

canoe

focus



Features

Paddling Scotland's Great Glen
The Austrian Lower Lech Gorge
The Pacific's Inner Passage



April 2012
No. 193, £4.00



BROOKBANK

Canoe • Kayak • Climb • Sail • Outdoor • SUP

EST. 1998

canoesandkayaks.co.uk

Many More Package Deals Available



Tootega Pulse 85

- Rec Kayak Paddle
- Palm Quest Buoyancy Aid

£369

Saving £49.98
on RRP (£418.98)



PACKAGE DEAL



Dagger Approach EXP

- Rec Kayak Paddle
- Kallista Legacy Buoyancy Aid

£535

Saving £70.99
on RRP (£605.99)



PACKAGE DEAL



Z Pro Tango 300

- 2x 2 Pc Paddles
- 2x Palm Quest Buoyancy Aid
- Double Action Pump

£479

Saving £104.99
on RRP (£583.95)



PACKAGE DEAL



Novacraft Prospector 16 SP3

- 2x Wooden Paddles
 - 2x Kallista Legacy Buoyancy Aid
- Shown with optional third seat, extra £49.99

£879

Saving £119.96
on RRP (£998.96)



PACKAGE DEAL



Novacraft Prospector 17 RX / R Lite

- 2x Wooden Paddles
- 2x Kallista Legacy Buoyancy Aid
- 3x Seats as standard

£1499

Saving £229.96
on RRP (£1678.96)



PACKAGE DEAL



Pyranha Fusion River Tour

- Rec Kayak Paddle
- Kallista Legacy Buoyancy Aid

£599

Saving £105.88
on RRP (£704.88)



PACKAGE DEAL



Sevylor Tahiti 2

- 2x 2 Pc Paddles
- 2x Palm Quest Buoyancy Aid
- Double Action Pump

£235

Saving £55
on RRP (£289.94)



PACKAGE DEAL



Group Package

- 1x C6 Standard Trailer, braked
- 6x Old Town Discovery 158
- 12x Rec Canoe Paddles
- 12x Palm Quest BA

£6629

Saving £983.76
on RRP (£7612.76)

PACKAGE DEAL

£1625 Saving £470

Special Offers
on Wilderness Systems
Composite Sea Kayaks
see website for details



Super Saving
on P&H Blemished Composite
Sea Kayaks, From £949
see website for details

SPECIAL OFFERS

London
Bowman House, Lea Road,
Waltham Abbey, Essex EN9 1AS
london@brookbank.co.uk
01992 711 611

Carlisle
Unit F7, Kingmoor Park North
Carlisle CA6 4SP
carlisle@brookbank.co.uk
01228 531 703

Lancaster
Unit 8, Lansil Industrial Estate,
Caton Road, Lancaster LA1 3PQ
lancaster@brookbank.co.uk
01524 388 850

North South Marine & Leisure
Farransculloge, Lisnaskea, Co.
Fermanagh, N. Ireland BT92 0AW
sales@northsouthmarine.co.uk
028 6772 1720

Perth
Units C12/13 Inveralmond Grove,
Inveralmond Industrial Estate,
Perth PH1 3UG
perth@brookbank.co.uk
01738 622 723

Warwick
Budbrooke Industrial Estate,
Budbrooke Road,
Warwick CV34 5XH
warwick@brookbank.co.uk
01926 640 573



Stockport
Units D1-3, Stockport Trading
Estate, Yew Street, Stockport,
Cheshire SK4 2JZ
stockport@brookbank.co.uk
0161 474 1499

canoe focus

The official magazine
of the British Canoe Union

18 Market Place, Bingham NG13 8AP

Tel: 0845 370 9500

0300 011 9500

Fax: 0845 370 9501

E-mail: info@bcu.org.uk

www.bcu.org.uk

ISBN 0953-010X

President

Albert Woods

Chair

Brian Chapman

Chief Executive

Paul Owen

Annual Subscription Rates

UK inland: £21.00; Overseas: £24.50

Free to BCU members

For subscription, please contact the

BCU on the above contacts

Publisher

Peter Tranter

peter@canoefocus.co.uk

2b Graphic Design

49 Greenfields, St. Ives, PE27 5HB

Tel/Fax: (01480) 465081

www.canoefocus.co.uk

Advertising Sales

Anne Egan: (01480) 465081

advertising@canoefocus.co.uk

Contributors

We would like to thank the following:

John Griffiths, Peter Hutchinson,

Harriet Warne, Katriona Bush, Howard

Blackman, Kimberley Walsh, Charlene

Chambers, Coral Jackson, Julia

Robertson, Clarisse Smith, Chris

Hawkesworth, Kevin East, Steve Brooks,

Nancy Chambers, Gwen Maka,

Christina Chowaniec and Pete

Brennan.

Cover and centrefold photo:

by Antony Edmonds.

Your contributions make Canoe Focus happen.

The quality and variety of news, articles, reports and photographs depend on the submission of material from you. Very few contributors are professional writers and photographers, so don't be put off writing because you have no experience! Canoe Focus is all about canoeist to canoeist dialogue: a paddler's magazine written by paddlers. Technical Information: Contributions preferably as a Microsoft Word file, which can be emailed to coral.jackson@bcu.org.uk. All material is accepted on the understanding that the BCU and its agents cannot be held liable or responsible for loss or damage, although every care and effort is taken to safeguard material. Next Copy date is the **2nd May 2012**. Material arriving after this date cannot be included in the **June 2012** issue. Canoe Focus encourages contributions of any nature but reserves the right to edit and condense to fill the space available and unless otherwise stated unfortunately cannot reply to submissions or return any articles or images that are submitted to the magazine. Opinions expressed in this magazine are not necessarily those of the BCU, its committees or members. The printing of an advertisement in Canoe Focus does not necessarily mean that the BCU endorse the company, item or service advertised. All material in Canoe Focus is strictly copyright and all rights are reserved. Reproduction without prior permission from the editor is forbidden.



Above: Cardiff International White Water venue. Photo: Nick Treherne.

Hello and welcome to the April Canoe Focus



I hope you've all been able to make the most of some warmer spring weather by getting out on the water and are looking forward to lighter nights and lots more paddling – I know I am!

Enjoying canoeing, whatever your age or ability, is never more at the forefront of our minds than this month, as Canoe England look to launch their new Go Canoeing initiative during their annual National Go Canoeing Week from 6th-15th April.

Go Canoeing and National Go Canoeing Week are great ways to showcase our sport and I would urge you to get involved in any way you can. Visit www.gocanoeing.org.uk to find out more.

This month also sees the selection of our Olympic canoe slalom team on 13-15th April. Tickets are now on sale and I hope to see you all at the Lee Valley White Water Centre during the weekend... it promises to be a thrilling event, with lots of exciting racing.

Tickets for the Canoe Slalom World Cup in Cardiff on 8-10th June are also on sale now. Find out more about both events at www.bcu.org.uk/news or on Page 10.

Before I sign off, I would like to congratulate one of our long standing volunteers, Laurence Oliver, who received his much deserved BCU Award of Merit last month. Laurence has, and continues to, dedicate a huge amount of time and passion to canoeing and our sport has benefited greatly from his input over considerable years.

Congratulations also to Tamsin Phipps, the BCU's Government and Public Affairs Manager, who has been elected as a Council Member on the new Canal and River Trust.

Many thanks to those of you that attended the BCU's AGM on 3rd March. Minutes from the meeting are available on the BCU's website.

Until next time, I would like to wish you all a great summer, filled with lots of happy paddling.

Paul Owen, BCU Chief Executive

FedEx[®]

SUCCESS

While some dream of success, others are already up working to deliver it.

LIVE TO DELIVER



business.fedex.com/canoeing

© Copyright 2012 FedEx

FedEx[®]

OFFICIAL CARRIER





FEATURES

- 12 **Canoe Foundation**
Dealing with an unprecedented number of grant applications.
- 30 **Austria**
The Lower Lech Gorge.
- 34 **Scotland**
Paddling the Great Glen Trail.
- 37 **Devizes to Westminster**
Your personal challenge in 2012.
- 44 **USA and Canada**
Paddling the Inside passage from Washington state to Alaska.

REGULARS

- 3 **Comment by CE Paul Owen.**
- 6 **Competition calendar and news**
- 8 **Members offers**
- 9 **News**
- 14 **Volunteers**
Canoe England Volunteer and Recognition Awards 2012.
- 16 **Paddle-Ability**
The history of the Va'a.
- 18 **Facilities**
A story of backfired intransigence.
- 20 **Regional news**
National and regional news from Team North, Team Central and Team South.
- 25 **Athlete focus**
Ed McKeever, K1 Sprint Kayaker.
- 28 **Women and Girls in paddlesport**
Paddlesport coaching for women by women .
- 38 **Waterways and Environment**
The work of the new department and river clean ups.
- 42 **Canoe England photo competition**
Winners for January and February.
- 50 **Five minutes with...**
Jenny Spencer, Go Canoeing Development Officer
Jenny Spencer, Go Canoeing Development Officer and Jack Robson, Canoe Polo.

In brief

Participation in canoeing on the rise again

Participation in canoeing has risen again, to 1.2 million people going canoeing between one and five times per year, according to the RYA Watersports and Leisure Participation Survey. The survey also found that 1% of households in the UK own a canoe or kayak.

Read the full report summary at www.canoe-england.org.uk/news

CRB Portability – England and Wales

In April 2011 Canoe England and Canoe Wales introduced a Portability process for individuals who already have a CRB from another organisation. This has proved to be successful and we are now extending the time period that we will accept a CRB certificates from six to 12 months. With effect from 1st March the BCU will consider portability of an enhanced CRB certificate if your CRB is not older than 12 months and you have been with your current employer (including voluntary roles) for more than six months.

Full details of the scheme including Guidance document (SPC-G23) and Portability form (SPC-G24) can be found on the Safeguarding and Protecting Children and Vulnerable Adults pages of the Canoe England website.

Watch the action!

The London Olympic Games are just around the corner now but, if you can't wait until July, you can see some of the world's best athletes before then – right here in the UK!

Tesco Canoe Slalom 2012 Selection Trials

On the 13-15th April, GB's top athletes will battle it out at the Lee Valley White Water Centre for an all-important place in this year's Team GB.

Canoe Slalom World Cup

Then on the 8th June, the world's elite will travel to Cardiff International White Water for the ICF Canoe Slalom World Cup.

Find out more and buy tickets for both events at: www.bcu.org.uk/news

Olympic tickets

The BCU also has a limited number of Olympic tickets available to buy. Prices vary between £40-£150 for Slalom and £40-£55 for Sprint. If you're interested, email your membership number and preferred events to events@bcu.org.uk



Competition

	Start	Finish	Discipline	Event
April	13 Apr	15 Apr	Olympic GB Selection Trials - Lee Valley - Senior & U23	Canoe Slalom
	14 Apr	15 Apr	National Regatta - Holme Pierrepont, Nottingham	Canoe Sprint
	16 Apr	27 Apr	Olympic - Training - Lee Valley, GBR	Canoe Slalom
May	11 May	13 May	European Championships - Augsburg, GER	Canoe Slalom
	12 May	13 May	National Regatta - Holme Pierrepont, Nottingham	Canoe Sprint
	16 May	17 May	Olympic European Qualification - Poznan, POL	Canoe Sprint
	16 May	20 May	Olympic - Training - Lee Valley, GBR	Canoe Slalom
	18 May	20 May	World Cup 1 - Poznan, POL	Canoe Sprint
	18 May	20 May	Paracanoe World Championships - Poznan, POL	Canoe Sprint
	19 May	20 May	ECA Cup 1 - St Omer, FRA	Canoe Polo
	19 May		Prem - Tees	Canoe Slalom
	25 May	27 May	World Cup 2 - Duisburg, GER	Canoe Sprint
	28 May	05 Jun	Olympic - Training - Lee Valley, GBR	Canoe Slalom
June	01 Jun	03 Jun	World Cup 3 - Moscow, RUS	Canoe Sprint
	08 Jun	10 Jun	World Cup 1 - Cardiff Bay, GBR	Canoe Slalom
	09 Jun	10 Jun	National Regatta - Holme Pierrepont, Nottingham	Canoe Sprint
	09 Jun		Liverpool International	Canoe Polo
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
	Freestyle: www.gbfreestylekayak.com			Wild water racing: www.wildwater.org.uk

WOODMILL CANOE SHOP

SEA SYMPOSIUM 2012

7TH - 8TH JULY



A weekend dedicated to sea kayaking in the South, including river and sea trips, instruction from our highly skilled staff, land activities and courses. All levels of ability catered for, with camping on site, The dedicated team from Woodmill Canoe Shop will be on hand all weekend to offer boat demos, kit to try on and sound advice on your purchases.

- Explore the Solent with paddling trips including River Itchen, River Hamble and the Solent and adventure paddle to The Needles and views of the Isle of Wight!
- Skills workshops for beginners, female sea kayak clinic and FUNdamental paddling for under 18 year olds
- Land-based workshops at Woodmill; RYA First Aid, Introduction to charts and navigation, FSRT course
- Land-based courses at Southampton Water Activities Centre: VHF Radio Communication
- Transport provided between Woodmill and other locations
- Evening activities include BBQ and Bar, communal camp fire, High Ropes, Leap of Faith, Video Sessions, Talks... and much more!

We'll also have plenty of suppliers on hand with new kit and

Woodmill Canoe Shop is part of Active Nation - A charity on a mission to get the nation active!
Your support helps to continue our work with local community projects such as our Paddleability programme.

TICKETS

Full Weekend Ticket £110
(Inc Food & Camping)

Weekend Ticket £90
(Without Food & Camping)

Day Ticket £55
(With Lunch)

Day Ticket £50
(Without Lunch)

Friday Night Camping £8

Saturday Breakfast £5

Online booking & more info:
www.woodmillcanoeshop.co.uk
or contact shop@woodmill.co.uk
or call 023 8091 5740



WOODMILL CANOE SHOP 023 8091 5740
WOODMILL LANE, SWAYTHLING, SOUTHAMPTON, SO18 2JR
SHOP@WOODMILL.CO.UK | WOODMILLCANOESHOP.CO.UK

ACTIVE NATION

Visit the members area at www.canoe-england.org.uk



leaders in sports nutrition



InterContinental Hotels Group



BRITAIN'S BEST SELLING CANOE MAGAZINE



vision express

What would you like to see?



WINDOWS
ON THE
WILD



CanoeEngland
Something for Everyone

Members offers

Canoe England has teamed up with a number of partners to give you a range of discounts. In addition, most of our partners give a percentage of your spend to us which goes back into developing our sport.

For details of how to claim the discounts log in to the 'Members Area' of our website.

Help shape the future of sport

With the Olympic and Paralympic Games fast approaching, sport has rarely had a higher profile and Sport England wants to build on this by creating a lasting legacy.

Sport England, in partnership with Ipsos MORI, is conducting its fourth annual sport satisfaction survey, which aims to understand people's sporting experiences across the country. With your help, Sport England and Canoe England will gain a greater understanding of what motivates people to play sport, the challenges participants face and what can be done to improve sport for you.

By taking part in the survey, you will help Canoe England become more responsive to your needs and do more to encourage new participants. As a thank you for your time, everyone who completes the survey will be entered into a draw to win up to £250 of High Street 'Love2shop' Vouchers – a prize which has kindly been provided by Ipsos MORI. As well as the opportunity to win this prize, you will play a part in driving and shaping sport in England in the years to come.

Take part in the survey at:
www.canoe-england.org.uk/news



West Coast Challenge

Andy Pearson and Paul A' Bear are planning to undertake a 500-mile sea kayak expedition along the Scottish west coast in aid of Cancer Research at the end of June. The trip will start near the Scottish border in the Solway Firth before travelling through the Irish Sea and the Atlantic Ocean. The journey will finally finish at Sandwood Bay near Cape Wrath in Scotland, the most north westerly point of the UK mainland. The challenge will be undertaken at the end of June and is expected to take approximately three weeks.

Like so many people, Andrew and Paul have both experienced the devastating loss of close family and friends to cancer and are keen to raise as much money as possible to help Cancer Research in its vital work preventing, diagnosing and treating cancer.

Andy is an experienced sea kayaker and a qualified kayak instructor with a background in marine biology and underwater photography. Paul who lives in Australia is relatively new to sea kayaking, although has been training hard over the last year and has gained considerable experience. The trip will require long and difficult padding through wild, stormy seas, large surf and some of the strongest tidal currents in the world. The challenge will also require camping on some of the UK's most isolated stretches of coast such as Knoydart, Ardaamurchan and the Summer Isles.

For further details visit the challenge website: www.westcoastchallenge2012.co.uk. To sponsor Andy and Paul please visit their JustGiving page: www.justgiving.com/westcoastchallenge2012

In brief

Anti-microbial earplugs

BioEars earplugs are the world's first anti-microbial earplugs, designed to help protect against Swimmer's Ear by keeping water out of the ears while swimming or taking part in watersports. Invented by Cirrus Healthcare Products, BioEars™ is the only soft silicone earplug which uses Microban, a powerful anti-microbial agent, which keeps the earplugs free from the bacteria which can lead to degradation in ordinary earplugs, thus ensuring that the ear canal remains fully protected.

If water does enter the ear then ClearEars, the world's first water absorbing earplugs, are specially designed to absorb water from the ear in a quick, convenient and, best of all, safe way for your ears. ClearEars gently draws water from the ears, eliminating the irritating sensation caused by waterlogged ears and provide a safe alternative to ear drops. Whilst water normally runs in and out of the ear canal without causing problems, if it is allowed to remain for too long, it can lead to infections, such as Swimmer's Ear.



Doggy Paddle 2012

Sunday 13th May.

Kayak or canoe a beautiful stretch of the River Avon. The 18-mile paddle takes you from Royal Leamington Spa, through the spectacular grounds of Warwick Castle and Charlecote Park and ending in historic Stratford-upon-Avon.

the paddle is in aid of The Guide Dogs for the Blind Association and organised by the Royal Leamington Spa Canoe Club.

For further information visit:
www.doggypaddle.org.uk or send an email to info@doggypaddle.org.uk

Photo competition winners

We are pleased to announce that the adult winner for January is Andrew Brierley, whilst Josh Telling won the U18 category. For February, the adult winner is Nick Dennis, there was no winner in the U18 category.

In brief

Re-launch of the Canoe Polo National Youth League

The 28th of January saw the re-launch of National Youth League Division One taking place at Derby Swimming Pool. With all six teams from the league competing it promised to be a great start to the season. All games proved to be hard fought close affairs, with typically just one or two goals in it, showing why many of these youngsters feature in the Great Britain under 21 setup, as well as representing their senior teams within the national open league.

The league standings after this first tournament show it to be very tight with Meridian of London and Viking of Derby in joint first on nine points apiece. Friends of Allonby 'b' of Liverpool currently ahead of their 'a' team on six points. Kingston and White Rose both from the north east making up fifth and sixth. With two tournaments left to go it's still all to play for.

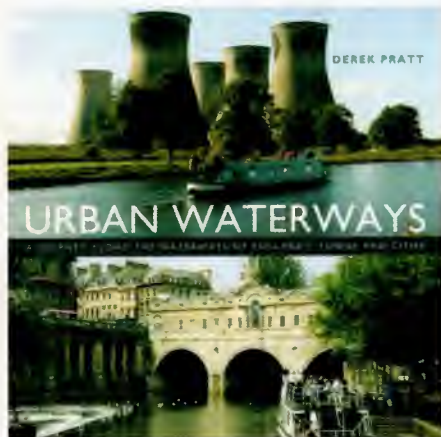
To keep updated with the progress of this league and for more information on canoe polo please check out www.canoepolo.org.uk.

Urban Waterways

Urban Waterways is a book concerning the waterways of England's towns and cities.

Before paved roads and railways, the industrial centres of England were connected to the ports by a network of rivers and canals. Many of these urban waterways fell into disuse during the first half of the twentieth century because of competition from faster forms of transport but in the last fifty years they have undergone a complete revival. Today, thanks to pleasure boaters, some of these routes are busier now than they were in their commercial heyday.

In this book photographer Derek Pratt explores most of the major cities and towns linked by the waterways, capturing their essence with images that are always evocative and often surprisingly beautiful. From the industrial arteries of Manchester and Birmingham to the leisure hotspots of London, Derek showcases the huge variety of life along England's urban waterways.



The OK Classic Fishing Tournament

Now in its third year, the OK Classic Fishing Tournament, sponsored by Johnson Outdoors UK and supported by AnglersAfloat has some fantastic fishing kayaks and other great prizes to be won. Three of the latest fishing kayak designs from Ocean Kayak are the main prizes. First prize is the newest design in the Trident Ultra series, the Ocean Kayak Trident Ultra 4.3 with an exciting performance hull. Second prize is the Ocean Kayak Prowler Elite 4.1 which is an upgraded version of the best selling Prowler 13 Angler. Third prize is the Ocean Kayak Tetra 12 Angler, which is ideal for angling and also an all-round boat to enjoy on the water.

Last year there were 79 entries to the OK Classic, nearly twice as many as the year before and £790 was raised for the local RNLI lifeboat station. The tournament takes place on the beautiful waters of Swanage Bay, Dorset and is open to all amateur kayak fishermen who would



like to take part. This is a catch and release competition with competitors trying to catch as many different species as possible during an allotted time period on the day of the tournament. It costs £10 to enter and all entry fees will be donated to the local Swanage RNLI Lifeboat Station.

All competition entrants must be 18 or over and full entry details and the rules are available from the Johnson Outdoors UK website where entrants can also download the necessary competition forms.

Cherry Bomb 2

Teva's new Cherry Bomb 2 is a specialist kayaking and rafting boot. It features Spider Rubber and JStep on the sole whilst a 3mm neoprene upper keeps feet warm and dry.

Whilst you can move your feet any way the waters dictate – a combination of a pull cord adjustment and a forefoot strap keep a good fit. Furthermore, a rubber cage protects your heel and a rubber bumper cradles your toes however rough it gets.



CE Level 3 bursary scheme for volunteers

Canoe England is running a £10,000 bursary scheme to financially support coaches who will be commencing a Level 3 Certificate in Coaching Paddlesport in 2012 as part of their coaching development. Coaches who have volunteered their coaching services regularly (at least once a week) to a Canoe England affiliated club or approved centre for six months or more could be eligible for a bursary towards Level 3 Core Training and Discipline Specific Training.

The 2012 Level 3 Bursary Scheme for volunteers aims to reduce the cost of Level 3 Training for paddlesport coaches who are acting as a volunteer coach within their club/centre and thus not receiving remuneration from doing this role.

Coaches wishing to apply for this bursary should do so in agreement with their club/centre as they will need to be nominated representatives of the club committee or centre management team, who will also agree on behalf of the club/centre to part-match the CE funding. Successful applicants will receive funding comprising of a £200 CE contribution as well as a £150 contribution from their club/centre. In this way the bursary scheme covers more than 50% of Level 3 Training. Upon successful completion qualification the clubs/centres will benefit from enhanced coaching skills and behaviour in a discipline relevant to them.

For more information and an application form please visit www.canoe-england.org.uk

From £117



Guillemot Designs

Plans and kits for strip planked boats available exclusively from Fyne Boat Kits

Many new designs added in the last month



Sawyer Kayak Paddles
Available exclusively from Fyne Boat Kits

fyne boat kits .co.uk

Kits – Plans – Epoxy – Plywood – Wood – Building Materials

info@fyneboatkits.co.uk 01539 721770



My Project – My Boat – My Dream



Canoe Foundation

'positively changing lives through canoeing'

Don't forget you can also keep up to date with all the latest news and developments at the Canoe Foundation through our social media accounts either via Twitter by searching and following @CanoeFoundation or by hitting the 'like' button on our Facebook page. So log on, spread the news, and help us in our mission 'positively changing lives through canoeing'.

Thanks mainly to the increased exposure of the charity over the past six months, the Small Grants Panel meeting in late January saw an unprecedented number of grant applications, with an increase in excess of 250% compared to the same quarter last year.

To put the size of the task into perspective, the number of applications reviewed at the meeting was 19% higher than the total number received in 2011.

The Small Grants Panel allocated almost half of their annual budget in this, their first sitting of 2012, to ensure that the 11 successful projects are up and running by the spring ready to take advantage of the longer daylight hours and hopefully what will be warmer weather.

This takes the total amount of funding awarded by the Canoe Foundation over the past nine years to in excess of £170,000, supporting 161 projects throughout the UK and overseas. These grants have now benefited some 30,000 individuals as the charity continues in its mission of 'positively changing lives through canoeing'.

Sue Hornby, Chair of the Small Grants Panel, commented, "Over the last 10 years it has given me great pleasure to see how our awards can benefit both young and disabled people in the community. These figures highlight the contribution this funding can make and I am delighted to see just how many groups and individuals have benefited from Canoe Foundation grants. The application process is easy to complete and open to all groups who work with youth and disabled paddlers – making the grants very accessible."



Above: Kingston Kayak Club were awarded £1,000 towards the purchase of junior buoyancy aids.

Of course none of this would be possible without the continued support the Canoe Foundation receives from you, the paddling community, and wider afield – so a massive thank you for your generous donations and fundraising efforts.

Examples from some of the projects which we have supported in the past can be viewed on the Canoe Foundation website (www.canoe.foundation.org.uk), where you will be able to find all the relevant details about making an application and download a copy of the grant application form.

Coming up over the Easter weekend is the Devizes to Westminster International Canoe Race, for which we are the Official Charity Partner – so good luck to all those who are taking part and especially to those who will be raising money for the Canoe Foundation. We have also recently been selected as the Official Charity Partner for the ICF Canoe Slalom World Cup which will be held from 8-10th June at the International White Water Centre in Cardiff.

In the next edition of Canoe Focus, you will be able to find out further details of these events and other news items.

Until next time, happy paddling!



Above: 4th East Barnet Scouts were awarded £1000 towards the purchase of new open canoes.

JOIN THE
REVOLUTION!



STOMPER



liquidlogic



liquidlogic



Canoe England Volunteer and Recognition Awards 2012

With thanks to the support from Towergate Mardon, the 2012 Canoe England Volunteer and Recognition Awards will be celebrated in a similar style to last year's evening awards dinner with the opportunity for clubs, volunteers and guests to buy subsidised tickets to the evening.

In brief

Club survey winner

Thank you to all clubs who completed the Canoe England Club Survey. Congratulations to Hemel Hempstead Canoe Club who were picked at random in the £100 prize drawer.

Support against homophobia

Following our article on homophobia and transphobia in February, we are pleased to say that a number of clubs are already showing their support. Charbury Canoe Club and Oakwood Youth Club have both signed the charter to demonstrate their commitment against homophobia and transphobia. If you would like to share your support with others then send us a copy of your signed form. More information is available on the equality section of the Canoe England website.

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. You can also 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.

Coaching bursary scheme for volunteers

Canoe England is running a £10,000 bursary scheme to financially support coaches who will be commencing a Level 3 Certificate in Coaching in Paddlesport in 2012. Coaches who have volunteered their coaching services regularly (at least once a week) to a club or centre, for six months plus, could be eligible for a bursary. For more information see page 10.

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



Above: Some of the volunteers at last year's awards.

In November, volunteers gathered at the Belfry Hotel in Nottingham to celebrate the contribution of volunteers. Held in conjunction with the BCU's 75th anniversary celebrations, three short listed nominees per category and their guests were invited to attend a three-course dinner, drinks reception and an evening of music. Winners of each category were entered into a prize drawer to receive one of two pairs of tickets to London 2012 finals in either canoe slalom or canoe sprint.

Regional nominations for this year's awards are now open in a number of categories. Winners of the regional awards will be selected by a local panel of volunteers and presented with their awards during the autumn. Each regional winner will be nominated into the national awards and a number of volunteers will be invited to the evening dinner where winners will be announced. One winner from last year said, "We really enjoyed ourselves and thought it was a great night of celebration, of course made even more special for me as a winner!"

In order to make sure that dedicated volunteer at your organisation stands the chance of being recognised for their hard work and commitment, then make your nomination now. It's a great way to say thank you for all of their support and, you never know, they may just be the next regional or national awards winner!

For more information visit the website.

Regional Awards 2012

REGIONAL

Volunteer & Recognition Awards

incorporating the Club of the Year Awards 2012

Canoe England would like to celebrate the contribution of volunteers across the country. Help us to recognise volunteers in your region! All regional winners will be nominated for the Canoe England Awards 2012 which will be celebrated at a national awards dinner later this year.

NOMINATIONS NOW OPEN!

To make a nomination visit www.canoe-england.org.uk/volunteers

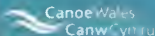

- Club of the Year sponsored by Towergate Mardon
- Centre of the Year
- Young Volunteer
- Event Volunteer
- Community Volunteer
- Waterways & Environment Volunteer
- Impact on Disability Canoeing
- Coach of the Year
- Paddlepower Award
- Education Award
- Performance Coach
- Outstanding Contribution

Closing date: Noon on Friday 22nd June!

volunteers@canoe-england.org.uk or call 0845 373655
Canoe England, 28 Market Place, Birmingham, West Midlands B2 1L 8JH




go to
www.kentcanoes.co.uk
 for our products, courses and articles
 01732 88 66 88
 info@kentcanoes.co.uk
 Kemsing Road, Wrotham, Kent, TN15 7BU

**Canoeing and Kayaking
 in North Wales**

Kayak Courses, Sea Kayaking & Expeditions
 Beginner to Advanced
 Residential and Non-Residential
 Canoe Rolling Clinics
 Paddle the lakes, rivers and coastal waters of Snowdonia
 and North Wales

**Book your course online today at
 www.plasmenai.co.uk**

**Wales
 Plas Menai** 01248 670964
 www.plasmenai.co.uk

National Watersports Centre, Caernarfon, Gwynedd, LL55 1UE



Photo: © Stu Van... © Palm Equipment

Luna | PFD

ISO I'm Approved

Gear for Women

Unique patterning wraps the garments around you giving a stylish, comfortable and totally unrestrictive fit. Featuring a full range of safety features, including integral harness and multi pocket storage. Palm paddlewear brings off water style to on water performance.



Aqua | Amaris | Luna

Search online for Palm Equipment

The history of the Va'a



As the profile of Paracanoe increases, we are receiving a number of enquiries about the Va'a, so who best to tell us a bit more than the Va'a Paracanoe Development Coach John Griffiths.

Va'a, wa'a, waka? These are all words meaning 'canoe' in Tahitian, Hawaiian, and Maori dialects of the Polynesian language. It's the similar way that we have adopted the word 'kayak' from the Inuit Eskimos – meaning a small boat that you sit down in and propel with a double ended paddle.

The Va'a has its origins in the narrow carved canoes with a float or 'ama' on one side to stabilise the boat.

The Polynesians were known to be exploring the South Pacific more than 4,000 years ago and the counterparts of their double-hulled voyaging

Paddle-Ability Top Club

Clubs providing quality service for disabled paddlers will be able demonstrate this from April 2012 following the launch of Canoe England's Paddle-Ability Top Club Accreditation.

As the number of disabled people taking part in paddlesport increases, it becomes more pressing for clubs delivering high quality provision for their disabled membership to be recognised. Like any paddler, disabled people are keen to access activity in their local area at a club of their choice; this may either be in the form of a club specifically for disabled people or by taking part in normal club activity in a 'mainstream club'.

To date, for a club to receive a form of accreditation to show that they are delivering a high level of provision for disabled members, they have had to complete the EFDS disability mark. Canoe England were keen to recognise clubs that are providing a high level of service for disabled members through an accreditation system that would be simple to complete so clubs could concentrate on delivery.

To support this, Canoe England felt that clubs holding Top Club accreditation were already delivering a high level of service and therefore felt that creating a Paddle-Ability bolt-on for the Top Club Accreditation would be an ideal solution for clubs.

If you would like to find out how your club can gain the Paddle-Ability Top Club accreditation contact your Paddlesport Development Officer or Paddle-Ability@canoe-england.org.uk to find out more.

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





canoes are the modern catamarans that we now see today.

Western explorer's first contact was around 1521 when Magellan's ships first recorded that the Polynesian sailing canoes far surpassed Magellan's in speed and manoeuvrability. Later Captain Cook also commented on how fast and manoeuvrable the native canoes were compared to his own boats.

In modern times, Outrigger Va'a is a fully developed sport throughout the South Pacific and the International Va'a Federation organises its own World Championships with countries participating from all over the globe. Modern outrigger racing canoes can be anything from a single, up to a double rigged 12 person boat and other combinations in between.

Although vintage boats made from koa logs are still highly prized and still raced, glass fibre and carbon fibre craft is normal nowadays. Outrigger canoes are generally rudderless, and steered with a paddle although more recently single outrigger canoes are also seen with rudders to aid control on the sea.

Outrigger paddling in the UK

The first outrigger canoe seen in the UK was actually in 1978 when a Hawaiian team brought a six-person canoe named Wa'alele (the canoe that flies) to England to paddle the English Channel. On completion of the crossing, the team left the canoe with the Captain Cook Museum in Whitby where it stayed on display, but remained virtually unknown to canoeists in the UK. In 1987 a team from The Royal Canoe Club in England travelled to Hawaii to take part in the Molokai Channel Crossing race from the Island of Molokai to Oahu.

Much to their surprise, they discovered the story of Wa'alele and on their return liberated the canoe from the Captain Cook museum, made a mould and a new canoe called Keiki Wa'alele (Child of the canoe that flies). Since then, outrigger canoeing has steadily developed a small but dedicated following and now there are a variety of boats from singles, doubles and six person in regular use in the UK.

Va'a and Paracanoeing

In 2011 the ICF announced that canoeing would become a Paralympic sport and, in an inspirational move, chose the Va'a as the Paralympic class of canoe. Although relatively little known in the UK, this class of canoe was already a fully developed international racing boat. It was fast and stable, and required little or no modification for use by disabled paddlers.

What's a Va'a like to paddle?

Stepping into a boat that is 30cm wide and over seven metres long, you immediately get the feeling you are in a full-on straight line rocket ship. The Va'a hull is steeply V- shaped to give directional stability and with the outrigger, stability is not a problem. The stability can be deceptive for the unwary though. You have to remember that you are sitting on one side of a lightweight catamaran and, if you lean too far away from the ama, the laws of physics will get the better of you and an unscheduled swim will quickly follow!

However, the cockpit of a Va'a is sealed with bulkheads like a sea kayak so deep water self rescue is a fairly simple operation.

Steering the boat is a matter of switching sides much like a marathon canoe, J-strokes, and subtle

angles of the paddle to keep the boat 'on the rails'.

The main difference from a mono hull canoe is that, for maximum speed, a Va'a has to be 'sat' absolutely level. Any small rolls of the boat will be exaggerated at the ama, which can drag in the water and slow the boat.

A common misconception is that outrigger canoes have the ama (float) as an 'add on' for those who find it too unstable without. An outrigger canoe is designed as a catamaran and cannot be paddled as a mono hull. In the same way you cannot remove one of the hulls from a catamaran and expect to stay upright!

Why should you try Va'a paddling?

In canoeing, speed usually equates with instability. If you want to go fast, you first have to spend a good deal of time developing your boat stability skills. With outrigger paddling the stability factor is taken out of the equation and you can concentrate on developing your paddling and fitness.

However, Va'a paddling also has many levels and, in many ways, is like learning a musical instrument. The initial thrill of propelling the boat forward is soon met with the realisation of higher skill levels to be mastered. Open ocean paddling can make the accomplished flat water paddler quickly feel like a novice again with a whole new level of boat awareness and skill has to be learned.

In short, becoming a 'Kahuna' – a master paddler, is a fascinating lifetime's journey into an ancient culture that extends way beyond just sport.

A story of backfired intransigence

By Chris Hawkesworth

In this edition of Focus, I thought I would depart from my usual facilities based article and tell you a true tale from my volunteer position, that of Canoe England's Yorkshire Regional Waterways Advisor.

Tadcaster, better known for its beer than canoeing, is a small town between Leeds and York where the main road to the Yorkshire Coast (A64) crosses the eastward flowing River Wharfe at or near its tidal limit.

Six hundred yards upstream of an old stone bridge in the centre of the town is a large two-metre tall weir, the last on the river before the sea. The river widens below the weir with shallows, then after about 200 yards the river narrows by two thirds between steep flood banks which are heavily fished all the way to the old bridge and beyond to the new bypass bridge to the East of the town.

For many years the local canoe club had been politely asking to use the river for just four days a year plus eight Thursday evenings around the bridge for slalom practice. The anglers were



Above: The position near the bridge where the barge was painted. Note: the relative position of the bridge, and church.



Above: Tadcaster Weir with the corn mill on the right where the Roman road and ford crosses the river.



Above: The relevant section of Tadcaster. By kind permission of Ordnance Survey Maps.

saying "No, no and no." The local council offered and fixed a meeting to mediate. Could I bring help and clout to the negotiations?

Now, I am a Yorkshire man and Tadcaster is in my backyard, but I knew little about the place except I paddled the river here in my youth. I have always been interested in researching rivers and the potential of ancient, possibly out of use bank access rights to the water's edge (fords, wharves, staiths, steps, slips and footpaths etc) as potential to facilitate modern access points on a "Once a highway always a highway" principle. So I thought I would research Tadcaster for a few hours.

A scan of the Ordnance Survey Map (Landranger 105) showed a Roman Road crossing north/south just below the weir, a 'Mott and Bailey' castle ruin is located on the south bank and a look at Google maps showed what looked like a sunken road on the line of the old Roman road. Armed with this information I went and walked the ground. Sure enough I found the dips in the banks locating the ford and the line of the Roman road. As a bonus I found the ruins of a corn mill on the left (north) end of the weir. A pub sign by the old bridge showing a large horse or man hauled barge. Further walking revealed several narrow alleys leading between the houses on the south bank towards the river's edge.

A brief look at Wikipedia and in the local library brought more information. In the English civil war,



Above: The river narrows on its way to the old bridge see in the distance.



Above: The Old Pub sign by the bridge.

the royalists moored their fleet in Tadcaster whilst they attacked York and there were descriptions of other boats mooring up for general trade and local pictures confirming that boats used to access the corn mill. The ford was in use until at least the first bridge, a wooden structure built in 1442 and no less that four bridges had been built in different locations since.

Enquiries with the Environment Agency told me that the water was saline to the bridge and probably to the weir, though the OS map showed the mean tidal limit some three miles downstream at Ulleskelf the land had sunk, both due to mining subsidence and the UK land mass titling down in the east and up in the west. They also confirmed that the banks of the heavily fished section had once been a lot lower and their records showed sensitive habitat for Lamprey close to the left bank just below the weir and 50 to 100m below the bridge. Lampreys are rare in this part of the world. They are a vulnerable slow swimming fish, more like an eel, which spawn in June and July subject to water temperature and river levels.

So, what we have is evidence of a highway crossing, boats mooring for trade and war, servicing a mill and the anglers without a case. The contested stretch of river was and therefore still is a navigation and there are at least two rights of way to and along the water's edge. I do not suggest for one moment that we canoeists deliberately paddle to upset the anglers, or the Lamprey, but the angling club in question was simply making hollow claims of rights and ownerships in their arguments which they knew were flawed, yet they skewed them heavily and publicly in their own favour. Faced with the evidence related in this short article, the angling club and the council tacitly agreed with all these points and added a few of their own, all confirming the river a navigation.

Of course we want to work with all river users and access to rivers is not just a canoeing versus angling issue, but at this particular location we are the main two water related interests though the shallows below the weir is a popular beauty spot from which locals swim in the river. I am sure we have not heard the last of Tadcaster, a lesson for elsewhere perhaps?

The postscript is that the canoeists have found somewhere better to paddle. The anglers have been left in peace and the council's mediations have run into the sand. But we live and learn and now we know where the Lamprey are located and when they are vulnerable. So we have put the word out so as not to disturb.

BURTECH Trailers

For outdoor pursuits



NEW C6 LOW-LINE TRAILER



ADDITION TO RANGE
CUB 8 Pro Bike Trailer



BURTECH'S NEW
C2 SIDELOADER

www.burtechtrailers.co.uk

Tel: 01492 641905

Sea Kayak Expedition Gathering
18-20th May 2012

East Bamby OEC

Workshops
Demo Boats
Trade Stands
Evening Lectures & Bar



THE YORKSHIRE COAST

SEE BRITAIN BY TRAIN SEA KAYAK

- WORKSHOPS:**
- Sea Kayak Sailing
 - Laden Kayak Handling
 - Surf Skills
 - Incident Management
 - RNI Rescue Exercise
 - Full Residential Accommodation, Camping & Transport Available
 - Mid-Trip Repairs
 - Sea Kayak Fishing
 - Flamborough Caves
 - Tarpology
 - Navigation Afloat
 - No Trace Awareness
 - Fossils & Foraging
 - Gourmet Camp Cooking

Contact Us:
 Blog: www.seakayakexpeditionsymposium.wordpress.com
 email: eastbamby@northyorks.gov.uk
 Phone: 01947 893333



nookie

THE PADDLING COMPANY

nookie.co.uk

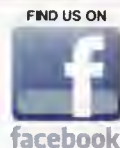


storm jacket
* available in blue and yellow

sea kayaking
fishing
instructing
touring
open boating

bib pants

the perfect combination



nookie.co.uk/bibpants
nookie.co.uk/storm

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.

What is Go Canoeing?

Go Canoeing is a national initiative brought to you by Canoe England, to encourage and inspire more people to go canoeing more regularly. Go Canoeing will have a range of captivating and inspiring opportunities and resources aimed at adults and the family leisure market. These include local starter sessions, guided tours and events, as well as information on where to go and how to get started.

By providing simple pathways and experiences nationwide for people to enjoy our aim is to increase the number of people who canoe monthly and weekly. The project is part funded by Sport England and has received strong support from, Palm, Perception and Pyranha together with retailer insight from Brookbank Canoes.

Go Canoeing products

Go Canoeing will consist of a range of activities and resources that are consumer focused, attractive and easy to access and enjoy.

Communications

Launch – this will coincide with National Go Canoeing Week held from 6th-15th April 2012.

Website – the key to the initiative; capturing data, communicating, managing activities and

bookings, along with providing further information to encourage participation including:

- Information and resources.
- Finding an activity.
- Hints and tips.
- Photo gallery.
- News and reviews.
- Community zone to link with other paddlers e.g. canoe buddies forum.
- E-newsletter for registered users.
- Merchandise opportunities and links to retailers.

Go Canoeing gains the London 2012 Inspire Mark

Go Canoeing has been granted the Inspire Mark by the London 2012 Inspire programme.

The London 2012 Inspire programme recognises innovative and exceptional projects that are directly inspired by the 2012 Olympic and Paralympic Games.

Seb Coe, Chair of the London Organising Committee of the Olympic Games and Paralympic Games said, "Go Canoeing is encouraging adults and families to fulfil their potential. I am proud that with the help of partners such as Canoe England, we are delivering our vision to use the power of the Olympic Games and Paralympic Games to boost participation in Canoeing."

GO Canoeing! FUN WAYS TO ENJOY CANOEING

STARTER SESSIONS

GUIDED TOURS

EVENTS

CANOE TRAILS

Find out what's on near you

GO CANOEING HAS A RANGE OF FUN AND EXCITING ACTIVITIES FOR EVERYONE TO ENJOY. WHATEVER YOUR EXPERIENCE OR INTEREST, THERE'S SOMETHING FOR YOU.

WATERWAYS
These are a brilliant way to get introduced into canoeing, whether it's your first time or you're looking to get back into a boat. You don't need any specialist kit or skills... just look on the Go Canoeing website to find a session near you!

GUIDED TOURS
If you have some canoeing experience and are looking for something new, why not enjoy one of our half day guided tour experiences? With a specially trained tour guide and like minded people, they offer the chance to leisurely explore the waterways or escape on an adventure.

CANOE TRAILS
If you have canoeing experience and are looking for fantastic routes to try, our trails will provide you with lots of useful information. From exploring new parts of the countryside to urban waterways, there are trails nationwide to be discovered.

EVENTS
Look out for a range of local and national events coming soon.

CHECK OUT THE GO CANOEING WEBSITE FOR MORE INFORMATION ABOUT WHAT'S GOING ON NEAR YOU.

FOR MORE INFORMATION
WWW.GOCANOEING.ORG.UK

Canoe England
Go Canoeing is a Canoe England initiative

www.wipeoutwatersports.co.uk

Dagger, Pyranha, Ocean Kayak, Tek Sport, Riot, Palm, Yak, Nookie, Peak UK, Gul, Aquapac
Improved range of kayak equipment with more kit in stock than ever before!



7 Park Hill, Swallownest
Sheffield S26 4UN Map Online
ONLY 2 MILES from J31 M1
Kayaks, sit on tops, canoes, paddles,
spliffs, cags, trousers, buoyancy aids,
wetsuits, footwear, gloves, helmets,
accessories, rescue equipment.

The family friendly canoe, kayak and watersports store. Full range of kit for all ages and abilities. Call in, say Hi and see what we can offer you.

Yak Force Long Sleeve
Twin Waist Dry Cag –
All sizes blue or black
£96.95



Gul Therm top
£37.50

Want a Money Saving Package Deal? We will help you pick your own boat and kit package to suit you!



Kids section! Boats, Paddles, Buoyancy Aids, Cags and Wetsuits all in kids sizes!
We also stock surfing, windsurfing, body boarding and snorkelling equipment.
Full range of wetsuits, dry suits and buoyancy aids for all surface watersports.

Second hand + Clearance
Boats Available
P/X welcome on most craft

INTEREST FREE CREDIT
4 Post-dated Payments
Easy and Simple!

GIFT VOUCHERS
NOW AVAILABLE

Tel: 0114 2692739 • Mark@wipeoutwatersports.co.uk • 9.30am-5.30pm Tues-Sat



from **£24,995***

BRITISH BUILT CAMPER DIRECT FROM THE MANUFACTURER WITH A COMPETITIVE EDGE...

- 2 berths, 4 or 5 travel seats
- Inside/outside fridge
- Inside/outside diesel hob
- Day or leisure van models
- Automotive quality & style
- Exceptional value

Ring or click for brochure



429 Reading Road, Winnersh,
Berkshire, RG41 5HU
Phone: 01189 790 202
Email: info@auto-campers.co.uk

auto campers

www.auto-campers.co.uk

INNOVATIVE QUALITY & VALUE

*Model shown is the limited vehicle which is not £24,995. VAT included, excludes Ford delivery 1st reg fee and 12 months road fund tax.

Sea Kayaking Kefalonia Ionian Sea, Greece



SEA KAYAKING
KEFALONIA
GREECE

Over 10 day-trips in Kefalonia,
multi-day trips in Kefalonia, Ithaca and
all central Ionian sea islands,
BCU courses, accommodation

www.seakayakingkefalonia-greece.com

In brief

Yorkshire sprint series

The Yorkshire region will be hosting a series of fun sprint events at various venues. The events are open to all and will be very much aimed at newcomers to this discipline who want to give it a try in the build up to the Olympics.

Boats and equipment will be available for use at each of the events and the races will be split into different categories so that everyone will be able to compete fairly against others of similar age and ability.

Registration and information will be available on www.yorcie.org.uk or e-mail: sprint2012@yorcie.org.uk.

North East local polo league

Run by Tees Tigers Canoe Club, the league was a storming success. After a difficult start, having to find a new venue and rearrange the format, things ran smoothly. The final champions were the Tees Tigers B team, consisting of Chaz Cheung, Matt Fletcher, Andy Rhucroft, Scott Cresswell, Mark Ledger, and James Tonks. They had 10 teams taking part over six tournaments.

Bobby Timperley wild water canoe race

The second race for the Bobby Timperley Trophy was awarded to Molly Agar for her outstanding performance as a first timer in wild water canoeing. Bobby who was a founder member of Hexham Canoe Club lost her fight to cancer in 2009 but her memory lives on with the young paddlers from the club. Sandra Hyslop, who started out with the Wavehopper series, gave a great testimony of how Bobby started her off racing and supported Sandra on to become the talented athlete she is today.

Tony Blair Sports Foundation

Canoe England has joined forces with the Tony Blair Sports Foundation (TBSF) and British Rowing to deliver the County and Area Schools Indoor Kayaking Championships. As a result of this work Canoe England and TBSF have now formed links to work more closely together to meet the aims of both organisations.

This partnership will help young people access paddlesport by recruiting, training and placing more sports coaches and volunteers to participate at events for the benefit of the local communities in the north east

The foundation, launched by the former Prime Minister, pledged to work with organisations to get more young people involved in sport. Canoe England and TBSF will provide training and many other opportunities to support these aims.

To find out more go to www.tonyblairsportsfoundation.org

Manvers canoe polo funding

Manvers Waterfront Boat Club were recently awarded £8,000 from Sport England under the 'Small Grants' initiative in order to help to develop canoe polo at the club. The money has gone towards purchasing the necessary specialist canoe polo boats and equipment to help develop canoeing at the club and encourage more beginners into the sport.

The club also recently installed a canoe polo pitch on the lake at their base in Rotherham where most of their future training sessions will be taking place. However, over the winter, the club has managed to organise some sessions at their local swimming pool to give people an opportunity to have some taster sessions, which have proved to be a great success and the club hope to be competing in various leagues and competitions in the future.



Weekend of paddlesport in Tyne Valley

21-22nd January

With the Olympic year upon us Hexham and Tyne Valley canoe clubs flew the flag by organising 2012 paddlesport events which whet the appetites leading up to the games starting in July.

Krazy kayak pool slalom

The event was first established in 1990 and has since been a regular on the paddlesport calendar. It therefore has a pedigree as one of the most exciting events of its kind offering a taste of thrills and challenges for the inexperienced to world-class athletes.

The event this year attracted some big names into the arena, including Premier ranked players Darren and Nicky Cresser and Andrew Martin who represented GB at the Junior Olympics two years ago. Three members of the English Junior squad were also pitting their skills against the seniors including Zac Allin who is the U13 National Slalom champion. Sandra Hyslop, the 2007 Junior World Wild Water Racing Champion and now GB senior squad, completed the line up of talent along with many just starting out in paddlesport.

Paddlers again had to negotiate a demanding course with 'Paddles Up' chicane weaves, limbos, roll gates and tackling the waterfall to blow a whistle. The timed run ending by scoring a basketball shot within three attempts.

Thanks goes to the volunteers behind the scenes that made the event a huge success and the event sponsor, North East Kayaks and Paddles.

Partnerships and paddlers success

Viking Canoe Club has effectively demonstrated just how working with partners can produce great results for paddlers. In partnership with the Environment Agency and Bedford Borough Council, the club have celebrated the completion of a five-year project at Duck Mill Weir. A site long associated with canoeing and canoe slalom in particular, it has been developed into an updated 'park and play' facility.

Open to the community as a whole, the weir pool can host canoe slalom, canoe polo and canoe

freestyle, either as a training ground or a competition venue; permanent posts and lines make this a much simpler process than previously. This white water training facility is a great asset, as Etienne Scott, one of our Olympic hopefuls in slalom C2, and a club member was keen to explain. A huge well done to Viking Canoe Club, led by Chairman Rob Bates, a really big thank you to Environment Agency Area Manager Geoff Brightly and Mayor of Bedford, David Hodgson and their respective teams.



In brief

Paddlers wanted

West Norfolk Canoe Club has been in operation for nearly a year with a strong core of paddlers, based out of Hilgay, near Downham Market. The club is looking to recruit new members with their own equipment from the north Cambridgeshire and west Norfolk areas. The club offers flat water touring, sea kayaking, white water touring and coaching from its BCU coaches. Please contact the club secretary, Andy Church andrew.church2@btopenworld.com for further information.

Wild coast tour 2 – the sequel

Following last year's phenomenally successful tour around Wallasea Island, Essex, the Maldon and Dengie Canoe Club, working with the RSPB, Royal Burnham Yacht Club and Burnham Sailing Club, have put the team back together to organise the event again. Pre-booking is essential, as there are limited spaces available for this sea kayaking event. For further information and a booking form, please follow this link: www.rspb.org.uk/events/ email Hilary Hunter at hilary.hunter@rspb.org.uk or phone 01702 258357.

Clubmark flourishes in the West Midlands

Congratulations to Royal Leamington Spa and Rugby canoe clubs on accreditation, and a very well done to Trentham on achieving reaccreditation. Two more West Midlands clubs, Wychavon and Hereford, are so close to accreditation they may be celebrating with Easter eggs!

Sport England Small Grants Scheme

Well done to Sleas Paddlers (Lincolnshire) in their successful application for £10k towards equipment purchase and coaching development.

SUPs

Staffordshire welcomes a new club for Stand-Up Paddle Boarding to its midst; further variety to the canoe sport scene across the county. The SUPs will be delivering an introductory workshop at the April West Midlands coach update.

Darley Abbey

Midland Canoe Club returns to its roots, rebuilding its slalom presence, including promising development of its site at Darley Abbey.

In brief

Canoe Foundation Grant

Phoenix CC received a £1,000 grant from the Canoe Foundation to go towards a trolley for launching their Bell Boat. Phil Atkinson, chairman of Phoenix CC, extended a big thanks to the Canoe Foundation and said, "We have had the trolley adapted with a tow ball so that it can be towed up the ramp behind a car. This provides us with a safer way to launch and take the boat off the water without risking bad backs and crushed toes."

Many hands on the Medway

Join us as part of Go Canoeing Week to keep the River Medway looking pristine. Scouts, cadets, clubs, centres, groups and individuals who use the Medway are invited to a mass clean up of floating and tree borne debris on 14-15th April, which is supported by the Environment Agency.

Sections of the river will be divided up to manageable sections and arrangements made for easy access and for spots to place collected rubbish. Rubbish bags will be provided. Contact Paul Newman, South East regional secretary to let him know you are interested at: paulnewmanpaddlesport@blueyonder.co.uk

Seapoint Kayak Symposium

On 19-20th May Seapoint Canoe Centre based in Seabrook, Hythe will be hosting the first Seapoint and South East Sea Kayak Symposium at Folkestone. Jeff Allen will be giving workshops in incident management and other workshops include rolling session in local school swimming pool. The week following the centre will be running a Sea Kayaker Development week in association with Howard Jeffs.

For more information see: www.seapointcanoeandkayakcentre.co.uk or contact Rob Davis at centremanager@seapointcanoeandkayakcentre.co.uk

Special Olympics Surrey

The directors and members of staff from the Reside Housing Association located in Kingston took to the water (some of them for the first time) last Saturday at the Hampton Open Air Swimming Pool, to present a cheque for £1,500 so that competition ropes can be bought for the newly formed kayak squad of Special Olympics Surrey.

County secretary Sue Frett said, "Setting up a new sport for the athletes takes time and effort on everyone's part. It is vital that we get it right for the athletes so that they have the best instructors and equipment to take them into competition. Surrey Canoe Club has proved already that they are the club to take our athletes to the top in kayaking. When you paddle it is very difficult if you have a disability, to keep your kayak straight.

"These competition ropes will help enormously in ensuring that when they go into competition for the



first time in September they will be ready to show everyone what the Special Olympics Surrey kayak squad can do. Everyone is very excited. We hope now that more disabled people from other boroughs will come on board and join in the fun. The next goal that we have to achieve is getting all the squad a training kayak. These cost £500 each. Already five kayaks have been donated within a month. Charitable foundations and clubs are being very generous. The New Malden Tennis Squash and Badminton Club are holding a gala night on 25th February and they hope to raise a further £1,000 for two more kayaks. This is in addition to the £1,500 they have already raised for three kayaks."



Hampshire Canoe Trails official launch

Hampshire Canoe Trails were launched in late summer 2011 as part of the National Canoe England Go Canoeing programme. An additional four exciting trails, three of which are funded

by New Forest District Council, are now available to complement those launched last year. An official launch of all the Hampshire trails will take place during National Go Canoeing Week with a number of Go Canoeing days taking place at the trail locations.

The new trails include Calshot, Eling, Hurst Castle and the Medina River on the Isle of Wight. All trails have been specially designed with new paddlers in mind, using a detailed map, kit list, difficulty rating and safety information.

Available for download from www.spothampshireiow.co.uk or a waterproof leaflet can be purchased for £2.50 by contacting Samantha.jones@hants.gov.uk.



CLUB & COACH EDUCATION PROGRAMME

Canoe England
Something for Everyone

Throughout 2012 Canoe England Teams South & Central are running a programme of subsidised coach education courses. For more information please contact your PDO or karen.bagshaw@canoe-england.org.uk



Within each coaching region the following courses should be delivered:

- 2 x Level 1 Coach (1 open and 1 Women and Girls specific)
- 1 x Level 2 Training
- 1 x Level 2 Assessment
- 2 x Discipline Support Module

Prices
Level 1 Coach £300 Subsidised with a £150 Canoe England Bursary
Level 2 Coach Training £360 Subsidised with a £210 Canoe England Bursary
Level 2 Coach Assessment £100 Subsidised with a £25 Canoe England Bursary
Discipline Support Modules £75 Subsidised with a £25 Canoe England Bursary

Available in the following coaching regions:
Devon & Cornwall, Wessex, Southern, South East, London, East and West Midlands, and East

Canoe England, 18, Market Place, Bingham, Nottinghamshire. NG13 8AP

An interview with Ed McKeever K1 Sprint Kayaker



Interview by Katriona Bush

With the 2012 Olympic Games now within touching distance, we caught up with Ed McKeever, sprint kayaker and World silver medallist at K1 200m, to find out how his winter training has gone and just what lengths he is going to, to secure his place on Team GB for London 2012.

Going on a ski camp seems an unlikely form of training for a kayaker. What was the purpose of it and how did it go?

The ski camp in St Moritz in the build up to Christmas was a great success. It was designed to give us a boost in fitness ahead of the warm weather camps in January and February where we will look to convert these gains in fitness to producing a greater volume of speed work on the water hopefully culminating in faster speeds later on in the year.

Durban, South Africa was the training venue for a large group of the sprint squad, in January. How did it go?

We were doing lots of interval efforts in a bid to improve our VO2 max and convert those overall fitness gains into improved fitness on the water,

and from this we will start doing shorter and shorter efforts throughout the year until we build up to doing efforts at 200m race pace. This means peaking at 180 strokes per minute and travelling faster than 6.5 metres per second!

You are known for your fantastic explosive start out of the blocks. How do you practice/train for this element of the race?

We do a lot of work from a start bucket at Dorney, but last season my start wasn't as good as it could have been so this is something I'm looking to improve on this year.

Are you making use of any new technology or innovations in your training?

Not really just a good boat and set of paddles!

What do you need to do to qualify for the Olympic Games and when is your first race of the season?

It is quite simple; I just need to paddle faster than anyone else! My first race of the season is the April Regatta at Holme Pierrepont when I hope to put a good winter's training into action and back up my performance at last year's World Championships.

Who are your biggest rivals in world terms?

Last season I lost my World and European titles to Ptiór Siemonowski of Poland, and Ronny Rauhe of Germany is also a consistent performer, but on any given day there are six or seven guys who can challenge for medals. I was really disappointed with silver at last year's Worlds, but there is nothing like being beaten to kick-start a good winter's training! Over the last few months I've been putting in larger volumes of training than ever before to give me the best possible chance of standing on top of that Olympic Podium on the 11th August.

The athlete/coach relationship is so often the key to success. What is it that makes your partnership with Alex Nikonorov so special?

The relationship between an athlete and a coach is something that evolves, at first a coach acts like a teacher to an athlete but then as an athlete develops their understanding of the sport, technique and training principles, the coach acts more as a guide and mentor who an athlete can discuss ideas with.

How would you describe your Olympic journey?

Right now it seems like it has been a long journey to get to this point where I can realistically look forward to the Games. I started taking the sport seriously in 2001 and made my GB senior debut in 2003, so my first Olympic Games will have been 11 years in the making.

What excites you most about the prospect of a home Olympic Games?

We don't often get chance to compete in front of a large home crowd so that will be special, but fundamentally it will just be the same as any other competition. The way I see it, it's just a race from the start line and see who gets to the finish first, only this time there will be a much greater interest in the outcome! It would also be great to compete as part of Team GB, being part of a bigger system and competing for the team as a whole and not just yourself.





Ed McKeever

2010 World Champion K1 200m

2010 European Champion K1 200m

2011 World Championship Silver Medallist K1 200m

2011 European Championship Bronze Medallist K1 200m

2011 World Cup Overall Champion K1 200m





Paddlesport coaching



Feature by:

Charlene Chambers,
Adelong Outdoor
Education.

www.adelong.co.uk
Email: info@womenschallengeclub.org.uk



Recently I read an article about creating more opportunities for women and girls to get involved in paddlesport. It got me thinking about what helped and inspired me to get involved and become an outdoor provider and paddlesport coach in an industry where although changes are evident the gender balance is still predominantly male.

As a female paddlesport coach I have spent two seasons working with the Women's Challenge Club to develop, support and facilitate a growth in the numbers of women participating in kayaking and canoeing. The sessions attract a diverse and far reaching range of people with one thing in common... we are all women.

My personal interest in the outdoors started when I joined the Duke of Edinburgh's Award at my local youth club, fortunately there were a few like minded girls in the group along with female youth workers and we were encouraged to get

involved. After finishing my Gold Award I stayed on at the club as a volunteer and helped organise an all girl expedition to set a new World record for the fastest descent of the River Shannon in open canoes.

In 2009 after returning to the UK from Australia, where I worked as an Outdoor Education Instructor, I set up my own company in outdoor education. From my experience I knew that there were plenty of women who would like to participate in paddlesport but who were held back by the stereotypical

for women by women

Women's Challenge Club

One of the organisations I work with regularly is the Women's Challenge Club (WCC), I asked them to share their views on why they joined a female specific club?

"For me a women only group is about a comfort factor all round. We can share personal information with sympathetic friends if the moment is right. We are supportive of each other and those of us with husbands go out with a clear conscience about simply having fun together, nothing more nothing less."

I asked a WCC member if they saw any advantages to working with a female coach. Their comment was:

"Female coaches are usually more empathetic towards women, understanding physiological constraints. Women often feel that male coaches are too competitive and tend to dominate, which women can find very demoralising."

myth concerning the macho nature of outdoor activities and a sport dominated by male paddlers.

Things have of course moved on, but there are still many women, who see paddling as something for the boys and a different world into which they wouldn't feel welcome or accepted.

Certainly at my youth club there were plenty of opportunities to get involved in paddling and there were always plenty of lads signed up, but the girls were in a minority and would generally only participate if their friends were coming, it was only the most confident girl who would carry on coming even when her girlfriends had jumped ship, huddled behind a minibus trying with one hand to hold a towel from neck to knee whilst simultaneously trying to insert oneself into a boys cut wetsuit with the other, insured that only the most committed female paddlers stayed the course.

I love canoeing and sea kayaking, and I'm not alone, thinking about the little things: clean comfortable equipment that fits and doesn't smell of a succession of unwashed teenage boys, sensible places to get changed, access to proper toilets and not just a bush by the main road, really do make the difference when it comes to encouraging women and girls into paddlesport. Women and girls shouldn't have to become honorary boys in order to fit in and be accepted and in my opinion and from the research I have undertaken, it all starts with the coach's awareness of the needs of the clients. ♡

Why is an adventure group for women necessary?

I asked one of the longer term members of the WCC: **Why do you feel that an adventure group for women was necessary and so popular, what do you think your members get out of a women only club?**

"I joined the club because I had always taken part in male dominated sports, I grew tired of having to achieve 100% all of the time and not being treated as an equal.

"My answer to the questions is, the non-competitive atmosphere, having great fun in a supportive environment and taking part in activities with like minded people who understand the restrictions of family.

"Women are more likely to try a sport for the first time within a female only club. We find that after a couple of years members gain confidence and join mainstream mixed clubs.

Our members often say that the WCC has helped them enormously in their everyday life, building confidence, encouraging career moves. Doing something completely different for a few hours, can help women cope afresh with work/life balance.

"For many women with children or those managing a tight budget – sport and time to themselves can slip down the list of priorities and so the WCC offers subsidised activities and discounts for members on a low income. It has long been recognised that outdoor activity helps people to cope with depression, we support women who come to us through charities who work with women struggling to be included in society."



One of Austria

Lower Lech Gorge, Austria.

What is it about the Lech Gorges? For years they have been one of the best-kept secrets in the German speaking kayaking community. Here is just another reason why if you are around the northern Alps in the summer it is worth coming to check out the Lech Gorges. Even if you do not want to kayak through the sections, the scenery and settings are breathtaking.

Feature by: Steve Brooks. **The Lech River's source is high above the ski town of Lech am Arlberg, Austria. Starting at some 1870m high in the mountains it is just a small stream walkers use for drink refills! As it starts to work its way down to the village the volume begins to pick up and with more side streams coming in, the river suddenly enters into the Gorge and most difficult sections of its 264km length.**

The two sections within the Gorge are very different. The Upper Gorge has box canyons, longer rapids and some bigger drops. However everything can be scouted and portaged if necessary. The Lower Gorge is slightly shorter and has difficult access but is far the best piece of whitewater the Lech has to offer.

There are two options for putting in on the Lower Lech Gorge, the second put-in is difficult to find and requires some local knowledge.

Travelling the planet

For years I had been travelling the planet looking for deep and committing canyons and gorges. I kept heading back to Peru, a land renown for its deep canyon kayaking with famous rivers such as the Colca, Cotahuasi and Apurimac. Each time I was kayaking one of these canyons my best friend John Blake was telling me we should go and run the Lech Gorges.

So finally one summer with all our safety kit packed and the boats on our shoulders we headed down the track wondering just what sort of run we were going to have. Would we nail all the lines, how much air would we get 'boofing' off the rocks and ledges and just how gnarly was the Turmzimmer going to be?

At the put-in the river was crystal clear, you could see the rocks, stones and riverbed. With no time for a warm up (except for the one at the beach) we dropped into the first rapid. A boof stroke to start and then ride the main current to the right, then to the



Above: The Lower Lech from above.

left before using another power stroke to punch you through the hole at the bottom. So the warm up rapid was done and a hundred metres further the first main rapid was upon us. Here all the river gets squeezed into a small gap, the current wants to push you under the overhanging rock on river left, which would then flip you over and if you are not quick enough you are dropping into a real sticky hole just below.

Specks of people

Now we were committed! The river is pool drop in character, which gave us plenty of opportunities to appreciate the whole environment of being in the Gorge. Hardly any locals have seen this

“At the put-in the river was crystal clear, you could see the rocks, stones and riverbed”

's kept secrets



part of their region, we had glimpses of the road above us and we could just see the specks of people looking down into the Gorge. The rapids kept on coming, plenty of action and drops that will put your creeking skills to the test. A third of the way down we came to the syphon. A must run rapid where you can only scout the line into the rapid. There is a large rock in the middle of the river; a huge log that has been in there for years blocks the left channel. The only route is river right. John dropped in, ran the entrance waves and then starting pushing right. As he came to the lip he dropped away out of sight. Was he in the hole, was he getting a big scraping down the side of the Gorge, did he make it through?



“ What followed was some serious piece of climbing and hauling of our boats up out of the gorge ”





A second later I saw his red boat come from behind the huge rock. Sweet, he had made it and now it was my turn.

This continued all the way through the Gorge, we were changing positions and running the Gorge so smoothly. Another two-metre drop followed and then the Gorge really started to close in.

More rivers were entering throughout our journey, each one nice and clear which was a great feeling. We had been in the Gorge before where a side river was pumping a brown mess into the Lech. All the rocks had disappeared and the river had become continuous. We managed to eddy-out above the Turmzimmer only to see it was terminal! What followed was some serious piece of climbing and hauling of our boats up out of the Gorge. Still that is what you get for working out the limits of the river!

We finally arrived to one of the hardest and gnarliest rapids of the section. The Turmzimmer means Tower Room in German and it is only when you are stuck in the hole do you understand why the rapid gets its name.

A horizon line is all you can see above, so I dropped in.

Paddled like a demon

Speed, technique and timing are all that is required! I had 20 metres to punch a couple of waves, pick up speed, follow the current and then I was on the lip looking out over a two metre drop and below me was a river wide hole with a tow back that was going to drag you into the bottom of the tower on the river left side. Boof stroke, keep the nose up, bring the body forward. I landed, paddled like a demon and I was free. My heart was racing, but then it should be. You cannot scout the rapid, portaging is impossible and if you are the first to run - well you are running it solo as safety cannot be set up! Oh and with the added value of my camera and lenses between my legs it was no wonder my heart races a little there!!

I got up on the slippery rocks below a small waterfall, set up my camera and gave John the signal. Again, speed, technique and timing was all that was required to negotiate this nasty hole. A sweet line from John and with the camera packed we ran the next sets of rapids until we finally arrived at our take-out. A look back up the river with crystal clear water, rapids, gradient, blue skies and all set in one of the best locations Austria has to offer. ♡



Info

The Lech Gorges are a serious undertaking and should be treated as an expedition! There are rapids that you cannot fully scout or portage making some must run sections all set in a deep Alpine Gorge.

The best way to run the Lech Gorge is to hire a guide. It will not ruin your ego, by far you will enjoy the river and not have to worry if the next rapid is the syphon with the must make move or even the Turmzimmer. Water levels are critical, if it is raining or dark clouds are forming, look for another section and come back when the weather is on your side!

The season starts in May and the last day is the 15th of August. However the best window is from the end of June until closing day. At the beginning of the season the river can be too high or even un-runnable due to the avalanches still in the gorge from the winter!

For more information check out: www.gokayaking.at or www.stevebrooks.at



Kayaks
Canoes
Sit On Tops
Fishing Kayaks
Wetsuits
Clothing
Equipment



The canoe shop by the rapids

paddleworks
www.paddleworks.co.uk
Mile End Mill Whitewater Centre
Llangollen, LL20 8AD

0800 0432 192



THE ULTIMATE PADDLING STORE



TOP BRANDS

- > Waterside Venue
- > Contract Services
- > Group Package Deals
- > Mail order



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

Open Tues - Sat 9am-5pm
WEST MIDLANDS CANOE CENTRE
Sneyd Wharf, 401 Sneyd Lane, Bloxwich, Walsall, WS3 2LT

For a full price list on all our products visit
www.wmcc.co.uk
or call 01922 479279 for more info



www.brookbank.co.uk



FREE 2012 Catalogue

Twice the size! **200 PAGES** of Canoes, Kayaks, SUP, Climbing, Sailing, Camping and Outdoor Equipment.

Order your **FREE Catalogue**

Now also Online at:
www.canoesandkayaks.co.uk

"OR SCAN THE QR CODE"



London
01792 711 611

Carlisle
01228 521 703

Lancaster
01524 363 850



Northern Ireland
028 6772 1720

Perth
01738 622 773

Warwick
01926 640 573

Stockport
0161 474 1499

Seapoint & SE Sea Symposium

19/20th May 2012

Guest Coach Jeff Allen
running Incident Management sessions, other workshops including rescue & rolling clinics, plus a sea kayaking development week 21st to 25th May.

Where: Folkestone, Kent
Supported by BCU, Canoe England, Folkestone Sea Sports Group, Roger De Haan Charitable Trust, Folkestone Harbour Company, Kent Canoes & SDC

For more information contact:
seapoint@seapointcanoeandkayakcentre.co.uk
www.seapointcanoeandkayakcentre.co.uk

The Source of Fun & Adventure

- Montenegro & Austria WW Kayak Holidays & Expeditions (June - Aug)
- Kayak & Canoe Skills Coaching
- Bcu / Ukcc Qualifications & Awards
- Rescue & 1st Aid Training
- Adventure Activity Breaks



www.tynantoutdoors.com
andy@tynantoutdoors.com
Llangollen, North Wales
07866 634 708

Paddling the

Waking up in the morning the sky was a cobalt blue colour and there was no sound except the birds singing softly in the trees, the hills were gently covered in snow and it seemed like a perfect day to start our journey.

Feature by: Kirsty and I met in Inverness, arranged to leave a car there for a few days and then took a leisurely drive to our starting point near Fort William through the Great Glen itself. We drove to the entrance to the canal at Corpach and walked down to the beach enjoying the sunshine and quiet of the sea. We had already thought that we might start just above the locks, watching cyclists puff along made this decision definite.

Nancy Chambers.

We had organised our free canoe licence through British Waterways Scotland and this would give us access to a variety of facilities including parking and toilets along the 60-mile route. We drove the car to a convenient car park at the top of the locks and started unloading the boat and then the gear. There seemed to be a never ending stream of kit tumbling out of the car.

We were off. A gentle breeze had sprung up making the cold spring morning seem especially chilly until we had paddled enough to warm ourselves through. We decided that 30 minutes paddling on each side would be a good target before we changed over. Chattering our way along and enjoying the scenery of Ben Nevis and the Aonachs towering over the landscape we quickly made our way to the first of the locks that we were to encounter. We pulled alongside and quickly got out, reminding our legs how they worked after they had been sitting tucked under us for the morning. A friendly lock keeper chatted to us and offered us a wheelbarrow to help moving kit around. Donald Macpherson, the Development Officer for the Great Glen Canoe Trail has superseded this and you now have access to canoe trolleys at each of the lock sections, as well as map boards suggesting a portaging route.

A downwind rig

Both sides of Loch Lochy are relatively steep and funnel any wind down the loch. We started to take advantage of this and put the sail up. We had a simple downwind rig, which was held up by Kirsty in the front of the boat, her arms were aching and hands like ice blocks clamped onto the poles by the time we were half way down the loch.

We stopped for a rest at the beach near Letterfinlay Lodge and had a look around. The wind had been increasing and it looked as if it might get a bit windier still. This is what the forecast had promised us, so we were prepared for it and that we might even get a light shower of rain later on. The darker sky and the steep sides of the loch made the chill seem

“ Her arms were aching and hands like ice blocks clamped onto the poles by the time we were half way down the loch ”



Above: drizzly loch. Photo: Donald Macpherson.

even deeper, so after a last slurp of hot juice out of the flask we pressed on. We made it to Laggan Locks before the rain and had a quick portage round them and back onto the canal on the other side. We saw our first boats travelling through the canal here, a sleek lined yacht with a waterproof clad skipper and companion on board, they gave us a cheery wave and headed out on to Loch Lochy as the first of the drizzle started.

We were on the look out for a place to stop and land the canoe as we had planned the first night to stay in the luxury of the Great Glen Hostel. All our potential stopping points along the beautiful tree line Laggan Avenue had a very steep scramble up the bramble infested bank, however we soon realised that if we went much further we would have a very long walk with all our kit. As it was we explored the canal to find the path and then a short walk across some fields to the hostel. Our pasta dinner was very welcome, followed by a lovely warm shower and bed. Bliss.

The next morning dawned and we wandered our way in the sunshine back to the boat. We loaded more efficiently this morning and set off enjoying the warmer temperatures. There was a lovely gentle breeze and we slowly sailed and paddled our way

Great Glen Trail



Above: Corpach. Photo: Kirsty Murfitt.



Above: Lovely views. Photo: Nancy Chambers.



Above: River Oich. Photo: Nancy Chambers.



Above: Sunny paddling. Photo: Donald Macpherson.

down Loch Oich past the Glengarry Castle Hotel. If you are passing there in the afternoon, it is well worth stopping in for high tea, they serve mountains of sandwiches and cakes that any hungry paddler would be happy to eat. We unfortunately were passing before 10am, so no high tea for us.

Galloping river

There was a choice to be made at the end of the loch, would we take the easier route along the canal portaging the many locks down into Fort Augustus or would we brave the River Oich? The decision was made and over the weir we went. The river galloped down the first section of easy rapids and we decided to change the trim of the boat a little and give Kirsty a saddle made up of kit bags towards the middle of the boat as she was getting a few waves splashing up and smacking her in the face and trickling into her clothing. Not a pleasant feeling when you have the rest of the day to get through. The next sections of rapids were the biggest and came at us quickly making us change our line around a few 'just covered' rocks. We stopped just below this to quickly bail out and

discovered a beautiful clearing that had obviously been used as an informal campsite.

At the mouth of the river we floated out onto Loch Ness all the while looking for signs of the monster, there were some loud rumbles from within the boat, obviously time for lunch now. Sitting near Cherry Island we snacked and chatted about how far to travel down the loch today. We had travelled through the landscape faster than we thought due to the winds and the height of the river. After lunch we had the wind with us again and it flew us down towards Invermoriston, where we decided that we would again go for the luxury of staying in the Loch Ness Youth Hostel at Alltigh. The steep sides of the loch were funnelling the wind down and we had travelled so fast, we had to wait until the hostel opened at 5pm.

Exhilarating ride

The next morning we awoke to beautiful blue sky, sunshine and a strong breeze blowing down the loch. It was almost too strong, but we decided to go anyway and stop on the shore if the waves got too big for us. We brought the sail down, as Kirsty could no longer hold it up consistently as the wind got stronger again. It felt just too risky surfing down the front face of waves with it fluctuating our speed. As we continued down the loch each wave was an exhilarating ride. Concentration was paramount so that we did not flip the boat, at many points we were paddling backwards to slow our speed down, it was taking every inch of our combined paddling experience to keep the boat on track. As we got down towards Urquhart Castle the sun was shining brightly on the water reflecting the spray that we were kicking off every wave, we must have looked quite a sight for the visitors to the castle that day.

Just before we passed Brachla Harbour (also known as the Clansmans Harbour) a particularly big set of waves passed underneath us we both felt like the monster was passing under us and we were paddling along her back. We decided that we might stop for a

“Concentration was paramount so that we did not flip the boat, at many points we were paddling backwards to slow our speed down”



Above: Canoe packing. Photo: Nancy Chambers.



Above: Kirsty sailing. Photo: Nancy Chambers.



Above: Canoe trolleys. Photo: Nancy Chambers.

moment and catch our breaths, so we made a beeline for the beach and with a 20-foot high purple monster for company; we had a bite to eat and thought about our options.

We decided to continue on and had planned how we would land if necessary. As the loch narrowed we started to cross towards the mouth of Loch Dochfour and shelter, we could see the waves crashing onto the shore, adding more tension to the boat. This part of the journey still rates as one of my more exciting paddles that I have done in an open canoe and I would not recommend tackling something like this without a good deal of experience, but we made it and then breathed a huge sigh of relief taking in our last section of flatter loch with much happiness to have made it safe and sound.

Our journey was almost finished, just a quick shuttle back to Fort William and then back home. Which gave us just enough time in the car to start planning out the next adventure.

Nancy Chambers is a Level 5 Canoe coach who works at Glenmore Lodge, Scotland's National Outdoor Training Centre, commonly found in a canoe, but has also been spotted in sea and river kayaks and on the mountains. Glenmore Lodge are running a guided Great Glen journey this year in June, for more details go to www.glenmorelodge.org.uk

Donald MacPherson and British Waterways Scotland manage the Great Glen Canoe Trail. More details can be found on www.greatglencanoetrail.info

WHAT IS A DEGREE IN MARINE SPORTS SCIENCES ALL ABOUT?



SPORTS SCIENCE Physiology • Psychology • Biomechanics • Coaching

OCEANOGRAPHIC SCIENCE Meteorology • Currents • Waves • Tides • Beaches • Coasts

TECHNOLOGY and BUSINESS Materials • Design • Marketing • Management

PRACTICAL SKILL DEVELOPMENT Kayaking • Sailing • Windsurfing • Canoeing • Diving • Surfing

If you are looking to go to university to develop an academic interest alongside a marine related sporting interest, have a look at our website, or contact us direct. For more information, visit:

www.plymouth.ac.uk

Scheme manager: Dr Jon Miles jrmiles@plymouth.ac.uk **Admissions tutor:** Matthew Barlow mjbarlow@plymouth.ac.uk

**STUDY YOUR
PASSION
WITH
PLYMOUTH
UNIVERSITY**

Your personal challenge in 2012

Devizes to Westminster 2012

Every Easter kayakers and canoeists set out on the demanding 125-mile course of the Devizes to Westminster International Canoe Marathon.

Feature by: Peter Hutchinson. **Since 1948 flat water paddlers have set out on the course pushing personal limits. Now in 2012 the dedication, training, commitment and sacrifices of crews – novices and old hands**

Photos by: Harriet Warne. **– and boats switching watersport disciplines will be tested to the limit.**

With no rain forecast, conditions are looking tough for this year's race from 6-9th April. "It'll be slow due to the expected warm, dry conditions," reflects DW commentator Paul Ralph. The lack of rain along the Kennet and Avon Canal and River Thames has water at low summer levels. Reduced narrow boat traffic on the canal may help some, but the lack of flow on the Thames will add to the strain on the latter half of the course.

After the carefully watched 2011 failed attempt on the 15 hour 34 minute course record by Ivan Lawler and Ben Brown – the World Marathon Champion pairing retired after 9 hours 51 minutes on the Thames – this year's race has no clear favourites. As Ralph says, "it's an open race and with the expected conditions, whoever wins can be proud." Anyone in the Senior Singles also gets a chance to win points towards the ICF Classic Marathon Series, with DW2012 being one of the ten global events in the race series.

There will be champions on the course. Five-time Olympic gold medallist Steve Redgrave is still on course to enter DW 2012. Former rowing partner and DW2009 entrant James Cracknell has given Redgrave a few words of advice. "Test your race food, use a narrow boat for speed, run the locks and get a support crew that will push you," said Cracknell, adding that the support and



Above: Mike Crankshaw and Steve Howard training.




Above: The finish.

atmosphere from competitors, organisers, volunteers and supporters made it a very special event and really helped in the early hours, even if it is rubbish being unable to use your legs to the same extent as in rowing. But at least you're going forwards! Good advice for everyone on the course, not just Redgrave.

Others have joined the challenge too. Charlie Tuke-Hastings and his partner are complete novices, starting from scratch. Andy Johnson, having seen the race from his narrow boat on the Kennet and Avon in 2011, dragged his one-time kayaking friend Steve Petty into the challenge of "pacing ourselves and finishing, not racing the course or others." David Patch and Nicholas Pearce are trying to make up for retiring after 27 hours last year. William Borrett and Daniel Robson are finally taking part after years of talking about it when Will's partner Sam bought the entry as a Christmas present. Andrew Parks and Ash Holbrook are in training to kayak around Great Britain in a record time and Mike Crankshaw is paddling with Steve Howard in memory of much loved nephew Royal Marine Adam 'Ads' Brown, killed in action in Afghanistan.

While the race is about the challenge and fun, it's the organisers and volunteers that make it happen. The race has around 300 on duty over the Easter weekend. Organisers always need more, and we've got a couple of spaces this year with Stage Race Umpire Richard Lovell and systems guru Wiki Daniels both leaving their volunteer roles and getting in the boat for this year's race.

If you're free and want to find out what it's all about, take a look at www.dwrace.org.uk, get in contact and join in the fun. 



Above: Setting out from Devizes.

Waterways and Environ

The former Access and Environment department became Waterways and Environment in July 2011.

This better describes and takes into account the engagement and ownership for a wide range of activities undertaken. The work extends into regulation, legislation, supporting volunteers, canoe trails, liaison with agencies, navigation authorities and other organisations; plus the growing area of environmental management and guidance.

Access to and along water remains a key and challenging issue. Existing access arrangements have been maintained and efforts to gain access and resolve difficulties on inland, tidal and coastal waters.

The national team assisted by voluntary waterway and coastal advisors teams in each region provide support and advice to colleagues, members and other organisations. The work of the voluntary advisors is invaluable and provides the local knowledge for the Waterways Information Service and the growing portfolio of canoe trails. They also act as Canoe England representatives with external organisations.

What do we get involved in?

There are a multitude of aspects with inland and coastal waterways that can require the attention of Canoe England. Much of this work is to provide opportunities to increase access and participation through more places to paddle and to counter any threats to our sport. Working with members, partners and developing relationships with external organisations is important. In summary this activity includes engaging with:



- **Canoe England volunteers**
Canoe England Volunteers are a key part of the waterways and environment team and we value all the time they give us to help us all with access and knowledge of local waterways and coastal areas. We are working on better ways of supporting them with extremely important work.


- **Members**
We are keen to provide and receive information and views from members. In addition we will work with members to understand their concerns whilst helping all to recognise the disparity of views amongst them.

- **Sport England**


We work with Sport England on our development plans and funding submission, which identifies and sets out our work priorities for the next few years. The main objective for waterways and environment is to increase the number of people participating in canoeing by promoting and developing places to paddle.

- **DEFRA and other government departments**


DEFRA's environmental remit extends into legislation and policy for access and use of the environment. Canoe England is fully engaged with the relevant departments in government on all canoeing matters, and in particular to press the case for rights to access to and along non-tidal waters. The whole area of access is very complex and Canoe England and the government disagree about the strategy for the delivery of sustainable access. Responding to consultations also features in this work.

- **Navigation, port and harbour authorities**


Working with the Environment Agency, British Waterways, Port of London Authority and other navigation, port and harbour authorities. This will help promote sustainable access and a mutual understanding of canoeing with these organisations..

- **Statutory environmental organisations**


We work in partnership with Environment Agency on complex legislation such as the Water Framework Directive and Bathing Water Directive to ensure we deliver the maximum benefit to canoe access/facilities as well as protecting the natural environment. We also

ment department

work with Natural England to ensure canoeists are provided with opportunities to paddle protected areas and habitats whilst protecting the natural environment. More recently we have consulted with the Marine Management Organisation to provide information on water recreation for the new marine planning system, as well as being involved in the ongoing consultation process of designation of Marine Conservation Zones around the English coastline.

- **Environmental groups and initiatives**



Non-native Species Secretariat and their Stop the Spread campaign; Green Blue promote and share ideas and promote good environmental practice on and off the water.

- **Produce Canoe England environmental guidance**

Such as You, Your Canoe and the Environment, Canoeing on the Sea and developing ways to support greening canoeing to individuals, clubs and organisations as a whole.

- **Other organisations in the water sport and recreation sector**



Sport and Recreation Alliance, British Marine Federation, British Waterways Advisory Forum, Inland waterways

Association, Royal Yachting Association and the water supply industry are amongst those that we help provide support for mutual interests and issues concerning inland and coastal waters.

- **Rivers trusts:**

Along with other partners we are developing a closer working relationship to deliver the requirements of the European driven Water Framework Directive. Rivers trusts have access to huge amounts of funding to deliver practical solutions to improve the ecological quality of our rivers throughout England and Wales. We are working in partnership to deliver the recreational aspects of these catchment based projects.

- **Angling Trust and Angling Development Board**



We are developing a working relationship with the Angling Trust and the Angling Development Board to address many issues that where we have a common interest including kayak fishing, health and the social benefits of our two sports.

- **Non-governmental organisations**



National Trust, Forestry Commission and National Parks as providers of access and facilities to promote great access for canoeing within their land ownership.

- **RSPB and wildlife trusts**



We are working with these organisations to deliver practical help using canoeing to access the river for monitoring purposes such as otter and water vole surveys.

The work of the Waterways and Environment teams brings Canoe England into contact with a wide range of interests and sectors and the list is not exhaustive. Information concerning the Rivers Access Campaign will come in the next edition of Canoe Focus.

Go Canoeing Week river clean up – come and help clean up the Medway

Join us as part of Go Canoeing Week to keep the River Medway looking pristine.

Scouts, cadets, clubs, centres, groups and individuals who use the Medway are invited to a mass clean up of rubbish on the river on the 14th or 15th April.

Sections of the river will be divided up to manageable sections and arrangements made for easy access, and for spots to place collected rubbish.

Please contact Paul Newman, South East Regional Secretary for more information or just to let him know you are interested and coming at paulnewmanpaddlesport@blueyonder.co.uk or you can visit our Facebook page on <https://www.facebook.com/groups/310300055691462/>



Help keep our waterways clean

A case study from Norfolk

As promised in the last edition of Canoe Focus, we asked Gwen Maka to write an article telling us why she is so passionate about river clean ups.

Since joining Eagle Canoe Club in Norwich four years ago, and since getting my own boats, I have spent many happy hours exploring the rivers and Broads of Norfolk. As time passed and I became more aware I began to routinely take a rubbish bag with me on my solo trips in order to pick up any rubbish I may find.

However, it was only after returning from a five month 2011 trip exploring the gloriously litter-free Outer Hebrides and Sutherland in my little camper van and canoe and doing a club trip through Norwich on the River Wensum, that the problem of river litter really hit home. Every reed bed and patch of duck weed was strewn with dozens of bottles and cans; every overhanging branch had a cluster of rubbish behind it; every bridge grew its own dung heap and (as I found later) its own rat colony.

Being retired I was the only person not having to go to work everyday so it seemed reasonable to tackle the litter collection myself. I decided to cover the stretch of the Wensum between Hellesdon Mill (beyond the outer ring road) and the mill near Halfords on the inner ring road. Having moaned enough about the rubbish I felt I couldn't justify ignoring it and I have come to believe that litter everywhere has become such a major problem in England that, irrespective of who deposits it, it now behoves the rest of us to take action to remedy it, whether that is on a personal or club or community level. After all, we boat users only exist because of the rivers so I think we are duty bound to help keep them beautiful and clean.

So it was that every day for a week I put my kevlar Wenona in at a different point and using a variety of instruments (rake and extendible tree saw) to claw the rubbish out the reeds and difficult to access places, I collected an incredible 15 wheelie sized bin bags of mostly plastic and glass bottles, cans, plastic bags, two bins and a 20x20 foot tarpaulin, plus a shopping trolley I couldn't recover!

I thought that the issue was worth bringing to the notice of the local press and a wider public. The Eastern Evening News were keen to publish an article and sent a nice man to photograph me in my canoe with a token bag of rubbish. The resulting article was very good and headlined 'Canoeist takes to river to highlight problem of litter.' They also contacted a Norwich City Council and Environment Agency spokesman for their opinion and encouraged people to write in with their views. The article was also bill-boarded outside local businesses.

It certainly drew positive attention from members of the public and I would like to think that a greater awareness of river litter, resulted in at least a few people thinking twice before throwing that bottle off the bridge and hopefully a few boaters who overcame their distaste and embarrassment and picked a bottle out the water.

Someone once said to me, "What's the point? You can't make a difference." However, if one person from one club, in one week, can remove and recycle 15 wheelie bags and prevent those 15 reaching the sea, just think what could be achieved if every canoeist/kayaker/club routinely carried a rubbish bag on trips and/or took regular litter collection trips. Many clubs may have an annual collection on 'their' bit of river, which is better than nothing but I believe the problem has become so serious that the time has come to be more active and proactive and public. Let it become routine behaviour to 'pick it up' because every individual that is seen voluntarily removing rubbish makes it easier for the next one to do it and to put aside the thought that it's disgusting and not their responsibility.

Gwen is not the only one!

Look forward to Canoe Focus and read with interest your article on keeping our waterways clean. All credit to Gwen Maka of the Norwich Eagle Canoe club for her work clearing a section of her local river.

I am also retired and my wife and I took a leisurely paddle last year on the River Yare from Thorpe to Trowse Mills. Our day turned into a litter collection trip with many excursions into reed beds and overhanging trees until the bow of my kayak was full of plastic bottles, bags and assorted rubbish. Most satisfying was collecting open glass bottles in midstream, three quarters full of water and about to sink. Rather surprising was an unopened crisp packet, which had obviously been in the water for some time and yet the contents were still perfect. No, we didn't eat them!

As a strong supporter of the River Access Campaign, it is good that the authorities, fishermen and general public realise the positive benefits canoe users can bring. I will contact the local clubs and offer my help in any clean-ups they are considering organising.

Terry Newby, Norwich



CKT Midlands Canoe Show

At the Nene Whitewater Centre

20th May 2012

- Evening whitewater talk and movie including BBQ
- Come and try it sessions
- Latest demo boats
- Full on site shop
- Flatwater skills workshops
- Freestyle competition
- Freestyle workshops
- Whitewater workshops
- Paddling talks

01926 88 99 28
 sales@canoekayaktrader.co.uk
 www.canoekayaktrader.co.uk
 www.midlandscanoeshow.co.uk

Nene Whitewater Centre, Bedford Road, Northampton NN4 7AA

JUST ASK

EXPERT ADVICE AND INFORMATION FROM THE SOUTH WEST'S LEADING PADDLE SPORT SPECIALIST

AS WATERSPORTS WWW.ASWATERSPORTS.CO.UK
WWW.SECONDHANDKAYAKS.CO.UK

01392 219600
 Exeter, Devon

pull on a pull-over

The pull-over kayak trolley, still, the **smallest** most **compact** trolley there is!
safe & easy

for more info visit:
www.pull-over.com

- **4mtr** Throwline for use on the bank or on the water.
- **Fast, Accurate** and **Simple** to deploy.
- Pocket size, packs to less than **10cm**

Quickline from pull-over

PK

www.kayaks.co.uk

66 Uphill Way, Uphill, Weston-super-Mare, Somerset, BS23 4TN
 Tel: 01934 613612 Email: performance@kayaks.co.uk

Canoes Kayaks Recreational Boats & Marine Accessories

H₂O kayaks

Canoes - Kayaks - Paddles - Kayak & Canoe Hardware - Trolleys

Unbeatable prices direct from importer. Please let us quote you for your club or organisation.
 Based in Brampton Norfolk.

Web: www.h2okayaks.com
 Email: sales@h2okayaks.com
 Phone: + (44) 01603 279161 Mon to Fri 9am to 5pm

Photo competi

Send us your photos!

Send in your canoeing photos and you could win a £20 Voucher for Cotswold or WHSmith! Simply send a large photo (at least five Megapixels) on a CD along with your contact details and a few words about the photo to: Coral Jackson, British Canoe Union, 18 Market Place, Bingham, Nottingham NG13 8AP or email it to coral.jackson@bcu.org.uk.

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.



Above: January U18 winner Josh Telling – Cardiff International White Water.



Above: Pauline Marsh – River Tryweryn.



Above: Sue Jameson – River Parrett.



Above: Sam Jackson – Tryweryn Centre.



Above: Benjamin Moody – River Severn.



Above: January winner Andrew Brierley – Allt A' Chaorainn, Scotland.

tion



Above: Richard Lee – River Dart.



Above: February winner Nick Dennis – On the Cam at Grantchester.



Above: Chris Hough – Derwentwater.



Above: David Johnson – Upper Dart.



Above: Tim Harlow – Yalding Weir.



Above: Antony Gales – Lee Valley White Water Centre.



Above: Paul Bennett – Upper Hamble CC's Boxing Day Trip.

No experience

In July, I paddled into Ketchikan, Alaska harbour on a southwest tailwind, ending a journey that had taken five weeks of paddling and more than six months of planning.

Feature by: Christina Chowaniec **That last moment is as clear in my mind as the very first moment, the one that started it all: the moment when the trip ceased to be an idea and suddenly became something real.**

Photos by: Pete Brennan **Looking back on all the hard moments I had along the way, I think that initial decision, that initial commitment was the hardest. Saying that one little word, "yes" is so difficult.**

Taking the necessary steps to make a trip happen is so daunting. Everything lies ahead. All the planning, all the decisions about work, about how to arrange your life have to be faced. And yet commitment, not hard skills or experience is the only thing you need to make any adventure happen. You have to be willing to make it a priority, above all else.

The Inside Passage

The Inside Passage runs from Puget Sound in Washington state, along the entire length of British Columbia to the Alaskan panhandle. In BC alone there is 40,000kms of coastline. It is a series of channels and passages, inlets and archipelagos all protected from the big swells of the Pacific Ocean. The onshore ocean flow into the mountain ranges causes large amount of rain to fall, creating one largest remaining tracts of unspoiled temperate rainforest in the world. It is a remarkable wilderness in the unique connection between the marine environment and the terrestrial one. Salmon hold the key; they are the link between the ocean and the land. As they swim up streams to spawn they become food for bears and wolves. Their nutrients sustain the land animals as well as provide the nitrogen that allows for the development of the massive forests that define the landscape.

It is a place that enchants you, captivates you; hooks you. You cannot be there and remain unaffected. It is mysterious and wild, delicately interconnected and unimaginably vast. I knew from the first time that I saw it that I would be back.

The best way to explore the Inside Passage is by kayak. It really provides an exclusive experience. You can access channels bigger vessels cannot enter. You are a few inches off the water and a few feet from land. You paddle along the shoreline and camp on land and feel a connectivity that other travellers cannot. It is a vehicle that gives you the flexibility to explore at your own pace and that allows you to move from the marine environment to the terrestrial one seamlessly.

The team consisted of five paddlers. We were all friends before the trip. We all had lots of expedition experience, but not really in kayaks and not really on the ocean. The challenge was not so much completing the journey itself, but getting ourselves ready to go on the journey in the first place. Our goal was to paddle

“It is mysterious and wild, delicately interconnected and unimaginably vast”



Above: Kayaks pulled up on a beach at Delong Island – day 32.

from Port Hardy on Vancouver Island to Ketchikan, just inside the Alaskan border, a distance of about 700 kms.

The first step was to find boats. It was a great test of our commitment. I got mine at a post-season rental fleet sale on Jericho beach – it was a huge Necky Tesla – long, stable and tank-like. Never have a few millimetres of fibreglass inspired so much confidence.

Research

In the early months we would meet about once a month to talk shop. We assigned duties, wrote gear lists, created excel spreadsheets, bought charts, read guidebooks and talked to everyone who had heard of the Inside Passage. We paddled one night a week, blocked spots in our calendars for longer trips and clinics with instructors.

As the trip grew closer, we spent more time planning, prepping, and shopping. We built the menu, dehydrated a lot of our own food, marked charts, loaded up the GPS, built sails for the boats, and customised the seats and braces. Everything came together in the last two weeks as we physically collected everything in one place.

On June 10, we drove our boats and gear from Vancouver and launched our trip from a Port Hardy Marina, at the north end of Vancouver Island. It took us more than three hours to pack our boats that first morning and it would be days before we figured

necessary



Above: Rest stop and map check. Heather, Christina and Keara.



Above: Rest stop in Fitz-Hugh Sound, directly across from Namu – day 9.



Above: Keara Brennan paddling into Fjordland – day 16.



Above: Dinner at Skull Cove. Keara, Justin, Christina, Heather and Pete – day 3.



Above: Kayak sails pointing north into Grenville Channel. – day 22.



Above: West coast rainforest at Carter Bay.



Above: Pulling into Delong Island – day 32.



out the perfect packing method and streamlined our gear management system. It was the start of a lesson in efficiency. The one thing that nobody had told us about kayak tripping is that it has very little to do with paddling. It is all about managing your gear. Packing, unpacking, keeping track of it, carrying it up and down beaches. Nailing that aspect is the key to a successful trip.

34 days

We paddled out into a calm morning, the first of 34 days of paddling and exploring. The landscape varied from low rock shores with weathered trees to steep walled, mist filled fjords. The wildlife, especially the marine life, was plentiful and curious. It is a humbling experience to not be the star of the show for a change. You are a silent witness, and the show goes on with or without you, or as if you weren't even there. You never knew when you would round a corner and interrupt sea lions fighting, dine with otters hacking open their own dinner or sit nosing a group of humpbacks.

“It is all about managing your gear. Packing, unpacking, keeping track of it, carrying it up and down beaches. Nailing that aspect is the key to a successful trip”



The walls of the shore themselves were alive. Covered from high tide line to the ocean floor with layers mussels, barnacles, algae, starfish, laid out like a geological strata, each existing in a pre-ordained niche zone, each uniquely coloured.

Perhaps what surprised me the most were the incredible beaches we would come across. We would paddle all day beside impenetrable forests, rock and steep impassable shorelines, and then our marked campsites would appear, seemingly out of no where. Sometimes they were vast stretches open beach; sometimes they were small pockets of white sand. We would pull into these treasures and have them all to ourselves. When the sun shone through the crystal clear water and heated the sand we could be forgiven for thinking we were in paradise.

As you travel, the life you left behind begins to feel very far away. You take life at a completely different pace, at the speed of a kayak and life becomes very simple. There is no tomorrow. There is only the next mile or the next meal. You live in the moment. It is nice to have a different set of priorities and to take life at a different speed.

We ate and lived extremely well. The expedition kayaks we had were massive and held the food and gear we needed for the whole trip. We restocked some fresh food in Bella and later in Prince Rupert, but everything else came with us the whole way. We had massive amounts of chocolate, energy bars and nuts. Most days we ate a cold breakfast and on mornings where we had more time we would whip up pancakes with Nutella. We always took a break at lunch, stretched out and ate massive amounts of peanut butter crackers. Dinner was usually some kind of pasta or rice; pad Thai, tortellini, red/green curry, and burritos. We had brownie and muffin mixes. Often we would have fresh fish to supplement dinner. I can honestly say that aside from a cold beer, I never really craved for anything out there.

Human history

There is a human element to the Inside Passage as well. The west coast native people live and draw their entire existence from the rich food resources available on the coast. There is a history of fishing and canning, power generation and timber extraction. The whole route has ruins and ghost towns and evidence of a wealth of resources valuable enough to invest in their removal. The biggest, widest channels also form a working shipping route for cargo ships, cruise ships and ferries.

When we pulled into the government wharf in Ketchikan on July 14, none of us wanted the trip to be over. It is an amazing thing to paddle 34 days with people, to push and to be pushed and in the end be disappointed that things have come to an end.

We raised glasses, we had a lot to celebrate: that we, five ordinary people, had executed an expedition. That we had organised our lives to realise an idea. That the unknown had not intimidated us. That we had used planning and commitment in place of experience. That we had paddled 700 kms together.

I hope that this encourages anyone who ever had an idea for an adventure to simply get out there and do it. We did it. So can you.

A short film about the trip 'No Experience Required' (31 minutes) looks a little more in depth at the adventures we had along the way (<http://vimeo.com/21418425>).

Want to paddle part of the Inside Passage this summer? Dam Good Logistics is an adventure logistics and trip-planning outfit. They specialise in arrangements for customised self-guided trips into the North Coast of BC to enable you to get out there and have your own adventures. Visit www.damgoodlogistics.com.

Come to **Canada** next summer

For the adventure of a lifetime

We specialize in wilderness canoe adventures

Canoe & Kayak Rentals

Boat & Van Shuttles

Expedition Store

Find us on facebook



Complete canoe packages | www.canoe@icanoe.ca | 705-569-2595



rockpool
it's all in the detail

The Taran is the radical new addition to the Rockpool fleet, designed for the intermediate to advanced paddler



HOLIDAYS & COURSES

Lofoten a padlers paradise



Guided trips
BCU courses
Kayak rental

Lofoten Kajakk
lofoten-kajakk.no

Need a fresh challenge?
Join our team on a wilderness canoe expedition to Finland



Learn white water canoe skills, open fire cooking and camping under the stars on a fully guided expedition.

£780 includes a free UK canoe training weekend

Email: ian@angliaadventures.co.uk for more info
www.angliaadventures.co.uk

Canoe Canada's Northern Wilderness



- Expedition outfitting for lakewater & whitewater canoe trips in Temagami & James Bay watershed, including Missinaibi & Harricana rivers.
- Kevlar & ABS canoe rentals, trip food, gear rentals, shuttle service, maps & route planning.
- Comfortable lodging & organic cuisine for your pre/post trip stay.

Smoothwater Outfitters & Ecolodge
www.smoothwater.com • temagami@ontera.net
Tel: 001-705-569-3539 • Fax: 001-705-569-2710

Sea Kayak MILOS

Genuine hospitality, quality equipment and an amazing place to paddle. We offer: Day-trips, expeditions, courses and accommodation.

Milos Island, GREECE
www.seakayakgreece.com

www.seafreedomkayak.co.uk

Near Oban, Scotland
Individualized coaching & guiding
Bed and Breakfast
01631 710173



Sea Kayaking Kefalonia
Ionian Sea, Greece



Day-trips in Kefalonia, multi-day trips in Kefalonia, Ithaca and all central Ionian, BCU courses, accommodation

www.seakayakingkefalonia-greece.com



Kayak del Mar is the first specialist sea kayak provider in the Canary Islands. Come and join us for a warm paddle and discover the natural beauty of Lanzarote and the surrounding islands. We are active all year.

Contact us for a full package quote incl. accommodation, kayaking and mountain biking.

info@kayakdelmar.com
www.kayakdelmar.com
Phone 0034 630 223 962

HOLIDAYS & COURSES

New & Used kayaks for sale.



Aquanauts, Scorpio's, Capella's and Easky 15/17/15.V
AVAILABLE NOW!

Venture Kayaks FROM £595
P&H Scorpio FROM £980
P&H Capella FROM £1050

Kayak and canoe coaching, white-water trips and children's holiday courses
www.southwatersports.co.uk




Kayaks, canoes and clothing
www.ukkayaking.co.uk

Fort William
Self-catering - Home comforts
Excellent drying rooms - Twin and four-person bedrooms - Parking for trailers - Groups or individuals
22 Beds

Tel: 01397 700451
info@fortwilliamholiday.co.uk
www.fortwilliamholiday.co.uk

HOLIDAYS & COURSES

SEAKAYAKSARDONIA
guided or self-guided trips



Holiday, Day-trip & instructional courses
www.seakayaksardonia.com

Top Barn

ARCHERY
HOT AIR BALLOONING
ORIENTEERING
RIFLE SHOOTING
MOUNTAIN BIKING
RYA DINGHY SAILING
RYA WINDSURFING
CANOEING
QUAD BIKING
CLAY PIGEON SHOOTING
TEAM BUILDING ACTIVITIES
EVENT HOSTING

Top Barn Activity Centre
Tel/Fax: 01905 622223
info@topbarnactivity.com
www.topbarnactivity.com



Ingenious Products For Cool Kayakers
www.KAYAKRACK.co.uk

To advertise your situations vacant, holiday and courses, accommodation and equipment and services, please call 01480 465081.

EQUIPMENT & SERVICES

Joel Watersports
Courses, Canoes & Kayaks
All at our Lakeside Shop
Top Barn, Worcester WR6 6NH
Tel: 01905 621734



www.joelwatersports.co.uk

Reed www.chillcheater.com



Superthermals, base layers, mid layers, outer shells
Call for Stockists and availability
Tel: 01271 815828



OUTDOOR ACTIVITIES SPECIALISTS WANTED

INTERESTED ABOUT WORKING WITH YOUNG PEOPLE?

Want to help us change lives?

The Prince's Trust is the place for you. Following the merger with Fairbridge, outdoor adventurous activities will continue to be part of our Fairbridge personal development programme for disadvantaged young people.

We offer permanent UK-wide career opportunities, training and development, and the benefits of working for an organisation that is highly respected within the voluntary sector.

You should hold at least one of the following: BCU Level 2 Coach, SPA, ML with experience of working with our client group.



Inspiring young lives

0800 842 842

princes-trust.org.uk

© The Prince's Trust 2011. All rights reserved. The Prince's Trust is a registered charity incorporated by Royal Charter in England and Wales (1430981) and Scotland (SC01104).



EXPERIENCE

FOR LIFE

acorn

Enthusiastic, hard-working & committed individuals, with a passion for working in the outdoors apply here!

Come and work with Acorn Adventure, the UK's leading provider of adventure camps for schools and families. Competitive seasonal package with training & NGB qualification opportunities.

Call us now on 0121 504 2066

jobs@acornadventure.co.uk
www.acorn-jobs.co.uk



Multi Activity Instructors
For Keswick's Largest
Outdoor and Indoor
Activity Provider



Both Centres require Instructors with a minimum of:

- 2 NGB's (SPA / ML / BCU Level 2)
- Driving License
- CRB Check
- First Aid Certificate
- 2 Work References

In return we can offer suitably qualified Instructors:

- Live In posts at Newlands Adventure Centre
- Live Out posts Keswick Climbing Wall
- Wages that are above NMW
- Comprehensive training programme

For full details of either post, please send your CV to the following address, indicating which centre you are interested in applying for:

INSTRUCTOR APPLICATIONS, NEWLANDS ADVENTURE CENTRE, STAIR, KESWICK, CUMBRIA, CA12 5UF
Tel: 017687 78463 / info@activity-centre.com

www.activity-centre.com
www.keswickclimbingwall.co.uk

Activity Instructors

Adventure International

Energetic... Motivated... Team Orientated?
If so Adventure International wants you!
Come and experience one of the best training packages in the industry. No experience necessary. Short & long term contracts available. Begin March end Nov 2012.
Contact us for an application pack
Tel : 0870 7775111
www.adventure-international.co.uk

Looking for the best Training & Working Adventure?

Rewarding work and great fun instructing exciting adventure activities to 8-12 year olds, including Canoeing, Climbing, Caving, Archery... and many more.

Robinwood offers:

- ▲ Two great locations in the Pennines.
- ▲ An excellent staff training programme, including NGB qualifications paid for by Robinwood
- ▲ Great working conditions, with an average 3 days off per week
- ▲ Good quality staff accommodation
- ▲ Staff residentials and activity events, all organised and paid for by Robinwood.
- ▲ Great staff wages
- ▲ National Training Award Winner 2001

For further details:
bestjob@robinwood.co.uk
Tel 01706 814 554

robinwood
Activity Centre
Todmorden, Lancs
www.robinwood.co.uk

INVESTOR IN PEOPLE

NATIONAL TRAINING AWARDS 2001

TRADE

Cumbria

Overwater Boats

Courses In:

Canoe Building - Sea Kayak Building
Paddle Making - Coracle Building

Bespoke wooden canoes, kayaks and paddles

www.overwaterboats.co.uk
www.facebook.com/overwaterboats
mark@overwaterboats.co.uk
Tel: 07966 631 335

Somerset

66 Uphill way, Uphill Village
Wesington, Somerset, BS23 4HT
Tel: 01294 813817
Email: info@pkkayaks.co.uk
Website: www.pkkayaks.co.uk

Essex

Nucleus Watersports

The Essex Superstore

Kayaks, Canoes, Accessories
www.canoes2go.co.uk

djdpedd@btinternet.com

Tel: 01255 812 146

204 Frinton Rd, Holland-on-sea, Essex, CO155SP

Devon

Full range of equipment for all aspects of the sport. Playboating, Fun, Surf, Touring,
Racing. www.aswatersports.co.uk
HAVEN RD, EXETER. 01392 219600

Jenny Spencer, Go Canoeing Development Officer

Jenny Spencer, previously a Canoe England Paddlesport Development Officer, is now heading up Canoe England's brand new participation initiative – Go Canoeing.

My job involves... Anything and everything to do with Go Canoeing!



The last six months have been very busy and I've taken on a whole range of different work. Developing the Go Canoeing brand and understanding what we want from the new website has been a large part of the role. Alongside co-ordinating, developing and setting up the new activities and information that will be offered through Go Canoeing; starter sessions, guided tours, canoe trails and events.

The most challenging aspect of my role is... Everything changes on a daily basis, especially when you are setting up a new project, so you need to be constantly reviewing and making sure the project is on track. Because it's a national project there is a lot of planning and information that has to be co-ordinated, collected and communicated to others so this can be challenging.

But, my favourite part is... The variety of work I do on a daily basis. I'm certainly never bored and it's great to be involved in creating opportunities for others in canoeing.

I first got into canoeing... I have a photo of me, aged six days old, being held in my dad's arms whilst he's sat in a kayak, so I got introduced to canoeing at a pretty young age and haven't really looked back!

A typical day, for me, is... An early start in the office so that I can start planning all the work that needs to be put in place and completed by the end of the week. Then a busy day of emails, phone calls and meetings to co-ordinate this. Once I leave the office I try to do some form of exercise or catch up with friends.

My best canoeing moment ever was... Becoming Junior Marathon World Champion at the age of 17.

When I'm not working, I'm... Out and about on some sort of adventure whether that is in a boat, bike or anywhere that takes me outdoors. I love all sports and if it combines some form of travelling then you will find it hard to tear me away.

This summer, I'm most looking forward to... Seeing the first Go Canoeing tour take to the water, the light evenings so I can enjoy paddling or cycling in the sunshine after work, the buzz from the Olympics and riding a stage of the Tour de France in the Pyrenees on my road bike!

Find out more about Go Canoeing at: www.gocanoeing.org.uk

Jack Robson, Canoe Polo

Jack Robson is one of the British U21 Canoe Polo team's most established players, having won World Championship gold in 2008 and bronze in 2010, he also captained the team to a seventh place finish at last year's championships.

I first got into canoeing... By going to Danson Park to watch my brother paddle with Meridian Canoe Club. I enjoyed it and was asked if I would like to join in!

A typical day, for me, is... Getting up and going to work early in the morning. I come home around 6pm, and then go training at Danson Park. After that, I

spend the rest of the evening relaxing, by watching TV or playing Xbox.

My best canoeing moment ever... Was either winning the World Championship in Canada in 2008 or scoring the golden goal in the 2010 World Championships 3rd/4th Play Off.

My real guilty pleasure is... I don't really have a guilty pleasure but when I'm not working or training I have started to learn how to play the guitar.

I'm scared of... I'm not really scared of anything but I'm not too keen on spiders!

My ultimate goal in life is... To win the World Championships at senior men's level and the European Club Championships with Meridian. I also want to have a job that allows me enough free time and money to continue doing the things I enjoy.

An ideal night out for me is... Relaxing with the lads after a hard day's competition.

This summer, I'm most looking forward to... My last World Championships with the British Under 21s... and hopefully getting a medal.

Follow me at... Danson, if you're fast enough!



RobinHood Watersports

ENTRY LEVEL PACKAGES

PYRANHA MASTER

- Pyranha Master TG Club
- Yak Kyu Fabric Deck
- Palm Drift 1 Piece Whitewater Paddle



RRP £465

PACKAGE £410

DAGGER AXIOM ACTION

- Dagger Axiom Action Spec
- Palm Mavric G1 Paddle
- Yak Zinc Spraydeck



RRP £715

PACKAGE £630

SARANAC CANOE PACK

- Old Town Saranac 146
- x2 CSR Buoyancy Aid
- x2 Carlisle Economy Paddle



RRP £659

PACKAGE £580

FUSION RIVER TOUR PACKAGE

- Pyranha Fusion River Tour
- Yak Zinc Deck
- Bravo 2 Piece Glass Paddle
- Yak Kallista Buoyancy Aid



RRP £735

PACKAGE £650

2 MAN INFLATABLE KAYAK PACKAGE

- Zpro Tango 200 Kayak
- Bravo Combo Paddle
- x2 CSR Buoyancy Aids
- Jobe Pump



RRP £471

PACKAGE £399

3 MAN INFLATABLE KAYAK PACKAGE

- Bravo Combo Paddle
- x2 CSR Buoyancy Aids
- Jobe Pump
- Z-PRO Tango 300



RRP £521

PACKAGE £445

ROHO RECOMMENDED PURCHASES

CAGS



Palm Atom
£229.95

Palm surge
£169.95

Peak Freeride
£155

Yak Volt S & X L
£69.99

DRYSUITS



Typhoon Multisport Mens
RRP £499
Our Price £425

Typhoon Multisport womens
No con zip
RRP £449
Our Price £379

Peak Creek Suit
£499

Palm Sidewinder torrent
£499

BOUYANCY AIDS



Palm extreme
£169.95

Palm Luna (Ladies)
£159.95

Peak River Guide Vest
£119

Nookie River Monster
£119

DRY TROUSERS



Palm Sidewinder Bib
£229.95

Palm Amaris Pants
£159.95

Peak Storm Pants
£149

Yak Moray Bib
£149.95

Price Match Promise - We will match any advertised price

Photographer: Jen Chrimes Paddler: Jakobus Stenglein

CHECK OUT OUR SPECIAL OFFERS PAGE

Check our daily offer on

facebook

@ Robin Hood Kayak

MAIL ORDER/ADVICE LINE
01924 444888

Yorkshire's Premier canoe, kayak and sit-on top dealer. We specialise in being a paddler run store offering sound advise and competitive deals for individuals, clubs and centre, across the whole of the UK.

Please call for a custom Quote. All major brands stocked.

ONLINE SUPERSTORE
www.roho.co.uk

RobinHood Watersports

152 LEEDS ROAD, HECKMONDWIKE, WEST YORKSHIRE, WF16 9BJ





Visit ThePaddler.co.uk for your chance to
Win a Pulse 85/95

Tootega's new sit-on-top kayak built to explore the powerful and dynamic world of surfing whilst still retaining the great characteristics needed for those flat day paddles...



ThePaddler.co.uk



MANUFACTURERS

HOLIDAYS & IDEAS

WATERSPORT JOBS

BCU COURSES

WATERSPORT CENTRES

EQUIPMENT SUPPLIERS