen, BCU Chief Executive

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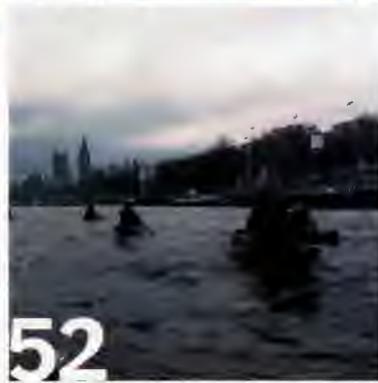
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Brian Chapman, Chairman of the BCU.

In brief

Making waves on the festival scene

Oceanridge is a new clothing company that have attended a number of festivals around the country including Cliffhanger, Wakestock and the British Downhill Championships. For now the company has a trial amount of products available for people to purchase to see how the public feel about the direction they want to proceed and the company itself.

The aim is to make Oceanridge a fun and exciting brand, whilst giving something back to the outdoor world that has given us so much. All products are manufactured in the UK to help aid other companies during the recession. Every month a percentage of the profit is given to a charity who aid the outdoor world. They are also looking for people who have an idea for a product to make their individual sport better and help develop this along side them. Oceanridge is also looking to sponsor athletes.

Oceanridge is owned by two friends Chris Port and Euan Moir. The two sports enthusiasts met at university where they were active members of the climbing, kayaking and skiing clubs. After university they both took their own paths working abroad and travelling the world, then having both returned to the UK they met up to catch up on life and the conversation turned to setting up an outdoor sports brand. The next day Euan left his job and the boys moved in together to develop Oceanridge.

Oceanridge can give Canoe Focus readers an exclusive 15% discount voucher valid until October 31st. Before proceeding with payment simple add the following code to the discount box. ORCF10

This can be found on the Oceanridge website at www.oceanridge.co.uk or join their active facebook community for the latest news and whereabouts www.facebook.com/oceanridge.

Northern Ireland coasting ahead

Two outstanding new coastal canoe trails in Northern Ireland; the Foyle Canoe Trail and the South East Coast Canoe Trail have been launched.

Both of these trails allow paddlers to explore stunning coastlines at either ends of the country and are a further piece in an extensive network of trails being developed in Northern Ireland. This coupled with permit free access to the water means experts are claiming that Northern Ireland is setting the standard for canoeing facilities across the UK and Ireland.

The new Foyle Canoe Trail stretches for 33 miles along the River Foyle and by Lough Foyle's varied coastline and rural countryside. Starting at Lifford in Donegal, the trail passes through the historic walled city of Derry/Londonderry and finishes just beyond the bustling seaside town of Moville on the scenic Inishowen Peninsula.

In contrast to the rolling landscape of the Foyle trail, the South East Coast Canoe Trail explores rocky bays and long sandy beaches under the breathtaking backdrop of both the Mourne and Cooley mountain ranges. This sea kayaker's' trail, which spreads out more than 50 nautical miles from Strangford village to Newry City, boasts ancient castles at Narrow Water and Dundrum as well as Annalong's historic harbour and cornmill.

These new canoe trails have been developed by the Countryside Access and Activities Network (CAAN), the Lough's Agency and Down and Derry District Councils respectively and add to the five acclaimed inland canoe trails already in existence.

The new informative waterproof trail guides for both the Foyle and South East Coast Canoe Trails can be picked up, free of charge, from local tourist information centres or ordered online from www.canoeni.com.

Later this year will see the launch of two further coastal canoe trails. The North Coast Canoe Trail is set to become one of the most iconic sea kayaking routes in Europe passing the Giant's Causeway and Carrick-a-rede Rope Bridge. The adjoining East Coast Canoe Trail will allow sea kayaker's pass the renowned Glens of Antrim, the maritime history of Belfast Lough and the abundance of wildlife along the Ard's peninsula.



Competition



	Start	Finish	Event	Discipline
Oct/Nov	08 Oct	09 Oct	GB Team Selection - Holme Pierrepont	Canoe Freestyle
	17 Oct	28 Oct	Olympic - Training - Lee Valley, GBR	Canoe Slalom
	21 Oct	23 Oct	World Championships - Singapore, SIN	Canoe Marathon
	22 Oct		Serpents Tail - Premier	Canoe Slalom
	29 Oct		Holme Pierrepont - Premier	Canoe Slalom
	30 Oct		Holme Pierrepont - British Open	Canoe Slalom
	19 Nov	20 Nov	Hurley League GB Selection	Canoe Freestyle
Web	Canoe polo : www.canoepolo.org.uk			Marathon racing: www.marathon-canoeing.co.uk
	Canoe sailing: www.intcanoe.org.uk			Slalom: www.canoeslalom.co.uk
	Sprint: www.bcu.org.uk/our-sport/sprint-racing			Surf: www.bcusurf.org.uk
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Roar with 'Pride'

The British Olympic Association has introduced Pride the lion as the official Team GB mascot for the London 2012 Olympic Games. He will be taking part in all sorts of activities in the run up to the Games while supporting British athletes on their journey to London 2012 and beyond.

London will be Pride's second Olympic Games after he leapt into life shortly before Beijing. Since Beijing, Pride has undergone a design transformation and has a brand new look for the Games in London. He's as excitable and playful as ever and with a home Olympics to look forward to, he's especially patriotic, confident and inspired.

Pride's passionate about Team GB and Olympic sport, bringing people together, learning new skills and making new friends. He dislikes cheats and admits to being a little afraid of mice! Pride, whose favourite quote is, "Better never stops," was given his name in July 2008 by nine-year-old Lilly Sykes from Lincolnshire, who won a competition to name the official Team GB mascot on a children's TV channel. Explaining her idea for naming Pride she said, "A family of lions is called a pride and it reflects how proud we should be of our country and all our Team GB athletes as they compete with determination and courage at the Olympic Games."



Andy Hunt, Team GB Chef de Mission and BOA CEO said, "We are delighted to welcome Pride to Team GB as our official mascot for the London 2012 Olympic Games. I'm sure he will be a big hit with Team GB fans, using social media channels to connect with young people by bringing a sense of fun and adventure to the 26 Olympic sports."

Pride is available as part of a range of Team GB products, the revenues of which go towards funding the staging of the London 2012 Games. Pride is planning to join social networks such as Twitter and Facebook in the near future to support Team GB at London 2012 and keep everyone updated with his adventures. In the meantime, let @Team_GB know your thoughts about Pride on Twitter by using the hashtag #RoarWithPride and we'll make sure he gets your messages.

Tribute to a true paddling hero

The BCU was saddened to hear of the loss of Paul Burgess. A tribute follows, by Sandra Hyslop.

When we mention inspirational paddlers most people's minds will jump to those at the forefront of the sport. However, for me, as an impressionable young 10 year old turning up to my first kayaking session on Tyne Green in Hexham, it was Paul Burgess.



Paul was the 73-year-old man who greeted my family with a warm smile, got us all kitted up and then sat patiently for the next hour or so while we span in frustrated circles making slow progress away from the landing stage. Over the next few weeks and months Paul helped us master forward paddling, the basic skills of turning and bracing and many, many a capsized drill! Countless times I had my boat bumped to the side by Paul in his faithful T-Canyon for it to be emptied and for me to be helped back in with warm words of encouragement from my infinitely patient coach.

I believe almost every new face at Hexham Canoe Club, since Paul and other local paddlers founded it in 1994, has been greeted and

introduced to paddlesport by the man himself. The club is now one of the largest and strongest recreational canoe clubs in the North East and wouldn't be half what it is today if it wasn't for Paul.

If there was ever an example of a man who lived life to the full this is it, and it just proves that you are never ever too old to go paddling, even if they have to

invent a new age category for you at the Coquet Island Canoe Race where 'Master' just didn't quite cut it! His death is a great loss to all that knew him and my greatest sympathy goes to his wife Winnie and his children and grandchildren.

Every club should have a Paul and I'm sure there is many that do. So whilst we admire the amazing feats of those pushing the boundaries of kayaking today it would be nice to take a moment to pay tribute for those inspirational paddlers and coaches who are the ones that put the youngsters back in their boats after their fifth swim of the session, and who keep you smiling on the half-frozen rivers in the middle of the winter. After all, these are the people who are nurturing the future of our sport.

Starting young in slalom

Llandysul's Annual River Festival is a great place to start canoeing and this year 150 people registered for the four days of coaching, having fun and a slalom competition which is supported by numerous coaches and volunteers.

Thursday and Friday are spent on the lake and river either introducing people to canoeing and kayaking for the first time or improving individual paddling technique. Saturday is competition day when a national ranking Div 3/4 slalom is held and with almost 150 entries in the different classes, it was a long day!

There were over 50 paddlers in the Men's Div 4 K1, the starting class for slalom and almost 25 in the Women's Div 4. The majority of entrants in Div 4 were juniors in the range 10 to 16.

The exception was Freddie Rickards, aged four, who completed the whole course and will now get his name in the slalom-ranking list. Freddie won the J6 prize and a big round of applause.

So, if you are introducing people to paddlesport, take inspiration from Freddie.



Catch more fish

Andy Benham, author of 'Discover Kayak Fishing' recently visited Jersey to join a 3 star sea training course for sit-on-top kayaks.

Andy teamed up with Derek Hairon at Jersey Kayak Adventures, to develop his skills. Some sit on top kayak fishermen think the development of paddle skills is unnecessary when all they want to do is fish. The course demonstrated that kayak fishermen can gain huge advantages by attending a specialist sit-on-top training course.

Over three days self rescues, dealing with tide races to reach good fishing spots, launching and landing in surf was covered.

More information at:
www.jerseykayakadventures.co.uk

Junior Racing Canoeist of the Year 2011

The Junior Racing Canoeist of the Year 2011 is Katherine Trotter, of Elmbridge Canoe Club. Congratulations to Katherine, from everyone here at the British Canoe Union.

Photo competition winners

We are pleased to announce that the adult winner for July is John Stoner. For August, the adult winner is Stuart Pollitt whilst Nick Young won the U18 category. Turn to page 50 to see all the photos.

Thrills and spills The 75th International Descent of the River Sella

The thrilling annual Ribadesella canoe race follows a 20km course along the River Sella between the bridges of Arriondas and Ribadesella and over 50 competitors from GB took part in this year's event. The water itself is very shallow and rocky with some flow and minor rapids and this year the water flow was added to by a dam release an hour before the start.

The event is open to all Spanish and international paddlers in possession of a current competition licence. Over 1,000 athletes and nearly 700 boats participated, representing 140 teams of 14 countries. The race is also part of an enormous festival in the start and finish towns, with opening ceremonies, processions and thousands of people who come to watch and celebrate the festival of the river with music and general partying! San Miguel beer had even produced a 75th anniversary bottle for this year!

Paddles are locked in gates to prevent an early start by the over keen, and opened en masse when the traffic lights turn green as soon as the national anthem was finished. This is when the mayhem begins! In the early part of the race there are log jams, capsizes and broken boats... so it is everyone for themselves!

A stretch of the promenade close to Ribadesella also has the names of past winners cast into bronze plaques and cut into the walkway. There is even a life size model of two canoeists in the centre of the main roundabout that you pass as you enter the town.

The race results are available at:
www.descensodelsella.com



Junior Sprint World Championships

Following three beautiful days of pre race preparation in late July on Lake Beetzsee in the town of 'Brandenburg an der Havel', the weather turned and a damp but wind free regatta started. The competition was exceptionally well run with everything on time from the outset.



All the crews were off to a good start in the heats and qualified for semi finals without too much drama. Katherine Trotter and Rebecca Simon K2 took second place along with Emily Lewis's K1 200m in their respective races. With two days of heavy competition still to go, they were all through to round two. The regatta continued in the same vane with the GB team reaching six 'A' finals, four in the Olympic distances.

On finals day, Katherine and Rebecca's K2 made a steady controlled start, choosing not to go out too fast and were in eighth after the first 250m. They started their attack picking off boats all the way down reeling in all but the Hungarian crew in the last 50m. The finish was that close that the crews themselves weren't sure but the GB pair beat the Germans and claimed the silver medal.

Emily Lewis's K1 was quite a different plan with Emily coming out fast and furious and having a fantastic race to come fifth with only 1.3 seconds separating her from gold.

Marlon Simon made the 'A' final in the 1,000m and tried very hard to consolidate his European medal but was eased out to a very creditable eighth in a close run race. His 500m 'B' final position of second was also a very good performance making him 11th in the world.

The K2 of Matt Bowley and

Guy Standeven reached both 'B' finals in the 1000m and 500m gaining fifth and sixth respectively, giving them a world ranking of 14th and 15th. Mark Clive, in the K1 200m, found an exceptionally fast field and whilst Mark raced well he didn't make the finals, his time was only 1.7 seconds off qualifying for the 'A' final. The K4 crew of Jonny Tye, James Webster, Nico Kirschstein Smith and George Mitchell gained some scalps taking sixth in both the heat and the semi and although they missed out on the 'A' final, their seventh in the 'B' final gave them a credible world ranking of 16th.

With Rebi, Matt, Guy and Marlon still juniors next year this is a great set of results giving a firm platform for a winter training group and some more superb results next year. Katherine, Emily, Mark and all in the young men in the K4 move up to the U23 groups for next year so good luck.

Photo: by Bill "Getty" Lawrenson

Report: Russ Jones (Team Manager)

Marathon European Championships

The GB Marathon team returned from the European Championships in France at the end of July with silver and a bronze medal and a raft of solid performances where most of the team of 12 finished in the top eight positions.

Alice Haws was always in the leading group in her 17km Junior Women K1 race, eventually splitting the two Hungarian paddlers to take the silver medal to add to her growing haul of international medals.

In the U23 Men K1 race, Mark Childerstone on the fourth lap, made the extraordinary move of dropping his group and catching nearly a minute on the leaders to go to the front. He finally took

a hard earned bronze medal just 17 seconds behind the Spanish and Norwegian paddlers.

Fay Lamph and Lizzie Broughton just missed out on the medals in the Women's K2 race with a fourth and Albert Hicks finished fifth in a hard fought Junior Men's K1 race.

Current World Champion, Ben Brown, was in the leading group for four laps of the 30km Men's K1 race but then fell back over the last quarter of the race to finish seventh. Disappointing by his high standards but he's vowed to be back to his best for the World Championships in Singapore at the end of October.

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Sprint and Slalom W

Congratulations to our medal winners.

Canoe Sprint World Championships in Szeged: Gold for Pat Mahoney, Paracanoe Men's V1 200m LTA. Bronze for Dan Hopwood, Paracanoe Men's V1 200m TA. Silver for Lani Belcher, Women's K1 5KM. Silver for Ed McKeever, Men's K1 200M. Silver for Jon Schofield and Liam Heath, Men's K2 200M. **Photos:** Antony Edmonds

Canoe Slalom World Championships in Bratislava: Bronze for Tim Baillie and Etienne Stott; David Florence and Richard Hounslow; Rhys Davies and Matt Lister, Men's C2 team. **Photos:** Andy Maddock



Above: Liam Heath and Jon Schofield.



Above: David Florence and Richard Hounslow.



Above: Flags.



Above: Ed McKeever.



Above: Rhys Davies and Matt Lister.



Above: The crowd at Bratislava.



Above: Ben Farrell and Tim Brabants.



Above: Tim Baillie and Etienne Stott.

World Championships



Above: Lani Belcher.



Above: The crowd at Szeged.



Above: Pat Mahony.



Above: C2 slalom team.



Above: Huw Swetnam.



Above: Women's K4.



Above: Lizzie Neave.



Above: Dan Hopwood.

There is a huge difference between playing canoe polo in sultry Madrid at 33 degrees in the shade and Danson Park on a rainy Saturday! The heat was immense and the venue an enormous sparkling pool in a huge park equipped for all manner of sports.

The GB squads appeared fit, fearless and focused for these European Championships. The supporters, themselves a squad of over 30, armed with flags, brollies and bunting were a good visual match for the large Spanish and French contingents.

The competition started at 7.30am when the bleary eyed U21 men's team crept onto the pitch in the dark to play Russia. As reigning 'third in the world', the team were a mix of rookies and experience.

Ross Martin and Pete Neal joined Jack Robson, Olly and Jamie Thomson, Matt Fletcher and Ross Montgomery, all veterans from the Worlds.

Comfortable wins against Russia and Denmark and gruelling close contests with Germany and Italy, placed them third in the first round.

The senior men's team of existing players Nick Archer, Martyn Williamson, James Longley and George Murfin recruited returning Ed Feltham and Dan Robson and Will Borrett from last years' U21s. Wins against Denmark, Poland and Russia were offset by a serious defeat by France and narrow losses to Spain and Germany put them in fourth place for the next round.

The U21 women's squad – also third at the Worlds, played in one league of five countries. The girls showed great patience and maturity and found a way to up the pace of their games leading to a win against Poland, two draws (Germany and Spain) and a narrow 4-5 defeat against France. This placed them in third in their group.

The senior women (currently European and World Champions) of Pru Blyth, Aimee Robson, Kathryn Grieves, Zoe Anthony and Ellie Bates added Chaz Cheung, Charlotte Lister and Grace Galvin to their ranks. They secured solid victories against Ireland, Poland and Italy but narrowly lost 3-4 to Germany finishing second in their pool.

Polo, as with all things in life, is a series of ups and downs!

Some of the downs included a wrist injury to Will Borrett, which saw him testing out the Spanish ambulance service and kept him out of the remaining games. An irritating and confusing cross-over for the U21 men concluded with them

GB women power to victory at the Canoe Polo Euros



Above: GB Women celebrate after winning gold. **Photos:** Glenn Summerbell.



Above: Zoe Anthony GB Women vs Spain.



Above: GB Men celebrate their Bronze medal win.

having to retain an earlier result against Italy and brought about a miserable game against Spain where energy and accuracy flagged in the heat and finally a re-match for the senior men against Switzerland, which they won 4-3 again.

The ups drove them all on!

Despite this, the U21 men were magnificent in their battle against the mighty French for a full 16 minutes holding a 4-2 lead but were eventually crushed by the 'masters' by 6-4. Meanwhile the senior women sparkled in their creativity and teamwork against France, winning 6-2 and the

senior men, with a 'Geoff' hat-trick humbled Italian arrogance with a 5-3 defeat.

Saturday's matches finished at 9.15 in the dark, so they all missed dinner but had no voices left to complain!

Finals day started early. The U21 women battled but lost to Germany in their semi-final, whilst the senior women powered through their semi-final against Holland with all the class and acumen of World Champions with four goals from Pru, pushing the result to 5-1. The senior men opened the scoring in their semi but let the game slip away in the second half by 3-4 and the dejected U21 men picked themselves up by giving poor Holland an 11-0 pasting!

The U21 women played France in their 3rd/4th play-off match, emerging victorious with an 11-8 win, with three girls scoring hat-tricks. The senior men's 3rd/4th play-off was against Holland and they seemed sharper and more calculating, scoring two goals in the first half. Great keeping from Geoff and Junior kept them on top in the second half and classic Archer goals took the team to a thoroughly deserved bronze medal.

As current World and European Champions, plus World Games Champions of Canoe Polo, the pressure was on the senior women's team. Against France in the final, they shone and at half time the score was 3-2 to the GB team. A goal from France early in the second half levelled things but that only served to open the floodgates with GB finally winning 7-3.

A good haul of medals for GB and a brilliant sport for players and spectators alike. All in all, great news for Canoe Polo!

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Medway Canoe Trail facilities are the future

By Chris Hawkesworth

Chris Hawkesworth and James Hinves re-visit the Medway Trail as the guests of Philip Munslow of the Environment Agency (EA).

The River Medway is a navigable river rather than a canal. It is managed by the EA and is my Gold Standard canoe trail. The river not only provides water for powered and non-powered craft but in times of high water also acts as a flood relief channel.

To provide a depth of water for boats, a number of locks alongside large counterbalanced radial sluice gates have been built at strategic intervals. In dry times these radial gates are completely closed and the waterway resembles a posh canal.

Combined fish and canoe passes have now been installed at most of these obstructions, with portage paths around them all.

At Tonbridge, the fish pass and canoe pass are one and the same with plastic reeds that resemble brushes to slow the water for the fish and allow canoes to pass down over the top without damage.



Above: Group at Yalding Ingress/Egress access point. EA boatman Demonstrating the Strong Stream Warning System to EA Engineer Phil Munslow and Canoe England's James Hinves.

This brush system has been designed and proven in Germany and the EA uses a smaller system in eel passes elsewhere. These are good for passes that are up to 1:12.5 in gradient and from 0.3 cubic metres per second of water volume. At other Medway locks, some of the all-in-ones are steeper and use the Larinier metal fish pass baffles with about 30cm of water cover.

At East Lock the fish pass and canoe shoot are side by side and steeper with an interesting bit of white water at the bottom.

All the canoe passes are signed on site at a scale of difficulty of one to three. They have a gate arrangement at the top, which is closed to access when high water is expected. Some of the fish passes look quite daunting and just be careful when you hit the slack water at the bottom. Have a brace ready.

If sliding down canoe passes is not for you then there are clearly signed ingress and egress points with portage paths between. These work whether paddling up or downstream.

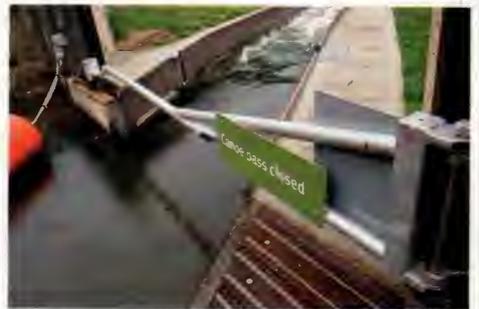
In times of high water, the radial gates operate automatically, and upstream their draw, or pull of water is considerable. To help with safety, this area is boomed off with side to side orange barrels. In even higher waters and in flood, the lock gates are opened at both ends to let the flood water through.

The EA have a team of boatmen based at Allington and Yalding who regulate the river. When the river is rising and a spate or flood is expected, the boatmen travel to the various locks and other ingress and egress facilities and erect

notices that stop boating in a pre-planned sequence and close the canoe pass gates.

Canoeing has gone up on the Medway over 400% and we greatly outnumber powered craft.

Full marks to the EA, your work is greatly appreciated. Please keep this up and roll out this work nationwide.



Above: Canoe pass with gate in closed position.



Above: East Lock canoe pass difficulty rating.



Above: East Lock Canoe and Fish pass looking up stream.



Above: Phil and James inspecting the new Brush reeds of the fish pass. Spare boom barrels in the back ground.

Inspired Facilities Grant Programme

Do your club's facilities need refurbishment? Tired, worn out, and old facilities can provide a barrier to some people taking part in our sport. They can also be more expensive to run and difficult to maintain. To help, Sport England have launched their new grants programme 'Inspired Facilities' and have pledged to invest £50 million of National Lottery funding to help up to 1,000 community sports projects between 2011 and 2014.

The Inspired Facilities fund could help your club to refurbish or upgrade your facility; or convert an existing building into a suitable clubhouse, which is accessible to the whole community. In doing so, it could improve your members sporting experience and encourage more people to get involved. For more information about the Inspired Facilities Programme, visit <http://inspiredfacilities.sportengland.org>.



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Safeguarding and Protecting Children important contacts

Canoe England 24-hour child protection:

Email: childprotection@bcu.org.uk

Mobile: 0777 570 7364

(For use by individuals wishing to report incidents outside of office hours).

BCU Child Protection, Vulnerable Adults and Harassment Lead Officer:

Mike Devlin: 0845 370 9514.

Canoe England Child Protection Support Officer:

Nigel Timmins: 07740 820 113

(For BCU individuals who have received an allegation against them with respect to child protection and require support).

NSPCC Child Protection Helpline

Tel: 0800 800 5000 (24 hour).

Childline: 0800 1111.

Queens Diamond Jubilee Pageant

Sunday 3rd June 2012

To celebrate the Diamond Jubilee of the Queen, up to 1,000 boats will form one of the largest flotillas seen on the River Thames in central London. Powered and unpowered vessels will be participating to include a contingent of kayaks.

The pageant organisers are keen for a nationwide representation in this event and have requested the BCU to assist in circulating information. As a major event in the lead up to the Olympics, the Port of London Authority along with the commercial and recreational boating sectors are working closely with the organisers project team. Currently it is proposed that up to 80 kayaks will participate.

Following a series of rehearsal exercises, the organisers have determined that single and double type sea/touring kayaks over 14 feet in length and fully fitted out for 'moderate' water conditions are suitable vessels to take part. The registration form details the conditions of entry and guidance for the standards of ability required on these tidal waters. Kayaks will have to maintain a speed of four knots through the water (six knots assisted by the tide) over the 10-mile route.

For details visit:

www.thamesdiamondjubileepageant.org/eventinformation.htm

Closing date: 31st October.

Please note that registration places applications in a selection process.

Canoe England reaches Clubmark 100 milestone



Congratulations to all the clubs and centres that have helped us reach a magic milestone for achieving Clubmark accreditation with Devizes Canoe Club being the most recent to reach the 100 mark.

There has been steady growth in the number of clubs and centres gaining Clubmark accreditation, while 34 'Top Club' and 10 'Top Club Gold' clubs have given that little bit more and added extra value to what they do by achieving the higher level awards.

This is what some clubs have had to say about being accredited: "The accreditation process has helped us to ensure that the club is well structured and organised, with an ongoing and varied programme of paddling activities for all ages. We have good support from our region's Paddlesport Development Officer, including assistance in courses for club coaches, access to CE equipment, and funding to assist the purchase of new racing kayaks." **Macclesfield Canoe Club.**

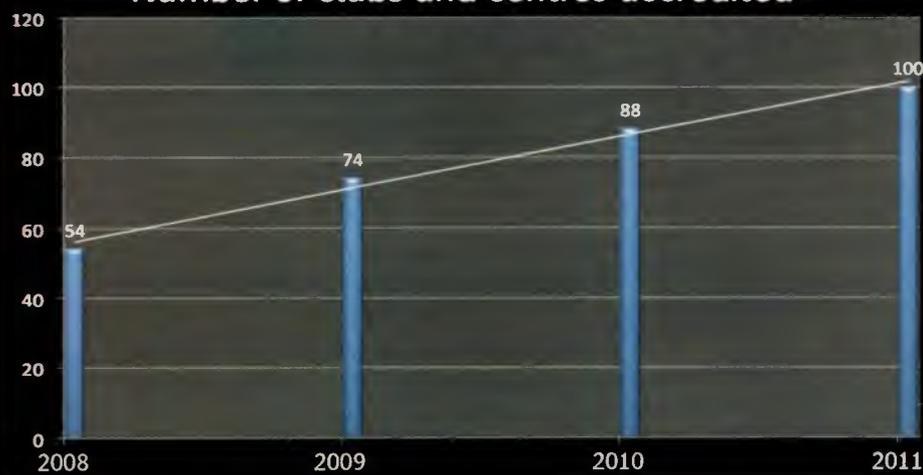
"Our gaining the Top Club Gold accreditation nearly three years ago certainly helped give us the credibility as an organisation that was required to build confidence in us with our partners. After long negotiations, we should soon see the fulfilment of plans to develop our local town weir and sluice gates into a proper white water arena, with slalom gates and lighting." **Viking Canoe Club.**

"The process of applying for Top Club made the 'good' much better and as we approach re-validation our membership is more focused and aware of what the club has to offer existing and new members. The three year plan we cursed when first writing it for Top Club submission has been the driver for moving the club forward." **Paddleplus Leicester.**

"Clubmark accreditation has been instrumental in making the club the success it is today." **Banbury and District Canoe Club.**

We look forward to other clubs signing up to work towards this accreditation and reap the additional benefits this kitemark brings.

Number of clubs and centres accredited



Go Canoeing news

After two years of working as the East Midlands and West Midlands Paddlesport Development Officer, Jenny Spencer has recently taken on a new role within Canoe England as Go Canoeing Development Officer. It is a national role to develop, expand and create new opportunities within the 'Go Canoeing' informal participation programme.

Jenny Quotes, "I feel it is an exciting time for Canoe England with the opportunities and interest that the Olympic Games will undoubtedly bring to our sport. Informal participation is a dynamic, growing and changing market and has been an area that has always interested me within my current role. I believe that the development of the 'Go Canoeing' programme has the potential to captivate and inspire thousands of people to both try and participate more regularly in the sport. I am keen to implement the skills I have developed to support and expand this initiative."

The 'Go Canoeing' programme will consist of a range of activities and resources that are attractive, easy for people to find out about and to participate in. The initiative will develop taster sessions, led trails and canoe fest events. It will be a consumer focused approach and will aim to meet the needs of those customers who would not normally link into our traditional structures such as clubs and centres.



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In brief

Great Yorkshire Show

Every year the town of Harrogate hosts the annual Great Yorkshire Show where all things to do with the outdoors are celebrated and displayed at a massive event held over three days and attended by thousands of people.

At this year's event in July, Team North assisted by local club and RDT representatives took up the challenge of getting as many people as possible to try canoeing on a couple of kayak ergo machines.

The machines were linked to a computer and projector screen so that everyone who had a go was able to post their fastest time for paddling 100m in a virtual race. The activity proved incredibly popular and had people queuing up for much of the show to try to get their name onto the leader board which listed the fastest times for each age category.

During the three days of the show over 1000 people of every age and ability were able to use the machines and every one of them took away information about how to get involved in canoeing.

Manvers opening ceremony

John Healey MP officially opened Manvers Waterfront Boat Club on 23rd July 2011.

The opening ceremony was combined with a Canoe 2012 event at the club, which saw people competing in short sprint races on the water and virtual races on the kayak ergo machines in the clubhouse.

The official opening marks the 'end of the beginning' for the club, which was established from scratch and now has a purpose built clubhouse at the heart of the Dearne valley. The club has grown quickly and now has over 850 members with a range of interests including canoeing and kayaking, triathlon, and model boating. The success of the club is a great achievement and is due to many volunteers and staff that have made this happen, especially Chris Hawkesworth who has been a driving force behind this.



Above: John Healey MP and Chris Hawkesworth.

Coquet Round the Island race record

On one of the warmest days of the year with a stiff offshore breeze but reasonably calm seas, the fastest time for the race ever recorded was set by Nicky Cresser, from Tees Tigers.

The 'real' winner (only seakayaks count!) was, again, George Oliver from Nottingham who first won this event in 1992, with this being the eighth time he has been champion. George has also joined the ranks of the grand old man (55-64) category, however, he shows no sign of slowing down.

This event attracts all ages and categories such as Roswitha Wagenknecht of Tees Tigers being the first female and Dave Brook, first in the 65-75 age group and Ann Jones, with the oldest competitor being Anne Colledge (73). Erin Turner aged 10, another Tiger was the youngest to go round the island with her father in a Topo Duo. Bob Martin swapped his wheelchair for a padded out Skerray.

The Junior race was won by Connor Turner (Tees Tigers, again), followed by his club mate Ben Teasdale.

Thanks to the RNLI and Coast Guard for safety support, Coquet Shorebase for additional safety boat cover, and all the club members for the organisation. Next year's race is on Sunday July 1st.

Tyne Bridges Trail

The trail takes paddlers through the historic and scenic section of the tidal Tyne under 11 bridges for an eight-mile stretch. Plans are to make this an annual event the day before the Coquet Island Race that offers a bit more for those travelling to the North East from farther afield. Information about this trail will soon appear on the Canoe England website.



Above: C2 competitors at the recent Durham Kayak Club slalom event.

Guinness world record rolling attempt

On 9th July, Appleton Academy, in conjunction with Doe Park Water Activities Centre, tried to break a Guinness world record for the 'most number of kayaks performing Eskimo rolls at a single venue'. The number to beat was 100 kayaks.

The world record attempt turned out to be a fantastic day for all involved with many activities and events throughout the day for participants and spectators. They were very privileged to be joined by Claire O'Hara who is currently the World freestyle and squirt boat champion as well

as Bren Orton who is the junior World bronze freestyle medallist.

Although there were 104 people on the water only 84 people managed to successfully complete the number of required rolls. It was a valiant effort by the 20 unsuccessful kayaker's as some of them were under 16 and had only recently learned to roll. The 84 paddlers that successfully completed the rolls were from up and down the country and all paddlers had a great time. Many thanks to all who attended and Pyranha and Robin Hood Watersports for bringing boats and trade stands.

Freestyle in Norfolk

Most would regard Norfolk as the last place to expect to hold a freestyle competition, but over the 6-7th August, various clubs and associations throughout Norfolk, arranged for the flow of the River Bure, at Horstead Mill, to give the right conditions to form a play wave/hole.

The best performances on the Sunday final were from Richard Brooks, with Daniel Whitlum a close runner up. In the veteran's category, Jason Skipper showing that he can still produce the moves, pulled off a convincing win. Swim of the day must go to Tom Parker in the novelty class, when his inflatable raft dumped him into the hole, and then did a better move without him. Martin Klinge deserved the award for the mystery move of the day, managing to



visit the green room, but still holding his paddle with his sponsors name up for the camera!

Special thanks must go to Jason Skipper, Alex Ford and Richard Brooks for organising such an entertaining event.

Community canoeing

Brookvale Park, situated in Stockland Green, a ward that is in the shadow of Spaghetti Junction, became a hive of recreational activity on a July weekend. Activities included a 24/7 cycle relay and a mammoth kayak event where paddlers completed 51 lengths of the lake (equivalent to crossing the channel). An overnight camp was held on the park to pull together key stakeholders and discuss ideas to drive the area forward and an 'all out' on the lake to launch free@last canoe club and give people the opportunity to have a go at canoeing.

Simon Hensley the neighbourhood police sergeant for the area has been the key driving force behind the weekend and projects within the community. Simon has driven a series of projects with the aim to improve the area by opening up provision to young people, utilise the beautiful Brookvale Park and improve the community spirit. The enthusiasm and energy that has been created from Simon, partners and local residents has been immense and as an outcome Birmingham City Council gave approval for a charity called Free@last to start an inner-city canoe club on the lake which looks set to be a key to future developments in the area. The club's potential has been recognised by many and has also been supported by West Midlands Canoe Centre, Interserve and existing coaches



In brief

Eagle Canoe Club grant

Eagle Canoe Club has been very fortunate to be awarded nearly £10,000 by Sport England's Small Grant scheme and £1,000 by Red Nose Day Community Cash Grant through Norfolk Community Foundation towards new equipment.

The new equipment has been a great success and has facilitated a number of members gaining their 3 Star Open Canoe award and a canoe moving water trip to Wales which would not have been possible without the grants. The club is also running monthly taster sessions which are very successful in introducing those interested in paddling to a range of boats and opportunities.

Becky Mason coaching session

The East Midlands RDT has secured a visit by Becky Mason and her partner Reid to run canoe coaching sessions from 5-7th November at various venues and an evening presentation on Sunday 6th November. There are limited places available but if you are interested please see the website: www.empaddlers.org

Avon Descent

The Avon Descent takes place on Sunday November 6th, starting at Stratford on Avon and finishing 10 miles downstream at Bidford on Avon. This is a popular event for those racing or looking for an enjoyable day trip. Further information is on the Mercia Canoe Club website www.merciacanoecub.org.uk or e-mail info@merciacanoecub.org.uk for details.

Opening of new boathouses

In 2010, Whitlingham Boathouses launched an appeal to raise money to open boathouses for rowing and canoeing in Norwich. Since the launch, the clubs involved have raised over £750,000 and have finished Phase 1 – the completion of the structure and fitting out of the ground floor of the new boathouses.

The opening of the first stage was carried out by the Lord Lieutenant of Norfolk Richard Jewson Esq. JP, Rosemary Napp National Manager British Rowing, Jeff Toser from Canoe England and Max Heron, Chairman of Whitlingham Boathouses.

On show as well was the new river access. The old quay heading has been replaced by a new 40m quay plus a further 30m mitigation area as requested by the Broads Authority Conservation Officer. This would not have been possible without generous grants from South Norfolk Alliance and the Broads Authority Sustainable Fund.



In brief

Canoeing for all

Canoeists of a variety of ages and abilities took to the Thames to take part in 200m and 500m races in high kneeling and sit and switch racing canoes. The regatta was held at Wokingham Waterside Centre and run by a select few enthusiastic individuals and designed to provide an opportunity for novices to race against other novices and also as a stepping-stone to the National Regattas. More experienced paddlers also turned up alongside seven ladies, with at least four of them going on to race at the Nationals in September.

Brownies watersport day

Chris Ellis from Whiteparish Brownies near Ringwood organised a 'Go Canoeing' event for Brownies from all over Hampshire and Wiltshire for them to try sailing, canoeing and nautical orienteering.

The weather was cold, wet and windy but spirits were not at all dampened. The girls had a fantastic day on the water, many of whom said they had never been on a boat before. A BBQ supper was served up during a certificate and goody bag ceremony. The best news is a number of Brownies from Landford and Whiteparish have already signed up to return in September for more canoeing!



RDT Go Canoeing Day Grants

This year the London region provided a £1,500 grant to support clubs running Go Canoeing Days. Clubs were asked to submit proposals for their days to the RDT who convened to discuss each one. The grant money was split equally between Phoenix CC, Shadwell Basin Outdoor Adventure Centre and Fairlop Outdoor Adventure Centre. Each showed that they could provide good exposure to the sport through the use of varied types of craft and use of ergo machines. This was felt to be a great success all round and is something that could be used in the future to help clubs that feel the cost of these days is something that prevents them from being put on.

Ryan's coaching story

Ryan Keefe is 17-years old and coaches at a canoe club in the south west. The club was awarded a Coach Bursary of £640 to support eight candidates on the BCU UKCC Level 1 Certificate in Coaching Paddlesport in October 2010. Here is Ryan's story

I started kayaking at the age of 13. Within a few months I had gained my 1 Star certificate in kayaking. After this on Tuesday evenings I began to be taught the syllabus for the 2 Star award. A coach on Saturdays then taught me the canoe side of 2 Star syllabus. By the end of summer in 2008 I had completed my 2 Star in kayak on Tuesday evenings and my 2 Star in canoe on Saturday afternoons.

After some pool sessions, I decided to go on a few white water kayaking trips, which the club ran where more experienced coaches taught us about the white water environment. At the end of my first season I had gained my 3 Star in white water kayaking.

I was informed that the club was running a Level 1 coaching course and that I could do it if I completed my Foundation Safety and Rescue course. This taught me the basic dangers of kayaking on flat water and the rescue procedures, in both kayak and canoe. I then began my Level 1 Coach course.

I was taught about how to present myself as a coach, how to run a good session and how to break

down strokes to teach them. We also covered risk assessments and were then assessed on our rescue skills. We were also assessed in practice coaching sessions. Last of all, we took a multiple-choice exam on what we had learned. After the four days, I had qualified as a Level 1 Coach.

After this course, I chose to take the First Aid course and then took part in the Safeguarding and Child Protection session. This course was designed to make me aware of the signs and effects of child abuse and how to coach safely and protect myself. I then completed a CRB form, as the other Level 1 coaches did, which meant I could coach legally.

I was then allowed to the club's coaches meeting where a rota was set up and I immediately signed up for a few Saturday sessions. I have also coached a six-week beginner's course. I found this really enjoyable, as I was able to coach a group of adults and children who were keen to learn how to kayak.

I am going to use this experience of coaching in order to become a Level 2 coach next year. The club is organising the course, paying part of the fee and applying for grants to help pay for the course, so more people can do their coaching training. The club is also bringing in an outside assessor to assess my 3 Star Canoeing award, which I need to qualify as a Level 2 Coach.



Above: Coaching in progress.

A double celebration

Saturday 18th June saw a double celebration for Banbury and District Canoe Club. Not only was the club able to celebrate the rescue of its premises but also able to celebrate the 79th birthday of one of its oldest and most influential paddlers, Neville Simmons. Neville's contribution to the club has been immense, both as a trustee and as a passionate advocate and coach of flat water racing.

The club thanked the organisations and individuals who have ensured the club's survival at Cropredy: Banbury Charities, the BCU, the Foundation of Sport and the Arts, Oxfordshire County Council, Thames Water, the Doris Field Trust and the many supporters of the Buy a Brick campaign.

The day started when more than 40 paddlers including guests, MP Tony Baldry and Neil Brodey of Banbury Charities, took to the water in kayaks.

When the paddling was over, everyone shared a lunch, prepared by members, at the club's canal side premises.

During speeches, the club took the opportunity to recognise the commitment of stalwart coach and paddler Irene Hills. Later, Neville took members back to his earliest days at the club, in 1993, reminiscing that there were often no more than six paddlers on the water at any one time. Now, there are regularly 50 paddlers out on a club night, and a 60-strong team competes most weekends.

"It was always my dream to be a top racing club," he told club members and visitors, "and to be up there with the top clubs such as Wey and Elmbridge."

The message of the day from Banbury and District Canoe Club was definitely one of optimism: now the canoe club is secure it can look to a bright future!

the paddler's cook

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It has been an exciting year in the world of Paracanoe with the announcement at the end of last year, that canoeing would become part of the Paralympic family; the appointment of new Paracanoe staff and, not least, success at the Paracanoe World Championships in Szeged.

In brief

New Paracanoe staff

To support the fast growing Paracanoe programme, GB Canoeing have appointed an interim Programme Manager. Steve Harris has been tasked with developing the Paracanoe programme as well as working with other organisations to develop talent identification processes etc.

To support the Paracanoe team coach, Trevor Wetherall, two Paracanoe Development Coaches have been appointed. John Griffiths has been appointed as Va'a Development Coach and Colin Radmore as Paracanoe Development Coach (Midlands).

Look out for Paracanoe and Va'a Go Canoeing days coming up in the future.

Disability Awareness Training

After a long wait, the Disability Awareness Training is ready to be rolled out. A group of 10 tutors from England and Scotland took part in tutor training at the Lake District Calvert Trust in August. There are two new Disability Awareness Training modules that have been designed to supersede the old two-day course; these have been split into Foundation and Intermediate modules.

The Foundation Level serves as a three-hour classroom based course providing an introduction to Disability Awareness in Paddlesport; while the Intermediate Level has a more practical element investigating the practicalities of making paddlesport accessible to disabled people.

For more information visit www.canoe-england.org.uk/our-sport/paddleability or contact Clarisse Smith, Disability Officer on 07702 954949 or email: clarisse.smith@canoe-england.org.uk

Gold and bronze for P Canoe Sprint World C



Above: Pat Mahoney (middle).



Above: Dan Hopwood.

Four athletes were selected to represent Team GB at the Paracanoe World Championships this year with Dan Whittingham and Stewart Clarke competing in K1 events and Patrick Mahoney and Dan Hopwood in V1 events.

Results from the heats were very positive with all four athletes achieving personal best times and winning places in finals, particularly for Pat Mahoney who came first in his heat.

Chelmsford's Stewart was new to the team this year and put in a good performance to place ninth in K1 TA. Chiswick's Patrick Mahoney followed his race. It is the third time Patrick has competed in the event and narrowly missed out on a medal last year. However Patrick, who had the fastest time through the heats this year, won the gold medal, crossing the line over a second before his closest rival George Thomas of New Zealand.

Daniel Whittingham of Nottingham Canoe Club was the next to compete in the K1 LTA category. Also a first time competitor with the GB Paracanoe team, Daniel did particularly well to achieve a place in his final given that he has only been paddling since March. You may remember seeing his name in a Canoe Focus article when a group of Canoe England staff visited Headley Court. This category is a fiercely competitive one with the winning time clocking a whole second faster than that of last year!

Success was also to prevail for Dan Hopwood in the V1 TA race where, racing a category up from his actual classification, which is A, Dan, won bronze. Dan, who trains with John Court at Trentham, was called up to the team at the last minute as it was not sure whether or not there would be enough competitors in his classification and decided that he wanted to race in the higher



Above: Dan Hopwood.

Paracanoeists at Championships

classification where there would be more competition.

Trevor Wetherall, Paracanoe coach, commented, "What a fantastic World Championships for the GB Paracanoe team – four boats and all achieved PB times. During our team race planning meetings, it was clear to me that this team wanted to take home medals. I am very proud to have been part of this team and look forward, with excitement, to next year and beyond. The strategy for the future will be to build on these results and become the strongest nation in Paracanoe at World and Olympic level."



Above: Pat Mahoney.

Paddle-Ability awards

Participation in the Paddle-Ability races at the National Sprint regattas continues to grow with race times getting faster and the standard of competition improving all the time. Every year at the September regatta, the national Paddle-Ability awards are given to paddlers who have consistently won or improved through the sprint season. Last year competition was tight with awards being highly contested and this year proved to be no different.

The Men's A trophy was awarded to a newcomer Paracanoe team member Stewart Clark, who has been taking part in the Paddle-Ability regattas for the first time this year. The Men's B/C trophy was awarded to Dougie Downing. Special Olympian James Savoury won the Men's D/E and Men's G/K trophy to Andrew Abbot. Junior Men's trophies were awarded to Richard Clay in the Men's B category and Mark Nickson was doubly successful not only gaining the Junior Men's C title but also being awarded the Endeavour trophy.

After narrowly missing out last year Lucy Gardner gained the Women's A trophy this year whilst Katie Smith, who was awarded the most improved trophy last year, was awarded the Women's C/D title. Catherine Robinson, who is currently involved in a talented athlete scheme at the University of Hertfordshire, held onto the Junior Women's title for the second year running. This year's most improved Paddler trophy was awarded to Kieran Owen.



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Volunteers prepare for London 2012

The London 2012 website states that, "Games Makers will be the face of London 2012, with the chance to show what the UK is all about: excellence, passion and positivity. Set against this truly inspirational backdrop they will build new friendships, develop skills and play an integral role at the heart of the largest event ever staged in the UK."

With less than a year to go, volunteers will soon hear if they have been successful in securing their place as a volunteer for London 2012. With the interview process nearing completion, a number of volunteers travelled to the Olympic sites of Lee Valley White Water Centre and Eton Dorney for this summer's test events.

Armed with their London Prepares uniform of a white t-shirt and navy blue rain jacket, volunteers and team leaders underwent a variety of training, as well as organised opportunities, to help the teams get to know each other before the events began.

In brief

Volunteer coordinator pack

If you are a volunteer coordinator then make sure you let us know! Once registered, you will be sent your coordinator resource pack to support you in your role. The resource includes a number of templates, which focus on recruitment, recognition and retaining your volunteers.

Canoe England Volunteer and Recognition awards

The winners of this year's awards will be announced on November 19th! Keep an eye on December's Canoe Focus where the winners will be revealed!

Young volunteers

If you are under 21 and would like to be a part of the Youth Action Network then we would love to hear from you! Don't forget to join YAN on Facebook – the page is a secure online forum allowing you to have your say, find out about new initiatives and help YAN provide the voice of young people. If you would like to join the group, please email Julia Robertson.

For more information visit www.canoe-england.org.uk/volunteers or contact Julia Robertson, Volunteer Development Officer julia.robertson@canoe-england.org.uk

Both test events involved many who are already volunteers within the sport. Split into teams, the volunteers were tasked with water safety to administration; equipment distribution to athlete services and, for many, they were taking on a completely different role to those they normally undertake.

As London 2012 promises to be, the test events provided just as special an experience for volunteers, giving a real indication of some of the things that can be expected next year. For many, the jargon associated with the Olympics offered a challenge, but a guide to jargon busting soon helped all on their way!

Let's meet two volunteers from the test events who are going through the London 2012 recruitment process.

Janet Gillespie volunteers for her club and at Hasler races, as well as organising a series of multi-discipline events for clubs in the Southern region.

Name: Janet Gillespie
Test event: Canoe Sprint
Team: Administration

As a member of the administration team, tell us about your role:

On athlete training days I was involved in the check in and issue of accreditation passes for each team attending. On race days, I helped with the distribution of results and other information needed.

Did you enjoy the experience?

It was very enjoyable. It was interesting to see all the different parts of a major event coming together and being a part of it. The contact with the teams and the varied questions from team leaders – they all had such different needs and requirements, some very funny moments.

What was your favourite moment?

Just looking out from the balcony, the venue is very spectacular.

Why do you want to volunteer at London 2012?

It's a great event to be part of. I'm keen to help and use my skills from previous experiences. I just really want to help.



Above: Volunteers at the London test event.
Photo: Elaine Skitton Canoe Services Manager LOCOG.

Paul Tuffin competes in canoe slalom and is also a Level 3 kayak coach at Holme Pierrepont Canoe Club and a section judge at slalom events.

Name: Paul Tuffin
Test event: Canoe Slalom
Team: National Technical Officer

You are a National Technical Officer, what does that involve?

I liaise with race control and manually input the scores as the judges give them to me.

Did you enjoy the experience?

It was good fun! There were a lot of people there to talk to, international and British. It definitely gave a taste for things to come next year. Everyone who I spoke to was looking forward to it by the end of the event!

What was your favourite moment?

When Melanie Pfeifer won the gold medal in the Women's K1 after getting a 50 second penalty in the semi-finals – a good reminder that even though everything might seem lost, never give in!

Why do you want to volunteer at London 2012?

I want to be part of the games; it's a once in a lifetime opportunity!



Above: Paul Tuffin.

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Participation in canoeing – who goes paddling and why!

Over the last 10 years equipment and opportunities to go canoeing have changed dramatically and this in turn has had its impact on how and why people now participate in our sport. To better understand these changes, the BCU in conjunction with Canoe England, CANI, SCA and Canoe Wales commissioned Fusion Research to develop a participant model for paddlesports.

What is a participant model?

A participant model helps us to think about the different types of participants who are involved, or may get involved, in paddlesports. By using existing data and undertaking new research, it is possible to identify distinctive 'types' of participants e.g. beginners, leisure paddlers, talented paddlers and so on. Once we recognise these different 'types', it is much easier for the BCU and partners to collect detailed information on their specific wants and needs and then to tailor paddlesport environments and services to meet them.

How was the research undertaken?

The research used three main methods in this initial phase:

- Reference to underpinning theory and evidence on participant development.
- A review of secondary evidence relating to paddlesports.
- Interviews with paddlesport experts across the UK.

What did we find out?

Well, its early days, but the initial research suggested that paddlesports participants are segmented by their age and motivations to get involved and stay in the sport.

Age segmentation

Research increasingly supports the notion that children, young people, adults and older adults require different introductory and on-going experiences for sports and require different environments to be established to cater for their needs. By understanding the age profiles in canoeing we can start to focus on areas that need addressing. For example, looking at Diagram 2, there is a clear drop-out in the 13-14 age group. Some of the reasons for this are beyond our control but there may be weaknesses that can be addressed. Equally, the number of people paddling from 35-50 – how are we meeting their wants and needs?

Motivations for starting and staying in paddlesports

Based on the evidence collected from this initial phase, six sporting objectives/motivations have been identified: 'Beginner/Re-acquainting',

'Environment/Leisure Focused', 'Activity/Sport Focused', 'Recreational Competition Performance Focused', 'Elite Focused' and 'Guiding/Coaching' (see Diagram 1). Though there are some mutually exclusive categories, for example, an individual can probably be a beginner only, and only the high performance athletes can be considered to be in the 'Elite Focused' category, many individuals involved in paddlesports are likely to be in more than one category.

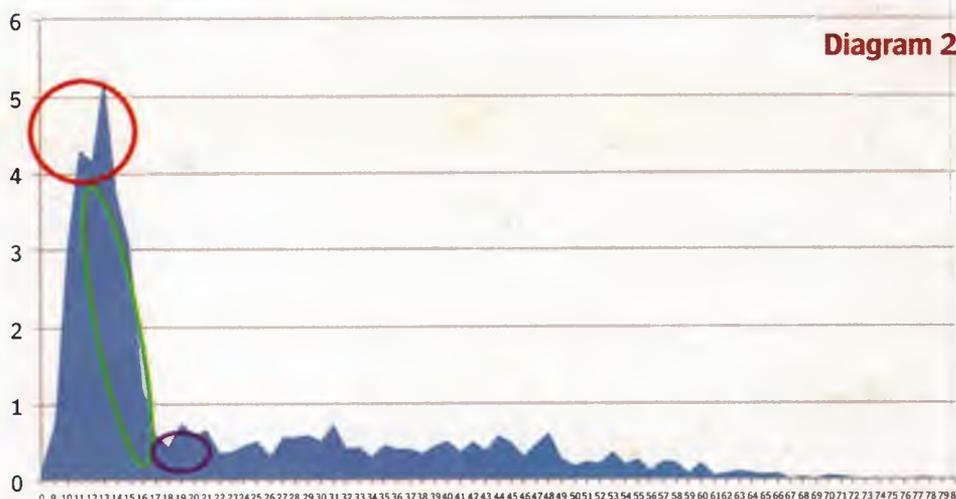
As a sport we know quite a lot on some categories – e.g. beginners and elite focussed, but for some we need to gather more evidence e.g. the environment and leisure focussed segment:

Category	Description
Environment/Leisure Focused	To enjoy the environments/scenery To socialise/to be with friends/family Journey – experience an out and back or A to B trip Specific interests – e.g. bird watching, fishing Non weight bearing exercise

This has been a very brief summary – and it is very much 'work in progress'. We need to undertake more research to support the current model across a larger number and broader group of participants. To this end, we are launching a participant survey to gather more information to feedback into the model. So please help us by completing the survey!

The full report can be found on the BCU website, and an article relating the model to coaching will be in a forthcoming issue of CoDe.

Research undertaken by Julian North of Fusion Research Limited.



An historical timeline in celebration of 75 years



To celebrate the 75th anniversary of the British Canoe Union, we've had look through our archives and reminisced over some of the most historic moments in canoeing, from the building of the first Rob Roy in 1865 right through to British canoeing's first ever Paracanoe World Champion in 2011. Sit back, relax and enjoy a paddle through canoeing's magnificent history!

1865. John MacGregor has Searle's of Lambeth Boatbuilders build him his first Rob Roy, after taking inspiration from the North Americans.

1866. The Canoe Club is founded by MacGregor and, in 1867 they hold their first regatta.

1873. The Canoe Club is renamed the Royal Canoe Club by command of Queen Victoria and, in 1874, they institute the Paddling Challenge Cup; the oldest canoeing trophy in the world.

1887. The British Canoe Association Mark I (1) is formed but ceases to exist in the 1920s.

1924. Canoeing becomes popular across Europe and the Internationale Repräsentantenschaft Kanusport (IRK) is formed by Austria, Germany, Denmark and Sweden. By 1935 the IRK included 17 countries including GB, which joined in 1933.

1933. The British Canoe Association Mark II is formed, but ceases to exist a few years later.

1936. The British Canoe Union (BCU) is set up as the national governing body for canoeing, to send a team to the Olympic Games in Berlin.

1938. GB compete in their first ever canoeing World Championships; the Canoe Sprint World Championships in Stockholm.

1939. Franz Schulliof organises the first British slalom, at Trevor Rocks on the Welsh Dee. The Scottish Canoe Association (SCA) is formed.

1946. The International Canoe Federation (ICF) is formed from the IRK, whose headquarters in Munich have been bombed during WWII.

1948. London hosts the Olympic Games, which sees the first British female ever to enter an international canoeing competition. The BCU host their first World Championships: the Canoe Sprint World Championships, which are also held in London.



1949. The GB team travel to Geneva, to take part in the first ever Canoe Slalom World Championships.

1956. The Open Canoe Association (OCA) is founded.

1957. The first Glass Reinforced Plastic (GRP) canoes are produced.

1959. Paul Farrant (2) becomes British canoeing's first World Champion, in Men's K1 at the Canoe Slalom World Championships in Geneva. Farrant and the rest of the team then travel to France, to take part in the first World Championship White Water race.

1961. Canoeing's National Coaching Committee is set up.

1962. Having been run by volunteers for the last 26 years, the BCU appoint their first member of staff. Captain Alec Kennedy RN was the BCU's first secretary, based at the Central Council of Physical Recreation offices in London.

1963. John Dudderidge, a founding member of the BCU, is awarded an OBE by the Queen.

1965. The first National Championships in Long Distance Racing are held in Bradford on Avon. The Canoe Association of Northern Ireland (CANI) is formed.

1967. The first National Surf Championships are held in Bude.

1971. The first National Canoe Polo Championships are held in London.

1972. Brits Mike Jones, Mick Hopkinson, John Liddell, Rob Hastings, Roger Huyton, Dave Manby and John Gosling (3) complete the first descent of the Dudh Kosi River, which runs down

Mount Everest in Nepal at approx' 280 feet per mile! The story of the descent was made into a film 'Dudh Kosi: the Relentless River of Everest' later that year. Canoe Slalom becomes an Olympic sport for the first time when it is included in the 1972 Munich Games. However, by the Montreal Olympics in 1976, Slalom had been dropped from the programme and was not reinstated until 1992.

1975. Frank Goodman and three fellow Brits complete the Nordkapp Expedition; a 480-mile kayak, from Bodo to Nordkapp in Northern Norway. Goodman uses the Nordkapp Kayak, which he had designed a few months earlier especially for the trip.

1976. Derek Hutchinson becomes the first person to cross the North Sea in a single kayak. Hutchinson completes the crossing in 31 hours, after several near death experiences.

1977. The Nordkapp Kayak hits the news again, when Goodman and his three British colleagues use it to complete the first rounding of Cape Horn, the southernmost tip of South America. The voyage was 250 miles and completed in three weeks. Nigel Foster and Geoff Hunter become the first to circumnavigate Iceland. Albert Kerr is named Canoe Slalom Men's K1 World Champion, in Spittal.

1978. The Welsh Canoe Association (now Canoe Wales) is formed.

Photo credits:

- (1) BCU
- (2) Oliver Cock
- (3) Leo Dickinson and Dave Manby



1979. Brian Greenham and Tim Cornish set the current record for the Devizes to Westminster Race, with a time of 15 hours and 34 minutes.

1980. The first International Cardboard Kayak Championships is held. Englishman Nigel Dennis is the first to complete a circumnavigation of Britain, alongside New Zealand-based Paul Caffyn; it took the pair 85 days to complete the voyage.

1981. A British team of canoeists complete the first kayak descent of the Canadian Fraser River from its source in the Rocky Mountains, 800 miles to the Pacific Ocean. The team included Sue Hornby, now Canoe England's Director of Development, who became the first woman ever to paddle Hells Gate (4), during the trip. The team filmed the journey, which later won the Mike Burke Award. The BCU host their first international Canoe Slalom event; the World Championships in Bala, where Richard Fox (5) becomes Men's K1 World Champion. Fox wins the title another four times, in '83, '85, '89 and '93. The BCU also host the Canoe Sprint World Championships and the Wild Water Racing World Championships during the same year.

1983. Paul Vander-Molen and 11 colleagues follow the course of the Jokulsá-a-Fjollum River in Iceland, achieving five world firsts during the 200km trip. What makes the expedition particularly innovative is their choice of transport; kayaks and small microlight

aircraft! The story of the expedition was published in 'Iceland Breakthrough' in 1985 and was made into a Channel 4 documentary. Elizabeth Sharman (6) becomes British canoeing's first female World Champion winning gold in the Women's K1 at the Canoe Slalom World Championships in Merano. Sharman won a second world title in 1987, in Bourg St Maurice. In Canoe Sprint, Alan Williams and Stephen Jackson become World Champions in the Men's K2 1000M, in Tampere.

1985. The Dragon Boat Racing Club of Great Britain (now the British Dragon Boat Racing Association) is founded and, in 1987, the first National Championships are held in Hyde Park, London.

1986. The BCU celebrate their 50th anniversary, the Jubilee Canoe Foundation is formed, and the development of a purpose-built canoe slalom white water course is completed at the National Water Sports Centre in Nottingham. Britons Bill Taylor, Mick Wibrew and Richard Elliott complete the first circumnavigation of the UK and Ireland, paddling 2,612 miles in 155 days. Extreme Kayaker Shaun Baker

completes two first descents: the first descent of Swallow Falls and the first descent of Conwy Falls, both in Wales. Jeremy West becomes Canoe Sprint's first World Champion in the Men's K1 1000M.

1987. Shaun Baker notches up another world first when he descends the Upper Sgwd Isaf Clun-gwyn in Wales and Ray Hudspith (7) sets the Guinness World record for the greatest number of Eskimo rolls with a paddle: 1,000 rolls in 34 minutes 43 seconds.

1988. BCU host the inaugural Canoe Marathon World Championships.

1990. Grayson Bourne and Ivan Lawler become Canoe Sprint Men's K2 1000M World Champions, in Poznan.

1991. Shaun Pearce is Canoe Slalom Men's K1 World Champion, in Tacen. (8)

1992. Gareth Marriott (9) wins Britain's first canoeing Olympic medal, with silver in the Canoe Slalom Men's C1 in Barcelona. Ivan Lawler (10) is named Canoe Marathon K1 World Champion for the first time. Lawler goes onto win the title another four times, in 1994 '96, '98 and '99. Shaun Baker completes the first descent of the Devil's Slide in the Val Sesia Valley in northern Italy. Paul Owen is appointed BCU Chief Executive and Albert Woods is made President. In 1993, Mr Woods is also made President of the European Canoe Association (ECA).

1993. David Gent is made Chairman of the BCU. Today, Mr Gent is Vice President of the organisation.

1994. Shaun Baker sets the Guinness 'World Speed Altitude Descent' record, dropping 50 metres in 4 minutes 54 seconds, off the River Gamlan in Wales. He breaks the same record in 2000, dropping 75 feet in 19.9 seconds off Rhaedr Ddu in Wales. Sheffield hosts the first Canoe Polo World Championships (11).

1995. The BCU host the Canoe Slalom World Championships in Nottingham and spectators see Lynn Simpson (12) crowned Women's K1 World Champion. Britain plays host again to the Wild Water Racing World Championships.

1996. Shaun Baker sets the Guinness 'World Freefall Waterfall Kayak' record: a 64 feet 8 inches drop, off the Aldeyjarfoss in Iceland.

1998. The GB Canoeing World Class Programme (now the GB Canoeing Olympic Programme) is set up.

1999. Anna Hemmings (13) becomes Canoe Marathon Women's K1 World Champion in Gyor. Hemmings goes on to win the title another five times, including a Women's K2 World Champion title as well, in 2001, '05, '06 and '07. Albert Woods becomes Vice Chairman of the British Olympic Association (BOA).

2000. Shaun Baker sets the Guinness 'World Kayak Land Speed' record, travelling 62.94km/h in the Canadian

Photo credits:

- (4) Dave Manby
- (5) Tony Tickle
- (6) Tony Tickle
- (7) Ray Hudspith
- (8) Tony Tickle
- (9) Peter Astles
- (10) Ivan Lawler
- (11) Kevin Danforth
- (12) Tony Tickle
- (13) Mark Watson



Rocky Mountains. Helen Barnes sets the Guinness World record for the fastest time to do a 100 Eskimo rolls with a paddle in 3 minutes 42 seconds. Canoe England is the last of the four home associations to be formed. Tim Brabants wins the first Olympic medal for Canoe Sprint; bronze in the Men's K1 1000M in Sydney and Paul Ratcliffe wins silver in Canoe Slalom Men's K1.

2001. The BCU host the Canoe Marathon World Championships and the Jubilee Canoe Foundation changes its name to the Canoeing Foundation.

2002. Shaun Baker sets his most recent world first to date, when he descends Lagarfoss in Iceland.

2004. Helen Reeves (14) becomes the first British female canoeist to win an Olympic medal, with bronze in the Canoe Slalom Women's K1 at the Athens Games. Campbell Walsh wins silver in the Men's K1 and, in Canoe Sprint, Ian Wynne wins bronze in the Men's K1 500M.

2005. The first semi-rigid foldable kayak, named the Yakka, is produced by Bic Sport and there are celebrations throughout Britain, as London is selected to host the 2012 Olympic Games. World Champion status goes to Canoe Surf's Darren Bason, Sailing's Mark Goodchild and the Canoe Polo Women's team.

2006. Shaun Baker (15) books another spot in the record books; this time, he sets the Guinness 'Jet Powered Kayak Speed' record, travelling 40km/h at Eton Dorney. The Canoe Slalom U23 and Junior European Championships are held by the BCU, in Nottingham.

2007. Tim Brabants (16) is crowned Men's K1 1000M World Champion at the Canoe Sprint World Championships in Duisburg and Ben White is named

Freestyle Men's K1 Squirt World Champion. Ian Wynne completes the fastest crossing of the English Channel by single kayak in 2 hours 59 minutes, and the Canoe Foundation is set up to become fully incorporated, replacing the old Canoeing Foundation.

2008. Tim Brabants wins Britain's first canoeing gold Olympic medal in the Canoe Sprint Men's K1 1000M, in Beijing. Brabants also wins bronze in the Men's K1 500M and, in Canoe Slalom, David Florence wins silver in the Men's C1. The Canoe Polo Women's team are named World Champions.

2009. Brabants' achievements in Beijing don't go unnoticed and he is awarded an MBE by the Queen, in March. The £750,000 upgrade of the canoe slalom white water course at the National Water Sports Centre in Nottingham is finished, just in time for the BCU to host the Canoe Slalom European Championships in May. It's a successful season for GB on the international stage too, with World Championship titles going to Freestyle's Claire O'Hara, David Bainbridge and James Reeves; and Surf's David Speller and Naomi James. The GB Women's Canoe Polo team are also crowned World Champions, as are the Men's and Women's Whitewater Rafting teams.

2010. Anna Hemmings is the next canoeist to be recognised by the Queen, receiving an MBE in the New Years Honours List. Blue Peter presenter Helen

Skelton sets two new world records: the longest solo journey by kayak and first woman to paddle the length of the Amazon, when she completes a 2,000 mile trip to raise money for Sport Relief.

Helen Barnes (17) also sets a new world record for the fastest time to do 100 Eskimo rolls by hand in a canoe: in 3 minutes 46 seconds.

Ed McKeever (18) becomes Canoe Sprint Men's K1 200M World Champion in Poznan and Paracanoeing debuts at the same championships, where Jono Broome (19) wins Britain's first medal: a bronze in the Men's K1 200M A.

There are World Championships titles for Marathon's Ben Brown (20); Wildwater Canoeing's Jessica Oughton; the Canoe Polo Women's team (21); and the Whitewater Rafting's Women's team.

The developments of Cardiff International White Water (CIWW) and the Lee Valley White Water Centre (LVWWC) both reach completion and undergo official opening ceremonies.

The year ends on a high, when the International Paralympic Committee announce the inclusion of canoeing at the 2016 Paralympic Games in Rio.

2011. The year starts well for the BCU, as they win their bid to host the 2015 ICF Canoe Slalom World Championships in London and Eric Farrell, who coached Tim Brabants to canoeing's first gold Olympic medal, is awarded an MBE.

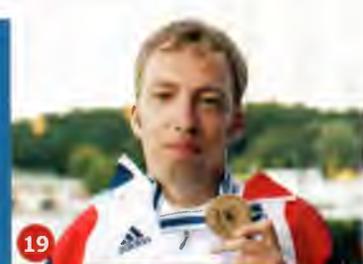
During the summer, Freestyle's James Bebbington (22) and Claire O'Hara (23) are both named World Champions in Plattling and Patrick Mahoney (24) becomes GB's first ever Paracanoe World Champion in the Men's V1 200m LTA class, in Szeged.

The BCU's 75th anniversary celebrations take place in November and Viking Kayak

Club also celebrates their 50th anniversary... on the very same night!
Many thanks to Shaun Baker, Helen Barnes, Mike Devlin, Sue Homby, Paul Owen, Tamsin Phipps and Peter Tranter.

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For more information:

If you have any questions about the Canoe Foundation; or ideas and suggestions for fundraising or promoting the charity then please do not hesitate to get in touch with Simon Hitchcox either on the address below; by e-mail simon.hitchcox@canoefoundation.org.uk or phone: 0300 011 9502.

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Many thanks to all those who have been in contact since the September issue, it has been great to receive so much feedback and support.

During the past couple of months we have started to see an increase in regular donations through the charity's JustGiving page (www.justgiving.com/canoefoundation) as well as a number of enquiries about making one-off donations and leaving legacies.

Online, the number of people following our Twitter account (@CanoeFoundation); and 'liking' our Facebook page (www.facebook.com/canoefoundation) has dramatically increased. This allows us not only to improve the way in which we communicate with our supporters, but also helps spread the word about the work that the Canoe Foundation has and continues to undertake.

All being well, we will be launching our new website www.canoefoundation.org.uk on 31st October. On here you will be able to find out more about the charity, how you can support us, accessing grants, and case studies amongst other things – so come check us out!

Monday 19th September saw the latest meeting of the Canoe Foundation's Small Grants Panel; responsible for reviewing applications and awarding grants of up to £2,500 for two of the charity's five key areas; Young People and Equality (including disability). Unfortunately due to the date of the meeting and publication deadlines we are not able to announce the outcomes. However, hopefully the case study below will give you an idea about some of the projects we have supported previously.



New canoes and kayaks for Linnet Clough



County campsite for Greater Manchester East; Linnet Clough is a non-profit making organisation used regularly by the Scout Association, primary school children, college students, religious organisations and special interest groups.

Water activities are extremely popular at the site, which has the use of the adjoining Roman Lakes at Marple. In 2009 over 900 people used the site's aging fleet of canoes and kayaks, which were coming to the end of their lives and needed replacing.

Funding received from the Canoe Foundation allowed them to replace some of the older craft, and four canoes and 12 kayaks were purchased, along with paddles, new safety equipment and a trailer. These new craft have proved very popular with the young people and the instructors; also

allowing them to hold a course for Scout Leaders to learn how to run a safe and enjoyable session on the Lake earlier this year. As well as the Scouts and local schools, members of a Cerebral Palsy society are now able to use the new canoes along with their helpers.

Both of these developments would not have been possible without the funding from the Canoe Foundation and have been vital in increasing the number of users of the equipment and encourage more young people to experience the fun.



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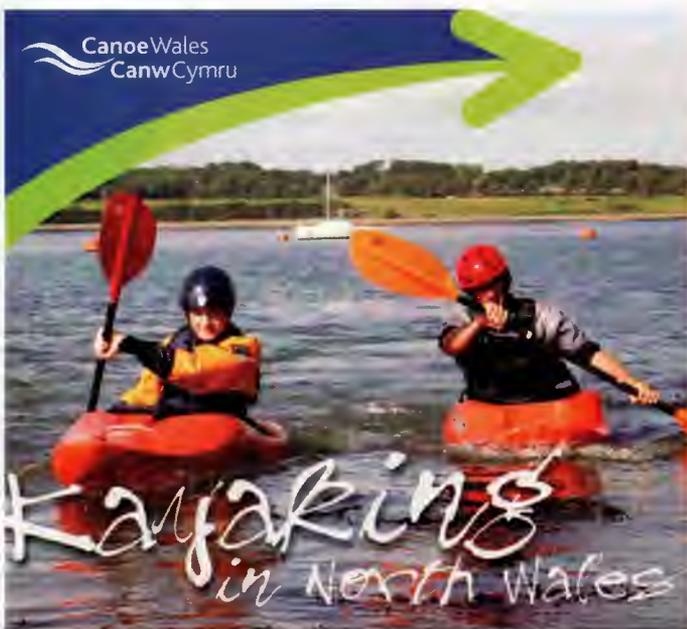
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Women and Girls
in Paddlesport



Paddling p

When we found out we were going to have a baby we did what many prospective parents did and bought plenty of baby books, ploughing through them for information and tips on anything to do with having a newborn. Something that we hunted for but couldn't find was how to carry on kayaking. My husband, Mike and I met kayaking at Liverpool University and although we knew our lives would change with a baby we wanted to continue paddling both with old friends from university and Regents Canoe Club based in Islington, London.

Article by:
Claire Lancaster.



Pregnant and paddling

I decided I wanted to carry on doing a bit of paddling while I was pregnant but only wanted to do so if I could minimise risk as much as possible. I managed to paddle a couple of rivers in Scotland and at five months pregnant went on a Regents trip to paddle the Lower Tryweryn. As with any medical or physical condition it is advisable to make sure your group are aware of it and what you can and cannot do. I was clear to my group that I didn't feel able to rescue boats if there was a swimmer and was lucky enough that other people volunteered to carry my boat to and from the river.

Your choice

The BCU do not have any guidelines about paddling when pregnant and advise consulting your doctor. On the internet there are a few stories and viewpoints on kayaking when pregnant, from not even looking at a kayak once you've conceived to a play boater in New Zealand who paddled until she was eight months pregnant and was back on the water a few weeks after the birth.

I think the best advice would be to only do what you feel comfortable and safe doing. I had to be careful to choose rivers that I knew I would be able to competently paddle; I found that it actually made me better at choosing a safe and accurate line down a river. I paddled white water (Grade 2/3) until I

was five months pregnant and on Regents Canal in London with Regents Canoe Club until about seven months.

Good planning

James was born at the beginning of September 2009 and I gave myself an aim to get back to paddling for the club's annual Christmas trip to the River Dart. Mike and I realised it would take some planning though; I don't think we realised how much!

The Friday of the trip saw us travelling down to Devon to stay in a B&B to keep the screaming baby away from the rest of the Regents paddlers at the local YHA. For me a usual Saturday morning on a club river trip normally involves breakfast, group talk and a drive to a river. With James in tow the routine became wake at 06.30, feed James, change him, dress him, leave him in the capable hands of daddy while I dressed and got my kit, eat breakfast while trying to hold wriggling baby, change James, get him to nap, drive to river, feed James while Mike got my kit and boat ready, change, get on river, wave to James from the river as I paddle off!

New routine

Mums don't tend to spend much time away from three month old babies so three hours on the river is a significant time to be away. However, by the

arents



time I was at the eddy above the Washing Machine rapid it was like I had never been away, nothing like a familiar river to get you back in the swing of things! Although I had to keep reminding myself my skills and physical strength had reduced with the time away from paddling.

Since then with some good planning and kind relatives to babysit we have managed quite a few paddling trips. We've tried out different combinations of childcare/paddling; having a day each paddling on a weekend away, having a kind group of friends who paddled a river section on the Kent twice in one afternoon to give both me and Mike a go and leaving James with his grandparents while we paddled for the day (handy having in-laws in the north west near plenty of rivers).

Alfresco nappy changing

Last summer we spent a couple of weeks in the Alps and admittedly it wasn't exactly the same as previous Alps trips where we'd cram in a couple of rivers a day plus bike rides and runs but we both managed to paddle a few times whilst the other went for walks with our son along the river.

James is used to driving up and down rivers in our van, having his nappy changed alfresco overlooking a rapid and eating lunch at the get out while he waits for mum/dad. When we got home from the Alps I think he wondered why neither of us put funny clothes on in the morning and disappeared for a couple of hours. I'm not looking forward to a few years time when he'll be old enough to laugh at me swimming!

You can paddle and be a parent!

It is great to do a sport that is flexible enough to incorporate children, although when paddling with just adults it's important to be mindful of the fact that some people might have chosen to go on the paddling weekend to get away from their children or their friends constantly talking about their kids! We have tried to stay at alternative accommodation or camp slightly away from others to keep baby out of people's way. It definitely helps that we both kayak so the parent who's on childcare duty knows what's going on when the shuttle happens or the paddle takes a bit longer due to a couple of incidents. However the benefits of a non-paddling parent would be no 'discussions' on whose go it was to paddle!

Thanks to everyone I've paddled with recently for being helpful in carrying my boat when I was pregnant, understanding about my decrease in paddling skills and entertaining James!

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A taste of the

After successfully juggling work commitments and arranging childcare for three pre-teens, chicken sitting and dog minding, we headed for a hot but brilliant weekend in Toronto. Having enjoyed a variety of worldwide cuisines, shopping and sightseeing, it was time for a taste of the real outdoors and rough camping. We picked up the hire car and headed north for the three-hour drive to the lakes of Algonquin.



Above: Getting close to nature.

Feature by: Algonquin Provincial Park is 7,653km², with over 2,400 lakes and 1,200km of streams and rivers. With its diverse and unique make up, the park boasts over 53 species of mammals including beaver, bear and the infamous southern bog lemming.

Sally Retallick.

When we arrived at Algonquin Provincial Park, we purchased our permit just as the park ranger had noted the bear that he had spotted on his way to work that morning on the wildlife noticeboard. I was quick to add my dead porcupine to the head count. We were guided to the Voyageur Quest base by the sound of frantic car horn blasts. A family of four bears had decided to evict the neighbours from their cabin – throwing all their furniture and equipment on to the front lawn. Bear pictures were looking hopeful.

Meeting up with the rest of the group (10 of us in total) we were given our introduction chat by two of the young, cheerful and very knowledgeable guides. They explained about the joys of the 'thunder box' toilet and how to cope with bear encounters, "Act big, unlike prey, look at their feet and walk backwards!" We were paired up and all the equipment the group would need was shared amongst the five canoes including necessities such as, tents, food, buoyancy aids and dry bags. This also provided a chance to get to know our fellow paddlers. None of the other guests had any previous paddling experience and the guides took us out for an intro session into the basics to get us on the water. This was our first encounter with the mosquitoes and biting bugs and so began the frequent application of DEET and sunscreen. Apparently May is the worst

month to visit as it's the overlap of the height of the blackfly season and the mosquitoes start biting.

“How to cope with bear encounters, “Act big, unlike prey, look at their feet and walk backwards!””



Above: Our guide preparing another gourmet breakfast.

Lunch was served, before paddling into the heart of Algonquin. The sight of herons, multi-coloured dragonflies and snapping turtles, fascinated me but then as we meandered a little further, we met a moose and her calf stopping for a drink at the waterside. We floated happily for about 20 minutes capturing moose poses before they gently ambled away from us.

After two portages and an afternoon/early evening paddle, we were amazed that we had met only three other paddlers before we arrived at our campsite (our home for the next couple of nights). Everyone was actively involved in collecting firewood, putting up tents and establishing a camp and shelter and the conversation was interspersed with further toilet/thunder box and bear etiquette chat. All toiletries and snacks were surrendered before bed, placed in a secure tub, which was strapped to a tree to prevent bear raids.

Rustic back-wood gourmet

The guides are all incredibly enthusiastic and skilled outdoors people, trained in flora and fauna recognition, as well as being wilderness first aid responders. Sarah, our guide, reassured us that the other Voyageur Quest party had the emergency transmitter (as we had been assessed as low risk and healthy)

real Canada



Above: Moose and calf.

and the guy with the heart attack the previous year had survived after he was paddled back to the access point. The guides are great cooks too, they specialise in 'rustic back-wood gourmet, rustling up an impressive feast with fresh vegetables and not a dehydrated sachet anywhere. Even breakfast in the field was home-made granola (shared with the camp chipmunk) on the campfire with plenty of freshly brewed coffee. Drinking water was collected from the middle of the lake and treated before consumption to prevent diarrhoea.

The next day we paddled to nearby waterfalls meeting only one other group along the way. Lunch beside the falls was on a red-checkered tablecloth, before a long paddle back against the wind. On the way we stopped to admire herons, nesting loons and to listen to different bird calls. We passed several small camps tucked away on the shores but otherwise the trip was a quiet secluded experience. When you do bump into other paddlers or guides everyone is very friendly and helpful and looking out for each other.

Floating sauna

Later we enjoyed stir-fry on the campfire and buffet canapés on a paddle. There were no campfire songs or guitars just great

“When you do bump into other paddlers or guides everyone is very friendly and helpful and looking out for each other”

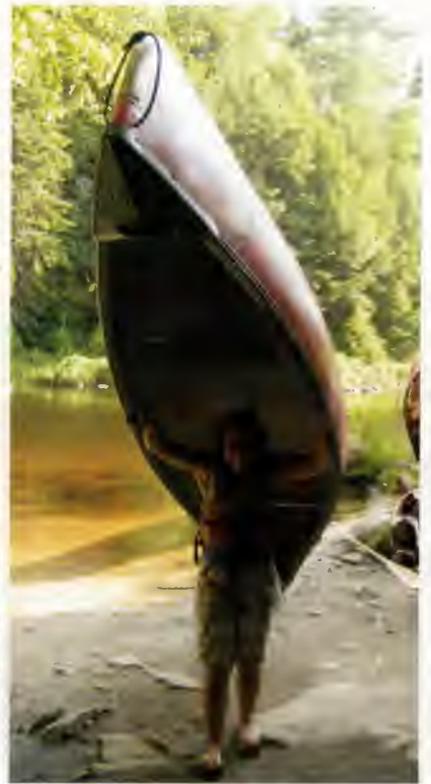
chat from a range of lovely, interesting and mostly German, fellow paddlers. The next morning we packed up camp and paddled back to base. After unpacking and another tasty lunch we canoed out to the floating sauna (fired up ready for our arrival back at base). This gave us the chance to have a good steam and a soak to wash off all the DEET and sunscreen, whilst we watched seaplanes landing at a nearby cabin. Then it was off to the Voyageur Quest lodge for the next two nights.

Situated just a 10-minute drive away on another lake, the lodge resembles a ski chalet with a fabulous large screened veranda. Imagine a Ralph Lauren photo shoot meets Out of Africa with Muskoka chairs, native-Canadian rugs and a large, well-stocked cool box and gas BBQ. This is the way to relax after a day paddling and an 'interpretive walk' with Kyle our new earnest guide. Amuse bouche-stuffed mushrooms, followed by Bison burgers and then a selection of fruit pies – this was feeling more like a fine food-tour rather than Bear Gryll's extreme outback canoe trip. Another outside sauna, a short sprint to the lake to cool off, before a quick application of DEET before retiring to a comfortable bed.

Our fourth day was spent paddling a mammoth 15-seater canoe, cruising for elusive bears and beavers. We stopped for a



Above: Idyllic campsites only accessible by canoe.



Above: Everyone gets involved with portages.



Above: Repacking after a portage, ready to cross another beautiful lake.



Above: Packed and ready to go.

pond dipping/fungi foray/nature walk with a very loud guide, Kyle, who ensured that any wildlife had plenty of warning to escape from us. Similarly his midnight canoe trip ended in fits of giggles at his 'serious' Tales from the Trails or how the beaver was blessed with his tail and howling like wolves at the moon. Otherwise the only sounds were a couple of beaver tails indignantly slapping the water, a mournful loon (bird) and the buzz of mosquitoes.

Beaver, moose and bear

The guides were happy for guests to take out canoes and paddle freely around. So at 5.15am the next morning, eight of us slipped quietly away from the pontoon on the hunt for the big three: beaver, moose and bear. As we paddled silently around the fingers of the lake we were astonished to see beavers hanging out around their lodges. Swimming only a few feet away but not stopping for pictures, before slapping the water with their tails and diving below, surfacing again several metres away.

Our five day trip was a fantastic mix of luxury and back country camping in the wilderness – definitely the perfect way to experience the extensive area and amazing wildlife. Voyageur Quest operates an environmentally sympathetic programme where the guides really share their passion and respect for the park. The company also runs a very popular winter trip called 'Men in the Wilderness', where snow-shoeing, fishing and cross-country skiing on frozen lakes can be enjoyed alongside beer and great gourmet food. Unfortunately strictly men-only, but the husband is already planning trips with our boys! A big thank you to Voyageur Quest, Windows on the Wild, Ontario Tourism and my mum for making such a fantastic holiday possible. ♡

Windows On The Wild offers a seven night canoeing package from £1345 per person including return international flights from London to Toronto on Canadian Affair, two nights in Toronto at the Sheraton Center Downtown hotel on room only, car hire and five day canoe and log cabin adventure in Algonquin Park including all meals, equipment and excursions.

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Cross (disciplin

The benefits of doubling u

The concept of cross training has been experimented with in a variety of team and individual sports. Within performance canoeing, teams from Central Europe are forced to come off the water in the bitterly cold winters and instead train on skis high in the mountains. This reportedly allows athletes to find an alternative challenge to their regular training whilst providing new mental and physical stimulation.

Feature by: Gareth Wilson. **It has also been observed that cross training has positive effects on injury prevention and motivation. Fortunately, we are still able to access our rivers and lakes in winter, but can we successfully cross train within the sport of canoeing and still make specific performance gains for our primary discipline?**

Photos by: Antony Edmonds
Aephtotos.co.uk

The recent evolution of canoe slalom has enabled both males and females to 'double up' in both the kayak and canoe classes, expanding opportunities to race and train. This new opportunity has opened coaches and athletes eyes to the benefits of utilising both kayak and canoe as a training tool to hone and develop skills fundamental to both disciplines. The changing of the rules regarding boat length has also enabled athletes to innovate new ways of performing breakouts and downstream gates in order to shave tenths of seconds off their final time!

When I began slalom kayaking in 1998 I was given a book, which outlined five and three stroke breakout techniques. Slalom kayaking has moved on since then with top kayaks regularly performing the same breakouts using a single stroke, a technique, which shares fundamental processes with a C1 breakout. Observations such as this, drawn out of top level competition, can actively inform paddlers at a development level to experiment and innovate their own ways of accomplishing a particular challenge. It also provides a new training stimulus for the learner and their peers!

Stimulating the training environment

One such way one can experiment with new techniques is to jump out of their preferred boat in to a different discipline. More often than not this means swapping your double for a single blade and folding your legs in to positions which most people

“For those who are brave enough to try a boat, which they are unfamiliar with, will find a brand new, exciting challenge”



Above: Jasmine Royle Junior European C1W silver medallist utilising a bow r

wince at the thought of. For those who are brave enough to try, a boat which they are unfamiliar with will find a brand new and exciting challenge, which brings about an experience unachievable in their regular discipline. From personal experience, the learner becomes aware of relatively how unstable they feel; something quite surprising for performers who have paddled white water regularly.

However, with some support and perseverance one quickly begins to apply the core stability one is familiar with to the new discipline. Bow rudders, sweep strokes and forward paddling strokes, as generic paddle sport strokes, allow for each to be experienced with fresh eyes and fresh core muscles. Any C1 paddler who has got in to a kayak and challenged themselves to rotate closer to their hips as opposed to their shoulders will have a new appreciation for the double bladed discipline! Similarly, kayak paddlers begin to appreciate how challenging it is to make a canoe track in a straight line with a single blade!

ne) training up in kayaks and canoes



dder across disciplines.

This is a challenge that young women from Holme Pierrepont and Stafford and Stone Canoe Clubs have accepted and tackled with guts and conviction throwing off the stereotype that C1 and C2 is reserved for men alone. For a series of weeks all athletes were tasked with completing a series of stroke sessions to challenge their posture and edge control; fundamental skills to both kayak and canoe. Each activity was completed as right and left handed paddlers to develop a general motor skill, which would develop a versatile canoe paddler as well as a consolidating existing kayak skills. Each session culminated in the paddler jumping back in to their preferred boat equipped with a new understanding of familiar techniques primed for further development in their preferred boat.

Sessions such as these can progress on to moving water and challenge athletes to perform general slalom skills outside of their comfort zones by paddling a different discipline. For example, paddlers finding themselves in a canoe will appreciate the preparation required to complete a breakout

“challenge athletes to perform general slalom skills outside of their comfort zones by paddling a different discipline”

using a single blade through the use of the boat's edges, upstream blade and 'pre turn'. With the absence of the downstream blade to sweep the boat in to the eddy, paddlers begin to understand how not to become over-reliant on certain strokes. The same can be experimented with in a kayak if canoes are not readily available by asking the participant to only use their upstream blade whether in a breakout, ferry glide or more advanced moves such as stopper crossing.

This is a training technique utilised by GB ladies kayak coach, Paul Ratcliffe, who suggests the following, "The key principles of boat skills in slalom are similar for C1 and K1. The modern slalom athlete needs to pay close attention to edge control on features to utilise white water to maximum effect. Practicing these skills with a single blade teaches you the importance of a key blade with a balanced boat to feel the 'pick up' on down right, to up left feature moves for example.

"As part of the women's senior programme, we now spend a lot of time practicing these skills after studying the C1 class more carefully. The new Olympic venue with over 20 stoppers has helped in the evolution of this skill and often we aim to practice it, with just an upstream blade to teach balance, edge control and 'pick up' points.

"The development of the C1 women's class at last year's World Championships demonstrated a higher level of skill for a down right to up left feature move at the 'Star Trek manoeuvre' than the majority of the WK1 class, because most athletes in K1 were reliant on leaning on the downstream blade.

"Smart paddling on these moves with good balance and reading of the water will always win the day and I believe that we should be encouraging more athletes in to C1 at an early age if only to help practice these key skills for their kayak."

Incredibly fun and stimulating session

It can be seen that the ability to combine exquisite edge control whilst utilising a single blade can have significant effects on the quality of one's performance; it can also provide an incredibly fun and stimulating session. This philosophy can be expanded further to include less direct performance outcomes. For example, the young women from the Midlands also took up the opportunity to paddle a double slalom canoe on the flat and white water course at Holme Pierrepont. All of the group were challenged to utilise all of their senses in order to synchronise themselves with their doubles partner before progressing to their final challenge: blindfolding the front paddler and running the rapids!

Such a task required effective communication between partners and a great deal of trust, which resulted in a novel experience, lots of squealing, even more smiles and amazingly no swimming! One of the greatest outcomes was the feeling the blindfolded paddlers said they had whilst traversing the waves without their primary sense in combination with the



Above: Top arm position, body rotation and active posture....how could one discipline inform the other?

unfamiliar boat. Furthermore, it provided paddlers with a new stimulus allowing them to take a physical, psychological and emotional break from their regular training, allowing for them to return refreshed and energised.

Doubling up: double the opportunity for success?

Athletes and coaches, with regard to it taking time away from a preferred discipline at a performance level, have questioned the wisdom of doubling up. Nearly three years on since the rules allowed for athletes to double up, the slalom community has a better understanding of the benefits and challenges associated with the opportunity. For example, cross discipline coaches are required to better co-ordinate with their athletes who are doubling up in order to insure they can fulfil all their training needs. Coaches have certainly got to grips with this initial challenge, which has in turn benefited the athletes with smarter training sessions.

With regard to processes, French multi-discipline athlete and European C1W Champion Caroline Loir, explained she uses her kayak to deliver physical sessions she would not be able to achieve in her canoe. She feels that the physical transfer from her kayak more than compliments the technical training she commits to in her canoe. This smarter training allows for her to deliver all the

sessions she feels are necessary in her training cycle. Incidentally, since Caroline took up C1 she has made notable gains in her kayak paddling too.

With regard to outcomes, there is evidence internationally to demonstrate that the ability to paddle across several disciplines can compliment one's overall performance rather than hinder it. In 2009, Britain's Richard Hounslow won a gold and silver in the K1M and C2 teams at the European Championships in Nottingham. In the same year David Florence of Britain and Fabien LeFevre of France 'doubled up' and successfully won two medals each at the World Cup event in Pau, demonstrating the ability to succeed across disciplines. Australian Jessica Fox became Junior World Champion in kayak and canoe. More recently the Slovakian Jana Dukatova won gold in C1W and silver in K1 at the 2010 World Championships in Tacen on a very physically demanding course.

The above successes demonstrate that splitting one's time between two disciplines, which initially appear quite dissimilar, may not be of the greatest detriment to one's sporting performance. Instead, it allows double the opportunity to learn and develop one's skill set and broaden their paddling experiences. The process of training smarter whilst doubling up appears to be the cornerstone, which results in successful performances at high level competition. However, if such a process can be delivered at a development level allowing performers to learn in a variety of boats, then any future possibilities have been doubled from an early stage! 

“ the ability to paddle across several disciplines can compliment one's overall performance rather than hinder it ”

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An interview with Jenny Illidge, Canoe Marathon



Hi Jenny, thank you for taking the time to talk to us.

The 2011 marathon season has just about come to an end. Have there been any highlights and/or disappointments for you?

This year has had a lot of ups and downs for me, especially trying to find my place on the senior scene. Getting picked for World Cup 1 and the Europeans was really good and I learned a lot from them. My biggest achievement came with a big disappointment, as the same weekend I won the senior ladies race at the nationals, the selection for the World Championships was announced and I wasn't selected.

How did you first get into canoeing, and what made you choose marathon?

My dad has always competed in both the sprint and marathon events and instead of watching I wanted to race too. So he took me out and I loved it. I started competing in the Lightning events from around the age of nine and I have competed ever since.

Like many marathon canoeists, you also compete in sprint too. What changes do you have to make, to your preparations and training?

To be honest not much, apart from having to weight my boat up for sprint. I have to be able to sprint for marathon racing so I do a lot of speed work in the summer which helps for both.

Canoeing isn't a typical 'girly' sport. Were you ever tempted to try the likes of netball or hockey, instead?

I did play netball and hockey for my school team but they didn't really appeal to me. I also tried dance but I soon realised that I had no rhythm and it was far too stressful – trying to remember the

steps and those awful costumes! Canoeing was so much more fun.

What's a typical marathon training session like?

It depends on the time of year and what races are coming up. A normal Runcorn Canoe Club session is usually between six to 10 miles long and can range from 60-second efforts to eight minutes.

Do you have any pre-race nerves, or rituals?

I don't think anyone doesn't get nervous before a race, in my opinion some nerves are good. I like to wash my boat the night before and have to have a spare set of paddles with me ever since I broke a pair in the middle of a race. Other than that not really.

What do you usually do the night before a big competition?

I get my kit, boat and drinks for the race ready. After I am sorted I like to relax by watching a film and chocolate is a must!

Marathon racing is the ultimate endurance test.

How do you manage to stay focused for so long?

Staying focused isn't a problem. You have to constantly think and try to be one step ahead of everyone else especially coming into a turn or portage and there are a lots of them in a race!

Do you have any advice for any budding marathon canoeists out there?

To train hard and believe in yourself, race to your strengths and dream big.

How do you think sports can encourage more women and girls to take part?

I don't think men and women are equals in sport and until this happens participation for females will always be lower. For women there are fewer incentives to play sport as they don't get the same recognition as men.

Quickfire questions!

I would describe my character as... unpredictable.

When I'm not canoeing I... like to go out with friends.

The last book I read was... Game of Thrones.

The last film I watched was... The Inbetweeners.

My ultimate goal is... to be World Champion.

I relax by... reading, watching films.

My favourite food is... chocolate.

My favourite drink is... caramel mocha.

My favourite TV Programme is... Friends.

My favourite car is... Audi TT.

My favourite subject at school was... PE.

My favourite place, in the world, is... home.

On my iPod, I'm listening to... a bit of everything.

The person I most admire is... I admire those who follow their dreams.

I get really angry about... dogs not on leads!

The one thing I would change in canoe marathon is... get it into the Olympics.

If I hadn't got into canoe marathon I would be... bored or maybe I would be swimming or running.

In 10 years time, I would like to be... happy.

One thing you don't know about me is... after all my efforts I still cannot role a canoe! Maybe it's the fear of being underwater strapped into a boat that doesn't help.

How is your training schedule affected during the winter months?

Apart from keeping up the paddling I do more gym work, running and swimming. The only time I don't get out on the water in the winter is if the river freezes. I even paddle in the dark! The only thing I really don't like about the winter months are having cold hands but by the end of a session I am usually warm enough.

The World Championships are taking place, next year? Have you set yourself any targets or do you prefer to set your goals as you go along?

After not being selected for the World Championships this year, I am definitely aiming for next year, but I will have a lot of races before then. Taking one race at a time helps to keep me focused.

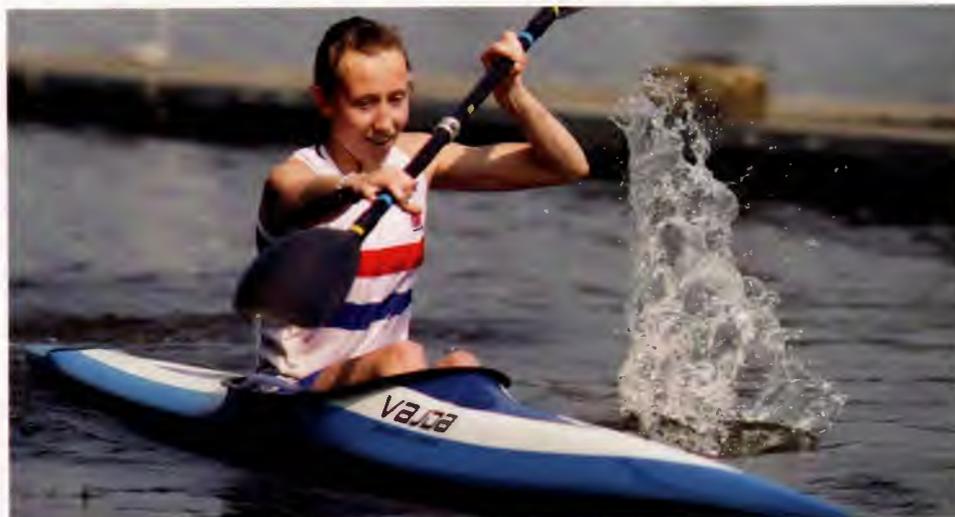
Who do you think GB's biggest competition is on the world stage?

Possibly the European nations, they always have strong teams at the major events. However, at the minute GB has got a strong team which can compete against the big competitors.

Do you have any plans for the next few months?

I am starting university and really looking forward to a new challenge. I am going to Hope University in Liverpool to study sport studies. I also plan to go on holiday before I start winter training and to maybe compete in some more races such as the Mersey Descent.

Read the full interview with Jenny on the Canoe England website, in the Members Area.



Above: Jenny in action.

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Is there a right of navigation on the Itchen Navigation

(The clue is in the title!)

A personal view from Keith Day

Having spent some time undertaking personal research I have decided that I should pose the following question; “Is there a right of navigation on the Itchen Navigation?”

From the research undertaken I have discovered that the Romans used the River Itchen to transport goods from Clausentum (a Roman seaport near what is now Southampton) to Venta Belgarum (Winchester). A charter of 960 AD. mentions a staithe (or place for unloading boats) on the west bank of the river at Bishopstoke. In

Norman times stone for the construction of Winchester Cathedral was transported from the coast up the river. So the River Itchen, much like any other river physically capable of navigation, has been used in this way since the earliest records began.

In the 1665 came the first Act of Parliament to create a formal Navigation. Another Act followed

in 1767 to prevent the Navigation being used exclusively for the interests of the then proprietor and a third Act followed in 1795 to enable the navigation to be further improved. In 1802 yet another Act was passed, which among other things changed the status of the navigation from a monopoly to a public navigation. The public, “shall have, use and lawfully enjoy the free passage upon the said river... and also have and use the towing or haling paths, wharfs, quays, and all other necessary powers for navigating the same and carrying on the commerce of the said river, for the benefit of the public, without any let, hindrance or obstruction from any person or persons whomsoever.” Further Acts in 1811 and 1820 were mainly concerned with changes to the rates that could be charged for the carriage of goods. These statutes have not been repealed and therefore, although current ownership of the Navigation is not known, the public right of navigation seems very clear.



Photos: Tamsin Phipps.

ation on?

It became clearer still in 1992 when the government accepted that, "the Itchen Navigation is in law a navigable waterway" and, following the obstruction of it by the construction of the M3 and M27 motorways, undertook, "to carry out the diversion works, which will make it navigable, as part of any future restoration of the navigation as a whole".

In recent years the Itchen Navigation Restoration Project has invested £400,000 from the Environment Agency (together with further funding from the National Lottery) in a major restoration of the waterway. Some of the money has been spent on 'Doggy Dips' – lowered gravel ramps to give dogs easy access to the water – but when it comes to the public's right of navigation, granted by Act of Parliament and recognised by the government as recently as 1992, the advice from the Hampshire and Isle of Wight Trust which oversees the project is that, "canoeing is allowed at Riverside Park in Southampton. Boating is not allowed on any other part of the Itchen Navigation, unless prior permission is granted from the relevant landowners."

Who are the relevant landowners? As a navigation created by Act of Parliament, the bed and banks of the Navigation, including the towpath and structures like locks and bridges were the property of the Navigation rather than adjacent landowners. In 1880 the Highways Board assumed responsibility for the bridges over the Navigation due to the insolvency of the operator.

Since then ownership of the navigation has been unclear. The last operator emigrated to Kenya in the 1920's and subsequently died. Winchester College claims 'possessory title' of the navigation north of St Catherine's Lock (which they have dredged and use for rowing) but a recent attempt by them to register ownership of this part of the navigation was rejected by the Land Registry. Various others claim 'squatters' rights', but these rights have not been established in court.

So by my understanding the above is yet another example of canoeists, who may already have a right to use the navigation, being told they must have permission from those who have no clear right to give or withhold it in the first place.

As recently as March 2011 The Red Card to Red Tape report, commissioned by the Minister for Sport and the Olympics, Hugh Robertson MP recommended, "DEFRA should introduce a



statutory right of access in England and Wales for unpowered craft to inland water for recreational purposes. This system of rights and responsibilities should be based on the Scottish Outdoor Access Code."

Only by acting in this way can an equitable and clear structure of rights and responsibilities be established.

From the above you can draw your own conclusions.

Letter from DEFRA

We have received a letter from DEFRA in response to one of ours about access and a question/statement in Parliament.

This is just part of the letter ...

We consider that voluntary agreements are the best way to deliver the greatest benefits for all within this policy. Surveys show that over one million people canoe or kayak each year. Many of these are less experienced, casual users who require easy rivers and like well managed trails with good information provision. We have shown that this can be best achieved through agreement.

Not only do voluntary agreements not work as the work by the EA (Report into pilot voluntary access agreements) has shown (only two of the four rivers studied achieved anything a mere 20 miles of access have been gained with some of that being highly restrictive and complicated)... but that canoeing is such a dynamic and developing sport and leisure activity with dramatically increasing numbers that all types of waterways from white water to placid waters need to be accessible!

See the December Canoe Focus and the Rivers Access Campaign website www.riversaccess.org for more information about this letter and our thoughts on it!

We are pleased to announce two new staff appointments

Rayan Sammut joins us as English Coaching Manager on 1st October. Rayan will be leading the English Coaching team and developing the English Delivery centre. Richard Atkinson joins Canoe England on 31st October as our new Waterways and Environment Manager. Richard is currently working with the Environment Agency and brings a strong skill set to add to our Waterways and Environment team.

More information about Rayan and Richard will be in December's issue of Canoe Focus.

Boxted Mill, River Stour, Suffolk/Essex border

Please contact Lesley Quinlan, if you intend to go through Boxted Mill on your journey down the Stour, so that she can let the Riparian owners know, well in advance – the portage is through their garden!

Since March, 251 canoes/ kayaks have passed through and less than 25 have let Lesley know. Without the cooperation of riparian owners, portages like this could be affected and consequently, through access on the river could be in jeopardy.

Lesley Quinlan. BCU River Advisor.
lesleyquinlan@hotmail.com 01206 250841

Access remains key

Some of you may already have noticed on our website that all matters relating to Access and the Environment are now under the heading Waterways and Environment. This is not a 21st century 'makeover' style of change – but reflects our response to the issues that we are now facing for paddlers to access the waterways.

Waterways and Environment better captures the wide range of issues that extends into planning applications and regulations, legislation, liaison with agencies and other organisations, and the growing area relating to environmental management.

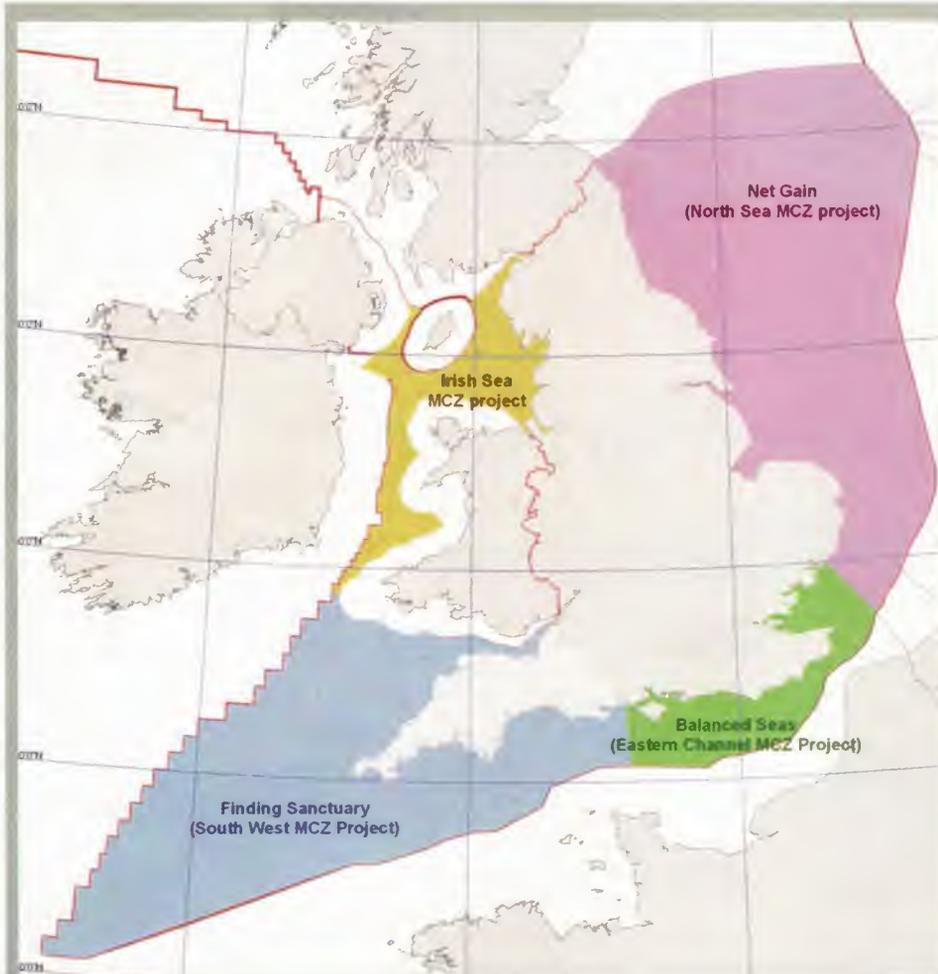
The changes will be reflected in a new structure to deal with the strategic and operational issues that arise. This will be led by Richard Atkinson who joins us on 31st October as Waterways and Environment Manager. More information on this will be made available in forthcoming issues of Canoe Focus.



These changes mean that our Regional and Local River Advisors will now be known as Regional and Local Waterway Advisors, whilst the title Local Coastal Advisor remains unchanged. The roles and responsibilities of these posts remain the same.

As mentioned earlier, the Canoe England website has a Waterways and Environment section. The entry for the Rivers Information Service has been revised to the Waterways Information Service and should make it apparent there are advisors for waters other than rivers.

Access remains key to the department's function as featured in the document 'Waterways and Environment Charter' published in the August issue of Canoe Focus.



Above: Courtesy of Natural England

Marine Conservation Zone project update

The Marine Conservation Zone (MCZ) project led by Natural England and the Joint Nature Conservation Committee (JNCC) has identified and recommended proposed MCZs to government. MCZs will protect nationally important marine wildlife, habitats, geology and geomorphology.

Recommendations have been delivered through individual reports covering four regional projects: south-west seas (Finding Sanctuary) the Irish Sea, the North Sea (Net Gain) and south-east seas (Balanced Seas). The regional MCZ projects have worked with sea users and interest groups for over two years to identify these recommendations.

Each report provides detailed information for designated sites, their boundaries, features proposed for protection and draft conservation objectives. Full details from www.naturalengland.org.uk/ and search for Marine Conservation Zones

Now the final recommendations have been made, Natural England and JNCC will undertake analysis of the recommendations from regional projects against the network guidance and provide advice to Defra. The Impact Assessments and statutory advice will follow this from Natural England and the Joint Nature Conservation Committee. On completion a public consultation is planned in 2012.



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More information, along with the terms and conditions are available at www.canoe-england.org.uk/about/photo-competition. The winners are announced on page 9.

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Above: August U18 winner Nick Young – Herts Young Mariners Base in Cheshunt.



Above: John Sims – Oaklands Pool, Southampton.



Above: Richard Williams – Newgale, Pembrokeshire.



Above: August adult winner Stuart Pollitt – Dordogne River, France.



Above: Steve Allan – Chertsey Weir.



Above: Alex Shorthouse – River Tame.

tion



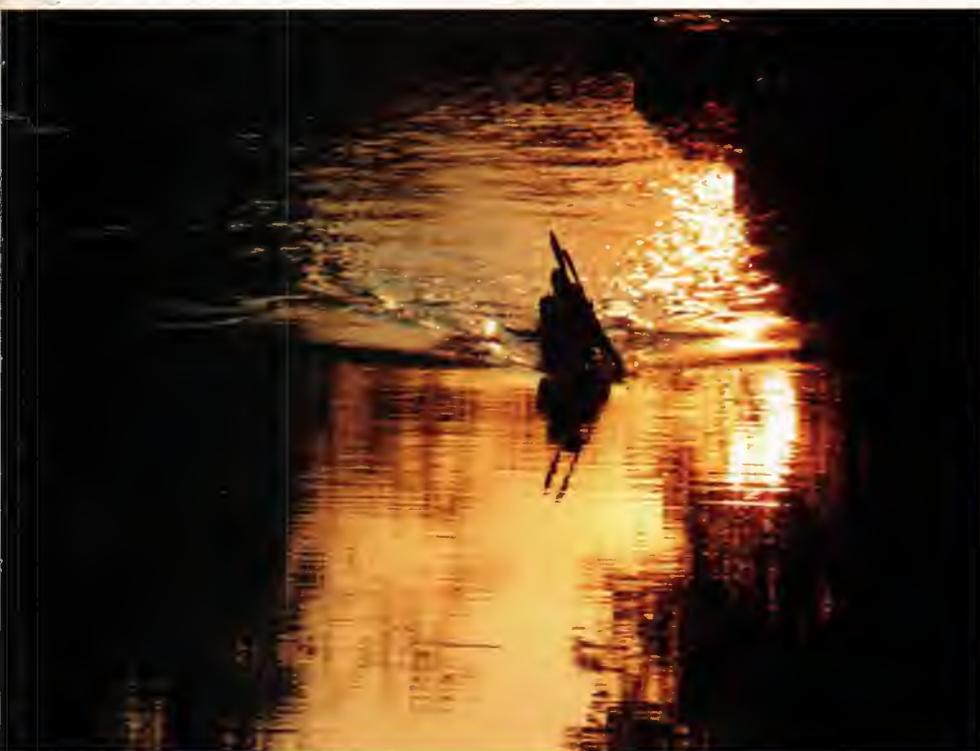
Above: Graham Francis – Southern Area Sea Cadets Doubles.



Above: U18 Rob Tyler – Cardiff International White Water.



Above: July adult winner John Stoner – Washburn Division 2 Slalom Competition.



Above: Claire King – Devizes to Westminster.



Above: Neal Underwood – Nottingham Sprint Regatta.



Above: Richard Moore – Switzerland.



Above: Andy Davison – East Greenland.



Above: Bruce Buckland – La Argentiere la Besse, France.



Above: Katie Thomason – Fournel, French Alps.

A capital paddle

A day paddling the Thames Tideway

Pushing off from a huge slope of worn bricks, interspersed with pieces of multi coloured plastic, we slid onto the River Thames in our own pieces of coloured plastic, just opposite the O2 Arena.

Feature by:
David Truzzi-Franconi.

Photographs by:
David Truzzi-Franconi,
Paul Jordan, Steve Seinet-
Martin, Julian Taylor,
Steve Hawksley.

Team:
Paul Jordan, Steve
Hawksley, Cathie and
Julian Taylor, Simon King,
Steve Seinet-Martin and
David Truzzi-Franconi.

Feeling relieved we had all found the launch spot near Amsterdam Road on the Isle of Dogs, (largely due to Paul's organisation and researches on Google Earth) and safely parked the vehicles, we paddled along the Thames Tideway towards the Pool of London, waiting for the incoming tide to propel us forwards, it was due at 9.40am at North Woolwich, but in fact did not come into play until nearly 11am.

The Thames does have a quirk in that it runs out for seven hours and comes in for five hours approximately, although we suspected the delay was due to the volume of freshwater coming down from upriver due to recent heavy rains in the Thames Valley.

We paddled our way through the cold damp morning mist, which was wreathed around Canary Wharf in the far distance.

This part of the Thames is linear developments of modern 'wharf' style buildings all seemingly empty, apart from a solitary light, a pair of joggers and the interminable wailing of sirens.

The view however on the Greenwich side was impressive with the baroque splendour of the Old Royal Naval College sliding past as we crossed the 0 degrees longitude line.

Thames Clipper commuter water buses

A keen eye was kept to lookout for the Thames Clipper commuter water buses, they are very fast and silent catamarans which criss-cross the river to collect passengers although, to be fair, the wash was insignificant and they seemed aware of our presence on the river, of more concern was the wash from the small orange ribs taking tourists along the river at speed.

Here we paused on a floating pontoon to stretch our legs and give the tide a chance to catch up with us before pushing onwards, passing ventilation shafts on each bank marking the course of Brunel's Tunnel at Rotherhithe, along the shore small groups of 'mudlarks' with metal detectors combed the uncovered river bed. In times past on this side of the river the navy had their docks, ropeworks, sailmakers etc and it was here the famous Blackwall frigates were built and launched.

Passing two famous Thameside watering holes the Grapes at Limehouse and the Prospect of Whitby – both from Dickens era, we came upon Wapping Old Stairs.

Now a modern police station complex, it was originally a private police force belonging to the West India Dock Company and nearby was the site of the infamous Execution Dock!



Above: Launching opposite the O2 Arena.



Above: Maritime Hospital, Greenwich.

Free to paddle

By our next stop at St Katharine's Dock Marina the tide was starting to make itself felt. We were in the lower pool now and in the company of the Harbour Master's launch, which idled past. The Thames Tideway is a public navigation and provided you obey the rules you are free to paddle. The Port of London Authority provide a free chart of the tidal Thames from Teddington to the sea with all the relevant information and tide tables you will need at www.pla.co.uk.

In busy times a call to Thames Patrol on channel 14 is mandatory but as a matter of courtesy a call on your mobile or radio to inform them of your intentions is in your own interests. Having spent some time working in London it was excellent to be on the river and not be a bystander. Whilst we took a flurry of pictures under the twin bascules of Tower Bridge, it was our turn to become the objects of interest as tourists took photos of us from the Tower of London.

Entering the Pool of London on the left is a whorl of glass that is the new City Hall designed by Norman Foster followed by HMS Belfast, a WWII Royal Navy cruiser launched on St Patrick's Day 1938, resplendent in its dazzle camouflage. This is followed by another magnificent Norman Foster building

“along the shore small groups of 'mudlarks' with metal detectors combed the uncovered river bed”



Above: Steve H passing under Tower Bridge.

under construction – a spike known as the Shard, which on completion will stand at 1,017 feet tall!

Later on our right are the raised barge beds by Queenhithe, once a large dock and the Roman centre of London trade. The tide was really starting to take effect as Steve H and I gingerly skirted a standing wave and its claptonic effect off the stone embankment and the large black hull of HMS President. Paddling along the Embankment on the left reveals the South Bank Theatre complexes not looking at their best on this already grey day and then the London Eye looking like a large abandoned bicycle.

Riding such a big tide

Paddling into a darkening sky we passed the Palace of Westminster and paddled under the Albert Bridge – one of the most attractive bridges spanning the Thames and headed for Chelsea Reach with Battersea Power Station in the distance. As we were making good time, the tide was running at a good three knots by now, we decided to bypass our original takeout at St. Mary's Church, Battersea and to continue further to Putney – a total of 22kms. Paddling was easy at this point, riding such a big tide.

Battersea Park was landscaped with the soil excavated from the docks on the Isle of Dogs, which then had the best soil in



Above: Paul at the Tower of London.

the London area and was used for fattening sheep prior to them visiting Smithfield Market.

We pulled over to Putney Embankment, a series of long sloping concrete ramps used by the rowing clubs, which made getting out simplicity itself. A three-hour wait ensued for our transport, as Fulham Football Club were playing at home - something we hadn't factored into our calculations!

Nor had we allowed for the tide to start encroaching on the road and Simon had a brief paddle along the pavement, much to the amusement of a passerby. A memorable trip on an otherwise gloomy day, or as Paul remarked a capital paddle! ♡



Above: Steve S-M and the London Eye.



Above: The finish at Putney Embankment.



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 Must have BCU Level 2 Coach (UKCC) awards or RYA Dinghy Senior Instructor, preferably both.
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Instructors

JNC point 1 (£14,003 pro rata – under review) April-October
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 Further details from Richard on 01892 890716 or go to www.bewlwater.org

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Sixty canoeists get Banned!



Above: Arriving at the finish at Drumaheglis.



Above: Making tea at Portneal.



Above: The Brown family from Bangor enjoy the view.

On the 20-21st August, the Canoe Association of Northern Ireland (CANI), with support from Waterways Ireland, held the first Big Bann Canoe Challenge, a 29km paddle along the beautiful Lower Bann from Newferry to Drumaheglis, with a camping area on the Saturday night kindly provided by Portneal Lodge, near Kilrea.

So what was special about this paddle?

David Boyle, event organiser, explains, "Our main aim was to introduce both new paddlers and relative beginners to the joys of canoeing and to try something which they had never attempted before, hence the word 'challenge' in the title. We wanted the event to attract people of all ages and abilities, including families, in a fun atmosphere, which would encourage all who took part to continue to paddle.

"We were able to secure funding for the event from Waterways Ireland. This allowed us to offer a free 'training day' for all who had registered to take part, and we held this in Toome. The turnout wasn't what we hoped for, however we put this down to the torrential rain and a few misunderstandings. After a morning of coaching, we took everyone through Lough Beg to Newferry, and we all had a great day, even the two that were soaked due to a capsized!"

On the day, the event had over 60 people on the water, which made a great sight, as all the boats set off along the Bann. With good weather and the wind in their backs it wasn't long before umbrellas came out to be used as sails, much to the amusement of the novices. Another new experience for most of the group was going through the locks at Portna, before reaching Portneal Lodge and setting up camp.

The following day offered poorer weather conditions, with a strong wind in the paddler's faces, making the going a little more difficult for the novices. This was when the team of coaches came into their own, providing great support and inspiring confidence.

As they arrived at the finish point in Drumaheglis, many people had friends and family there to welcome them home with a tangible sense of excitement and achievement. All the paddlers got a t-shirt supplied by Carnroe Supplies with the slogan 'I've been Banned!' They received many comments about what an enjoyable experience the Big Bann Challenge was and the amazing beauty of the Lower Bann river, which few had even imagined before the event.

Many of the participants also raised sponsorship money for Asterias, a local charity, which supports children in Kenya by building schools and providing education and they thank everyone for contributing to such a worthwhile cause.

All in all, a marvellous way to spend a weekend and it looks like the Big Bann Canoe Challenge of 2011 will be the first of many!

For more information on CANI events see the CANI website at www.cani.org.uk or visit them on Facebook at www.facebook.com/CanoeAssociationNI. Any queries can be directed to office@cani.org.uk.



Behind the scenes

Brian Chapman, Chairman of the BCU



An excellent team of people support and work with the BCU and Canoe England.

This hard working team of staff and volunteers are mainly unknown to members. Many of you may have spoken to them or received mail from them at some time, so we thought we would unlock the mystery and show you who they are. They are a very important part of our organisation.

You're the Chairman of the BCU. Can you describe your role in just three words?

Keeping everybody onboard.

And now, with a bit more detail...

Along with the other members of the board I am legally responsible for everything that is done in the name of the BCU, which can be a bit scary at times! To me, the job of Chair is not to try to run everything – we have great volunteers and staff to make most things happen. I see the role of Chair as one of ensuring that all aspects of the BCU's work are supported and enabled as far as possible, whilst ensuring that appropriate controls are in place. I work very closely with the senior staff members on a regular basis but I also have interactions with other staff and with many volunteers, as required. I also represent the BCU on a number of cross-sport groups and with funding agencies.

How did you first become involved in canoeing?

It was almost an accident! Some of my friends at school decided to set up a club and it was a case of joining them or finding new friends to hang out with. I then moved through the competition disciplines, starting with slalom, then WWR and marathon but I have also just enjoyed getting out in boats in the great outdoors.

You will have, no doubt, experienced many memorable moments since you first became involved in canoeing. Do any stand out as being particularly special and why?

There are very many. Watching Richard Fox win his first World Championship on the Tryweryn in 1981. It poured with rain for the entire week but his level of

professionalism was miles ahead of the competition, at the time. Cheering Tim Brabants on from the friends and family stands in Beijing as he won his, and our, first Olympic Gold medal was also very special. On a personal level, completing my first paddling trip through the Grand Canyon a couple of years ago is a never to be forgotten experience and one that I will be repeating shortly, after the London Olympics are finished next year.

You're also the Chairman of the Scottish Canoe Association. Does this role differ from the Chairman role at the BCU and, if so, how?

In many ways the two roles are similar, although inevitably being a tenth of the size of the BCU, the SCA is even more dependent upon volunteers to deliver the goods. Through the SCA I am also more closely involved in the day-to-day issues of individual members.

When you're not attending to your Chairperson duties with the BCU and the SCA, you're fulfilling your role as Director for KPMG, providing assurance and advisory services. Tell us a bit more about your role at KPMG.

I head up a specialist team that is dispersed around the world and works with investment managers on the calculation, analysis and presentation of their investment performance. I am directly in charge of a team based in London, but also coordinate activities globally, which has taken me to even more interesting places than canoeing has!

You must be an extremely busy man, juggling your various different roles, both in and out of the sport! If you have any, what do you like to do in your spare time?

I am lucky in that both my paid job and my volunteer work are things that I really enjoy. Otherwise, I have my wife, Margaret, three kids and two cats, all of whom love canoes, so I try to spend as much time with them as I can.

We hear you're doing a high altitude trek in Nepal in November to raise money for Action Medical Research. Is that a charity close to your heart and, if so, why?

To be honest, the motivation was an opportunity to get very close to Everest, which is a long held ambition. However, now I know more about the charity I realise that their work with ante-natal

care and developing treatment for children's illnesses touches all of our lives and is definitely worthy of support.

And how's the training going? What have you been doing to prepare for the trek?

Fitting the training in has been a challenge but I have been dragging my boys up mountains close to home and fitting in a few days on my own to put in the miles. I am told it is all about doing long undulating walks and there is nothing I can do to prepare for the effects of high altitude, but I guess I will only really know what it is really like once I get back.

Good luck! Is there a website where our readers can track your progress and make a donation, if they wish?

Yes. It is on www.action.org.uk/sponsor/bchapman any contributions gratefully received!

Read the full interview with Brian on the Canoe England website, in the Members Area.

Quickfire questions!

- I would describe my character as...** incurably optimistic.
- The last book I read was...** Dark Fire by C.J. Sansom.
- The last film I watched was...** Senna.
- My ultimate goal is...** catching that rainbow
- I relax by...** keeping busy.
- My favourite food is...** steak, washed down with Malbec.
- My favourite drink is...** Guinness.
- My favourite TV programme is...** QI.
- My favourite car is...** BMW Z4 M Coupe (but it had to go - no roof rack).
- My favourite place in the world is...** home, but if I could move it next to the Grand Canyon that would be just perfect!
- The person I most admire is...** Nelson Mandela.
- I get really angry about...** people working behind the scenes to undermine the efforts of others – stand up and be counted or get out of the way!
- In 10 years time I would like to be...** a member of world canoeing's most successful organisation.
- One thing you don't know about me is...** exactly!

Below: Brian Chapman.





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