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Stockport

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

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Tel: 0845 370 9500

0300 011 9500

Fax: 0845 370 9501

E-mail: info@bcu.org.uk

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President

Albert Woods

Chair

Brian Chapman

Chief Executive

Paul Owen

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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

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Above: On the Etive. Photo submitted by Adrian Treadall for the Canoe Focus photo competition.

Hello and welcome to the June Canoe Focus



We certainly can't ignore the excitement building. This month sees our canoe sprint and canoe slalom canoeing squads selected and the 2012 Olympics are just a few weeks away; however there are lots of us out there setting our own paddling goals and achieving personal targets. Many of them can be found in this issue of Canoe Focus.

The spell of bad weather seemed to have encouraged paddlers rather than deterring them. We receive e-mails and photographs daily from paddlers telling us about their experiences and how they are looking to challenge themselves and develop new skills. This month we feature the 125-mile Devizes to Westminster International Canoe Race as well as looking at some amazing regional projects, and fundraising challenges. No matter what level you are at, canoeing is a sport that has something for everybody.

There are also stories from April's National Go Canoeing week. Further information, advice, and stories can be found from the newly launched Go Canoeing website at www.gocanoeing.org.uk

As you receive this edition, final preparations will be underway for the 2012 ICF Canoe Slalom World Cup in Cardiff – another prestigious event that we are proud to hold in this country. I'd like to wish all our competitors the best of luck and ask you to spare a thought for the officials and volunteers that are essential to the smooth running of not only this major event but also at all kinds of events up and down the country.

I hope you enjoy the magazine and continue to enjoy getting involved in our fantastic and diverse sport.

Paul Owen, BCU Chief Executive



Islay

A new benchmark for the touring kayak has landed.

All that exists now is the lake, the sky and wildlife - you have 48 hours off from the world so load your tarp, beers and BBQ and get out on the water!

Design inspired from the P&H Delphin - Setting a new benchmark in the touring category.

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Claire O'Hara freestyle kayaking, squirt boating and white water kayaking and Cathy Wynne, secretary, BCU sprint racing committee and sprint racing regatta official.

In brief

River Usk Canoe Race

Sunday 7th October

Start: Newbridge on Usk

Finish: St. Julian's Hotel, Newport

Distance: 8 miles

Start time: 11.45 hours EVERYONE WELCOME

For details contact: Alan Baker 20, Larkfield

Close, Caerleon, South Wales NP18 3EX

Tel 01633 421629 Email:

uskrace@croesycahoe.co.uk

Revamp for Tyne Tour

In 2005, Hexham Canoe Club took over the organisation and as a result of a review by the organisers, changes are planned from 2012 that will emphasise the tour as a gathering of paddlers. They hope the improvements will succeed in attracting more club paddlers, families and smaller groups, as well as continuing the tour's appeal to large student clubs.

The plans include: re-branding the event as a paddling festival; extending the remit of the tour to include more touring sections of the Tyne; holding more talks, seminars and films during the weekend; working more closely with Canoe England and improving links with Northumberland Tourism and National Park.

Visit www.tynetour.co.uk and please email ideas for the organisers to info@tynetour.co.uk

Competition

	Start	Finish	Discipline	Event
Jun	15 Jun	17 Jun	World Cup 2 - Pau, FRA	Canoe Slalom
	22 Jun	24 Jun	European Championships - Zagreb, CRO	Canoe Sprint
	22 Jun	24 Jun	World Cup 3 - La Sue d'Urgell, ESP	Canoe Slalom
	23 Jun	02 Jul	World Championships - La Plagne, FRA	Wildwater Canoeing
	23 Jun	24 Jun	ECA Cup 2 - Mechelen, BEL	Canoe Polo
	23 Jun	24 Jun	World Cup 1 - Copenhagen, DEN	Canoe Marathon
July	25 Jun	30 Jun	European Championships - Lienz, AUT	Canoe Freestyle
	26 Jun	07 Jul	Olympic - Training - Lee Valley, GBR	Canoe Slalom
	11 Jul	15 Jul	World Championships - Under 23 & Junior - Wausau, USA	Canoe Slalom
	12 Jul	15 Jul	European Championships - Under 23 & Junior - Montemore-o-Velho, POR	Canoe Sprint
	14 Jul		National Championships - Aberfan	Canoe Polo
	17 Jul	26 Jul	Olympic - Training - Lee Valley, GBR	Canoe Slalom
	21 Jul	22 Jul	National Regatta - Holme Pierrepont, Nottingham	Canoe Sprint
	21 Jul	22 Jul	World Cup 2 - TBC	Canoe Marathon
Aug	29 Jul	01 Aug	Olympic Games - Lee Valley, GBR	Canoe Slalom
	06 Aug	11 Aug	Olympic Games - Eton Dorney, GBR	Canoe Sprint
	24 Aug	26 Aug	World Cup 4 - Prague, CZE	Canoe Slalom
	24 Aug	26 Aug	World Cup 1 - Columbus, GE, USA	Canoe Freestyle
	25 Aug	26 Aug	National Championships	Canoe Marathon
	30 Aug	02 Sep	European Championships - Junior - Solkan, SLO	Wildwater Canoeing
	31 Aug	02 Sep	World Cup 2 - Sparta, TN, USA	Canoe Freestyle
	31 Aug	02 Sep	World Cup Final - Bratislava, SVK	Canoe Slalom

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Kayaking London to Manchester

During June, Paramedic Tony McColley will be paddling a kayak from London to Manchester to raise funds for the London and North West Air Ambulance Services. He will paddle over 240 miles of the British Waterways canal network, carrying the boat around 190 locks and several tunnels, with little support and no back up crew.



When asked why he said, "That it was a fitting way to celebrate the fantastic work the air ambulance service do for us all." and that he had "never been to Manchester!"

Tony, who works in the Whipps Cross area of London, has some history of extreme events having competed in the gruelling Marathon des Sables desert race, billed as the toughest running race in the world and motorcycle desert races. His latest challenge will be wetter but no less testing than those events.

David Oakley, London's Air Ambulance Charity Director, said: "We are so grateful to Tony for choosing London's Air Ambulance and wish him all the best with his challenge. As a charity, we rely heavily on donations from the public and it is

passionate supporters like Tony who help maintain our life-saving service to Londoners."

The North West Air Ambulance are very excited by the challenge and are looking forward to following his progress and assisting him with his fund raising efforts.

You can sponsor Tony by JustTextGiving: For London's Air Ambulance text: HEMS 99 to 70070 or the North West Air Ambulance text: NWAA 91 to 70070. The kayak will be a travelling collection box so look out for him and post money through the deck hatch.

You can follow him at www.mapmytracks.com/londontomanchester or emailed on tonymccolley@me.com

In brief

Star Award price review

While fees have not increased since the introduction of the awards in 2007, it is now necessary to support the increased costs of printing, payment processing and postage as well as contributing to the ongoing development of the awards and resources. The following reviewed prices will apply to the BCU Star Awards and Leadership Registration with effect from 1st May.

Certification fees for BCU 1 and 2 Star awards will increase by £1 for members and £2 for non-members, while BCU 3-5 Star awards will increase by £2 for members and £5 for non-members. Member rate is also valid if the individual joins on the day of assessment or encloses a membership form with the pass slip.

Big 5 in a day

In the spirit of the 2012 Olympic year, How Stean Gorge's outdoor adventure team have created a challenging action packed – all-inclusive – day of adventure. The Big 5 consists of gorge scrambling, caving, canoeing, and abseiling.

Stan Beer, Director of How Stean Gorge said, "This selection of physical activities has been programmed into one day as we want to offer customers a unique opportunity to do all these activities in a single visit - unavailable anywhere in the world!"

The Big 5 will be available for a limited number of days from April to September and costs £95 per person including a DVD of the experience, hot or cold lunch and beverages. For further information call 01423 755666.

London Irish rugby club's race to the land of the midnight sun



Members of the London Irish coaching team are heading off to the Yukon, Canada, in June to take on the annual Yukon River Quest. More used to setting gruelling challenges for players, Toby Booth, Mike Catt, Neal Hatley and Justin Bishop, along with Gavin Gleave of club sponsor IWS, experienced kayaker/team ringer Tony Cilia and ex-marine/adventure canoeist, Jules Burnard, will all be faced with a real test of endurance and be pushed to their limits as they take on treacherous waterways in the infamous four-day canoe challenge.

Joining forces with a team from Interserve, one of the world's foremost support services and construction companies, they are hoping to raise a significant amount of money for Help for Heroes.

The 14th Annual Yukon River Quest starts to the east of Alaska on 27th June in Whitehorse and ends on Armed Services Day, 1st July. Finishing just below the Arctic Circle, at Dawson City. Athletes join from around the world to test their endurance, racing day and night along the 745km of rugged river shoreline to the Klondike in the most spectacular paddling race in the world.

Starting with a 2km run to the start, each team will follow the route taken by prospectors chasing the last great gold rush of 1897. Like the aspiring miners of the Klondike, the race is more than just the story of gold and glory. To get to their final destination of Dawson, each team will have to endure a daunting challenge on a perilous river in raw wilderness – at least 30% of participants do not complete the race due to the severity of conditions. All teams must be self-sufficient, for in the wilderness if you capsize and lose your boat it is possible you may be out there on your own for days.



Above: Training for the Yukon.

To sponsor visit: www.bmycharity.com/interserveLondonIrishYUKON

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



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

The road to Rio



For some time I have had a dream – to host the ICF Canoe Polo World Championships on the Serpentine lake in the centre of London. I'm just back from Rio de Janeiro where the ICF Board gave their unanimous support for the biggest and most audacious games ever.

Six months ago I started to engage with the wider polo fraternity to see if this was just a pipe dream or whether others shared a vision to take canoe polo out of the backwaters and thrust the sport into the limelight. Little did I realise quite what a roller coaster the next six months would prove to be.

Our first foray saw us don the best suit and meet with the Royal Parks authorities who had a reputation for being a tricky first hurdle, but not only were they pleasant, they also sent us off to talk to triathlon, who already run a major event in the park. The Triathlon event managers, Upsolut sports UK, seemed to realise the potential immediately and readily engaged in helping design and cost a set of temporary infrastructure which could be shipped in and out.

Curly Barker, our Chairman, has been unstinting in his support and his help saw us win the support of the BCU Polo Committee, where there were some reasonable questions and concerns from those who realise the magnitude of the task, of staging such an ambitious project. They were soon persuaded that the potential benefits of taking such an ambitious stance made the risks worth taking.

To broaden the appeal and raise some funds we turned to social media. The power of Facebook in particular has been tremendous. We now have nearly 300 members on a dedicated friends' page and at each step of the way, the click of a 'like' or a message of support has sustained us. Within two weeks of launching our 'pledge campaign' we secured pledges of £50k from clubs and individuals across the UK. This grassroots support has been a major factor in swaying the BCU.

While supportive of the idea, the BCU's concerns were as financial custodians of the organisation and centred on our ability to raise the budgeted £900k required to host a championship on a scale and professionalism never seen before. After very

positive meetings, and a positive reception at BCU Board, Paul Owen emailed me to say that the final decision had gone against us - the funding risk was too great but we were encouraged to come back with a proposal that provided greater financial reassurances.

After the initial disappointment and a quick rethink – what followed was a frantic 48 hours of phone calls, emails and text messages, bordering on harassment, to call in more friends and favours, from Jackie Marlow Director of Membership and Marketing at ISBA and Chris Parnham at Zibrant. With their help we convinced the BCU Board that we could raise the funds necessary to go ahead, and in a remarkable about turn we were back in business.

Having worked with mum, Mike and Curly over the Christmas period, the bid book text was already finished, apart from running through the presses (a big thank you to Howie Whitaker for turning round the printing of the book in days).

The final step was to create a presentation video and pitch to take to Rio. Another favour called in, another meeting, this time with Tilling Productions, who in 72 hours came up with an unashamedly rousing patriotic and cutting edge video that bought a smile to the faces of the ICF Decision Makers when I presented it in Rio.

I boarded BA0249 for Rio and by the time I stepped into the lion's den 26 hours later I had virtually memorised every word and intonation of the pitch, oh, and every hand gesture I was supposed to use as well. The most satisfying, was afterwards, when ICF Board member and canoeing legend Richard Fox said, "your dad will be very proud of what you're doing with London 2016."

The dream now moves on. We have to raise a further £50k in pledges, and still find a corporate sponsor. It's a big financial commitment but if we can pull this off, we showcase our sport to the daily 250,000 Hyde Park visitors and take canoe polo to a new and wider audience. With your continued help, I know we can do it.

If you'd like to get involved, contact Alan Vessey at Alan@CanoePoloLondon2016.com



In brief

Canoe Polo Club Championships 2012

14-15th July

Taff Bargoed Lakes, Trelewis, Treharris. Merthyr Tydfil, CF46 6RD. The entry fee is £75.00 per team and includes camping. Deadline is 22nd June (entries received after this date, but before 7th July will be accepted, but subject to an additional £10 fee).

All entry enquires please email Jane on treasurer@canoepolo.org.uk or visit: www.canoepolo.org.uk or www.aberfancanoecolub.co.uk

Three Lakes Challenge 2012

During August, Pegasus Outdoor Learning Trust will be organising a sponsored canoe/kayak of the three longest lakes in England, consisting of Windermere, Ullswater and Coniston water to raise £5,000 for Pegasus OLT.

All funds raised will be used to provide holiday activities to children from disadvantaged backgrounds from Autumn 2012.

How to enter. All paddlers participating in the event will collect sponsorship money from friends and family for their efforts and contribute to the final total. Competitive participants (those who are aiming to try and complete the three lakes in the fastest time for the 'Three Lakes Challenge Trophy' will also pay a small entry fee to compete (no entry fee for the under 16's competition).

For more information contact Pegasus Outdoor Learning Trust via: Threelakeschallenge@pegasusadventure.co.uk

York River Festival Canoe Race

Saturday 21st July

Enjoy a great day out at historic York by taking part in the annual River Festival Canoe Races. Free car parking on the riverside and free camping for the weekend in Rowntree Park. All races pass through the city centre when the riverside will be packed with tourists.

Three different distances (2,500; 5,000 and 7,500 metres) catering for all ability levels and any type of canoe or kayak. 27 hand carved trophies will be awarded plus annual cups, team trophies and race certificates covering all courses.

Registration on the day: 12.00-1.30pm at Millennium Bridge. Race briefing 1.30pm.

Entry fees: single paddlers £5.00; double kayaks and Canadian crews £8.00. Race organised by York CC. For information sheet: Email: philpuckrin@tiscali.co.uk

Photo competition winners

We are pleased to announce that the adult winner for March is Nikki Legg, whilst Isaac Baker won the U18 category. For April, the adult winners are Ash Greenwood and Phil Hadley, there was no winner in the U18 category.

In brief

New GB Canoeing merchandise now available – Support your team!

No matter which competition you are at or which discipline you follow, the new range of GB Canoeing merchandise is a great way to show your support for your favourite athletes, especially in the run-up to London 2012. Available through the BCU eShop as well as at various national and international canoeing events in the UK, the GB Canoeing merchandise range includes a wide selection of clothing including polos, t-shirts, jackets, hoodies, and fleeces. To view and purchase these items please visit: <http://tinyurl.com/ca6suks>.

Links of London Team GB band



Links of London are the creators of the Official Jewellery Collection of London 2012. To

celebrate they've designed this special red and blue woven band with an engraved plate in celebration of the Games. So, get your must have band and wear it with pride.

The band costs £20 plus postage and is available at the BCU eShop: <http://www.bcushop.org.uk>.

Best of British sprint or slalom canoeing posters and postcards

This colourful poster for display in clubs, centres, schools, or at events features our top athletes. The posters come as a pack of five (either slalom or sprint, not mixed). The postcards are a 10 set consisting of five slalom and five sprint.

The posters/postcards are free but a small postage charge is payable. These products are available at the BCU eShop: <http://www.bcushop.org.uk>



New free kayak fishing guide



Get Dizzy's FREE Kayak Fishing Guide

A new beginner's guide to kayak fishing has been launched by BCU member Ian 'Dizzyfish' Harris who said, "I wanted to give something

back to the sport that has given me so much. I have finally finished the guide, and I am giving it away for free via a link on my website." See: <http://dizzybigfish.co.uk/free-guide-to-kayak-fishing>

£60,000 raised for charities by race

Not many canoe race organisers set out with the target of raising £60,000 from a single race event. This was the goal of Stuart Shaw and Abigail Smith from Tesco. As a major sponsor of GB Canoeing, it was logical when fundraising for the two charities Tesco have chosen; Caravan and Cancer Research, that they would use a canoe race to achieve their goal.

Brookbank London supplied ten Dagger Approach kayaks and Stuart and his team recruited 20 companies from Tesco's suppliers to race in them.

Using the Crown Inn at Nazeing as the base, the racers headed upstream for 1km to the turnaround marker before the lock, then returned to the change over point at Lee Valley Boat Centre for

the next paddler to take their turn. For many of those taking part, this would be their first attempt at paddling a kayak. Instruction was supplied in the form of an ergo in the beer garden.

Credit to the Leaside Trust coaches who supplied the safety cover, no one capsized in either heat, and only one person fell out at the changeover point in the final! As a thank you for their support, Tesco donated all the kayaks to the Trust for them to use at their centre.

Thanks should also go to Pepsi/Britvic, Thorntons, Wrigley, Mars, Kettle, Cott, Innocent, Linot, Coke, Nestle, Cadbury, Red Bull, KX, Cancer Research, Gerber, Kinnerton, Choka Blok, Tactical and the Tesco team, for such an entertaining race.



The winners of the cup, presented by British Touring Car driver Jason Plato (right), were the Momentum team.

GB Canoeing TV

Over the last two years, in the build up to the London Olympic Games, the BCU's media department has increased its firepower with the creation of GB Canoeing TV, a new online video channel, available both from a dedicated website and on YouTube.

The channel shows a wide range of videos, varying from coverage of Olympic qualification to an affectionate look back at 75 years of the BCU. Since its creation, GB Canoeing TV has created more than 25 videos, delivering over 60,000 video views. The number of views increases on a daily basis, as more and more people discover the channel.

The main aim of GB Canoeing TV is to showcase British competition canoeing to the outside world, with mainstream television standard productions that can engage with viewers and draw in new support. Two videos in particular will provide really useful reference material to non-canoeists during the London Olympics, helping them get a greater understanding of canoe sprint and canoe slalom. The 'Beginner's Guide' to canoe sprint and canoe slalom videos feature Tom Hide (canoe sprint) and Huw Swetnam (canoe slalom) each explaining their sport and why they love it.

During the London Games, GB Canoeing TV will be at the forefront of the BCU's promotional activity, delivering a landmark promotional video that will showcase the sport as a whole. It's crew will be operating within the Olympic venues, filming interviews at the side of the course for transmission the same day and gathering material that will tell the story of British athletes at the games once competition has finished.

To watch GB Canoeing TV, just go to www.gbcanoeing.tv or you can subscribe to its YouTube channel <http://www.youtube.com/user/GBCanoeingTV> so you can get a notification every time a new video is uploaded. All videos are also linked to the GB Canoeing Facebook page.

Obituaries

Joy Davis – canoe polo

Sadly, in early April, Joy Davis lost her fight with ovarian cancer. Her funeral was attended by hundreds of people whose life she had enriched. Joy was the principal organiser of the Hull International since its beginning over 20 years ago, although her involvement with canoeing and polo went far beyond that single annual event. She encouraged thousands of children in Hull to try canoeing and was league organiser countless times. She was one in a million and she will be very badly missed. The Hull International will continue. At this year's event there will be a collection in aid of cancer charities and a hospice (Hull International 7-8th July).



Martin Howes – Maidstone CC Chairman

One of the club's longest serving and loyal members, Martin had been a paddler since schooldays competing in Kent Schools events with Swadelands School Canoe Club and developing his skills at Maidstone CC and Nottingham University.

He was involved in many different paddlesport disciplines: leading club sea trips to the Shetlands, Inner and Outer Hebrides, Anglesey, and Jersey. A keen whitewater paddler, Martin ventured to rivers in various parts of the world, recently paddling in New Zealand.

Marathon paddling was another favourite, both in K1 and K2, and he took a keen interest in the development of junior racers, supporting a young Maidstone GB international paddler at the World Marathon Championships in Banyoles, Spain.

Also an accomplished skier and experienced mountaineer (club paddlers had accompanied him in both), it came as a shock when club members heard he had suffered to a fatal heart attack at the summit of Cradle Mountain in Tasmania – a route easily within his capabilities.

Martin's death has created a vacuum within the club. Recent acquaintances and longstanding friends will fondly remember him and have sympathetic understanding for his wife and two daughters, all also active in outdoor pursuits.

In brief

YGM scheme success

The Phoenix Canoe Club, based on the Welsh Harp reservoir, north London, was successful in landing a dream role in the Olympic Games as Young Games Makers (YGM). The YGM scheme was set up to offer 16-18 year-olds the chance to work on the Olympics sites, with 2,000 young people already landing places.

The team of eight young people and two leaders from the Phoenix Canoe Club will be providing the YGM Technology Team at the Lee Valley Whitewater Course for the canoe slalom over the full five days of the events. The Technology Team provides the critical timing, scoring and results service for the competitions, so the YGMs will be among the first to find out the official outcomes of each event and will be responsible for printing and distributing them.



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Florence and Hounslow make history at Olympic selection

The 2012 canoe slalom Olympic selection was not for the suppositious with day one falling on 13th Friday, selection was to be decided across a three day three race series held on the Olympic course at the Lee Valley White Water Centre on the 13-15th April.



Five thousand spectators across the weekend lined the banks to witness the 2012 Olympic team evolve and history being made.

Emotions were running high as athletes took on the mental and physical challenge of achieving their ultimate goal of a place on Team GB this summer. Stakes were high and with only one Olympic boat per class there were always going to be more tears than joy!

With convincing wins on day one from Lizzie Neave K1W, David Florence C1M, Richard Hounslow K1M and David Florence/Richard Hounslow C2M, the pressure was now on to seal the deal on day two, which is exactly what happened in all the individual classes. Lizzie, Richard, and David all out-classed their opponents, paddling to victory and London 2012.



Having secured their places in the K1M and C1M, Richard and David also booked themselves a C2 ticket to the Games despite only finishing second on day two, this was due to a rule change post the Beijing Games which allows qualified competitors to compete in more than one category meaning that Team GB can enter two C2s. So day three was a battle of pride between Tim Baillie/ Etienne Stott and David Florence/Richard Hounslow for who would be the series winner; in a tight battle Florence and Hounslow came out on top.

Go down in history

It was a special weekend for many, but for Richard Hounslow and David Florence it is one that will go down in history, as they become the first canoe slalom athletes to compete for more than one medal at an Olympic Games.

Returning from Beijing with an Olympic silver medal was a proud moment for David Florence and he was determined to compete in London, but seeing the likes of Chris Hoy and Rebecca Adlington return with more than one medal got David's cogs turning – how could he achieve the same?

Soon the opportunity arose with the new rule change and the story of the doubling up begins. David approached Richard, a kayak paddler with his idea and despite Richards's previous experiences of canoes which he described as "hard, unstable and uncomfortable" he said, "why not, let's give it a go."

The challenge was on, and when we say challenge, Richard couldn't even stay in a C2 for more than 10 minutes at a time due to the excruciating pain caused through kneeling unlike his seated position in his kayak. Through perseverance and determination the pairing made it through a harsh winter of training and into the 2010 GB Team.

It would seem Florence and Hounslow were destined to be history makers from the outset claiming the bronze medal at both the European and World Championships in 2010, GB's first World Championship medal in C2. Here's hoping the history making continues in London and the boys bring home some more medals!

Feature: Helen Reeves



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GB top nation at 2012 Paracanoeing World Champs

Since 2009, the discipline of Paracanoeing has been developing at a rate of knots across the world, given greater impetus following the announcement that it would be included in the Paralympic Games programme from 2016. Great Britain has been at the forefront of the sport and has had a formal high performance programme in place since September last year. So it was with eager anticipation that the team approached the 2012 Paracanoeing World Championships in Poznan, Poland in May.

A team of eight athletes were selected at the National Regatta in April all having met the tough performance standards set, and for many of them it was to be their first taste of international competition. All the events for both men and women take place over 200m in single boats, either a kayak or a Va'a (similar to a kayak but with an out rigger and using a single paddle) and there are three classifications (in simple terms): LTA – has use of legs trunk and arms; TA – has use of trunk and arms; A – has use of arms only. Athletes are also allowed to compete up a classification.

The two-day World Championships took place in extremely poor weather conditions, with the cold and strong winds making the challenge even greater, however on day one there were confident performances from the five athletes in action, with all except one making it through to the finals the following day.

On day two, Dan Hopwood got the team off to a magnificent start in the first event of the day, winning gold in the men's V1 A class and set the bar for others to aspire to. This was swiftly followed by Pat Mahoney keen to try and retain his world title, but he has edged into third place and had to settle for bronze.

It was then the start of something really special when Jeanette Chippington, who was paddling in four events (including two in classes above her own 'A' classification), started her own gold rush seeing off all the competition in the women's V1 LTA, V1 TA/A, K1 A and K1 TA to win four out of

four races. Sadly the V1 TA/A event had insufficient competitors due to late withdrawals (as a result of the weather) to make it a valid World Championship race, so she had to settle for three gold medals.

A delighted Jeanette Chippington, who retired as a Paralympic swimmer seven years ago having won 12 medals over five Games said, "It was an exhausting but an amazing experience, the weather was horrendous, but we just had to get on with it. When you stand on the podium and watch the British flag go up with all your family and friend there it is very emotional and when I was announced as World Champion I had to pinch myself! It is a shame we won't be competing in London 2012, but the next four years will fly by and I certainly hope to be in Rio."

Nick Heald also contributed to the team's medal haul taking gold in the men's V1 TA class to give a final impressive tally of five gold and one bronze the best ever performance for Great Britain in Paracanoeing.

Throughout the two days there was great support from the GB canoe sprint squad in Poznan for the World Cup.

A thrilled Steve Harris, Programme Manager said, "This has been a fantastic event for all the athletes and the programme as a whole. Since September we have started to develop a professional support structure for the programme and it is clearly paying dividends. This gives us a great base to go on and ensure we can be competitive, challenging for medals in every class come the Paralympics in 2016."

Paracanoeing World Championships Results

Men's K1 LTA Robert Oliver (Lincoln) – semi final
 Men's K1 TA Stuart Clark (Chelmsford) – 4th
 Men's K1 A Jonathan Broome (Newark) – 7th
 Women's K1 LTA Lucy Gardner (Middlesbrough) – 6th
 Women's K1 A Jeanette Chippington (Marlow) – Gold
 Women's K1 TA Jeanette Chippington (Marlow) – Gold
 Men's V1 LTA Patrick Mahoney (Kingston) – Bronze
 Men's V1 TA Nicholas Heald (Cambridge) – Gold
 Men's V1 A Daniel Hopwood (Stoke) – Gold
 Women's V1 A TA Jeanette Chippington – 1st
 Women's V1 LTA Jeanette Chippington – Gold



Above: Jeanette Chippington wins three golds.

John Anderson GB Performance Director added, "To finish as the top nation at the Paracanoeing World Championships with three new World Champions crowned, is an outstanding achievement and I am very proud of everyone involved. With the start of the planning cycle for Rio 2016 only three months away, this puts us in a strong position to professionalise and further develop our programme and attract even more athletes into the sport."

Feature: Katriona Bush

Photos: Balint Vekassy



Above: Dan Hopwood wins gold.



Above: Nick Heald wins gold.



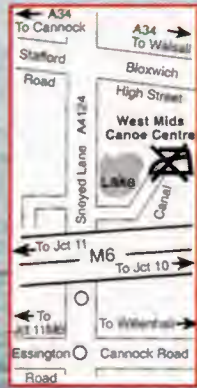
Above: Pat Mahoney takes bronze.

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Awards celebrations for volunteers – buy your tickets now!

As nominations close for the Regional Awards on Friday 22nd June, judging panels across the country are gearing up to recognise more volunteers as part of the Canoe England Volunteer and Recognition Awards 2012.



Above: The Adventure Dolphin (one of last year's runners-up).

In brief

Diamond Reward launched

In recognition of the Queen's Diamond Jubilee this month, Canoe England has launched new rewards as part of the Paddlesport Rewards Scheme. For more information, take a look at the volunteer section of the 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.

Volunteer resources

Don't forget to keep up-to-date on news which is relevant to volunteers on the volunteer section of our website. We will keep you updated on the latest resources, initiatives and relevant programmes. You can also sign up to the volunteer e-newsletter to receive the latest relevant information by emailing volunteers@canoe-england.org.uk.

Volunteer coordinators

If your club or centre has a volunteer coordinator, make sure you register with Canoe England to receive your resource pack. The pack contains useful information and templates which may be helpful to your coordinator in their role.

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

Winners from each region will be put forward to the national selection panel for them to select a number of shortlisted nominees to be invited to this year's celebrations. With thanks to the ongoing support from Towergate Marden, each shortlisted nominee will be given free entrance to this year's dinner which is due to take place on Saturday 27th October at the Eastwood Hall Hotel, Nottingham.

The evening dinner will be held in a similar style to last year's awards and will focus on celebrating clubs, centres, volunteers and their guests. Tickets are now available to purchase at a subsidised rate of £20 per person which will include a three course meal and glittering awards presentation followed by music and the opportunity to celebrate the night away.

Purchase a table to share with your fellow club mates or come on your own! Whether you are a shortlisted nominee or would like to help us celebrate your contribution to the sport over the past year, it's a great way for us to say thank you for all of your support! Tickets are limited and will be allocated on a first come, first serve basis. Tickets are now on sale until 28th September, email jacqueline.pearson@bcu.org.uk for more information.

London 2012 torchbearers



Congratulations to Peter Mansell from Basingstoke and Deane Canoe Club who has been selected as a torchbearer. Peter is one of the longest

standing members of the club and has coached for over 20 years and was the main vision and driving force behind the development of a new clubhouse. Peter will take the torch on its journey through Bexhill-on-Sea on Tuesday 17th July. If you know another volunteer who has been chosen as a torchbearer then let us know!



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The Wayland folding kayaks are based on the most successful and proven designs that have been produced over the years of folding kayaks. Since the early 1930s various folding kayaks of different brands have been used successfully on expeditions around the world, many under extreme conditions and over long distances as well as by numerous special forces on military operations. These kayaks are designed to be collapsed into easily manageable rucksacks and carry bags for simple transportation and storage, and can be completely assembled within 15-20 minutes.

The Waylands shown here use wood for the framework, Hypalon for the hull and Draylon canvas for the upper deck. The kayak's skin has built-in pockets to hold bow to stern air sponsons, providing a dual purpose of extra buoyancy and tightening the skin over the entire frame. The broad beam plus sponsons produce very stable kayaks that are difficult to capsize and to sink. The huge amount of internal storage space makes these kayaks ideal for touring and camping.

There is a wide range of Wayland models to choose from, all of which are customisable according to your needs, from a plain 4.5m single seater to a large 7m 4-5 multi-seater full expedition model complete with various furnishings on the deck – all models come with standard fittings to accommodate sail rigs. The popular and versatile double seater Amazon II 520 Convertible is very manageable when used as a single seater kayak - this version comes with an extra seat position ideally situated for solo paddling. There are also models/set-ups available for young families - EG 2 adults plus 1 or 2 small children. Strongly constructed military grade kayaks, also available for civilian purchase, is a very popular choice with wild life/documentary film crews. Sea socks, a great must-have safety item, is now available for all sizes of kayaks.

These 'boat in a bag' Wayland folding kayaks are economically priced compared to other folding kayak brands currently on the market. Wayland, with over 10 years of experience, is well known for producing high quality replacement skins for any make of folding boat. Also Wayland is NATO certified to produce & supply military grade folding kayaks, so they do know how to produce really robust and long lasting kayaks!



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Visual impairment paddling in Tonbridge

Tonbridge Canoe Club has joined forces with British Wireless for the Blind Fund (BWBF) and specialist holiday company EB Adventures to offer opportunities for people with visual impairments to take part in paddlesport. Next year BWBF and EB Adventures hope to run a fully supported seven-day canoeing holiday in the tranquil outdoor wilderness of the Saimaa Lakes in Finland for a group of visually impaired paddlers.

BWBF and EB Adventures organised a number of come and try sessions in Kent for those who may be interested. The sessions involved individuals with a range of visual impairments from virtually no sight to limited sight. Ed Bassett, the organiser, created a stable rafted boat from two open canoes allowing participants to get a good feel for being in a canoe.

Each participant was paired with an experienced paddler and within half an hour, the group quickly grasped the basics and was keen to move to the next stage. This involved moving upstream towards Maidstone. After much laughter, singing and competitive paddling, the group stopped for lunch at a riverside picnic site. Later in the afternoon, the group was ready to try out canoeing in an un-rafted boat. Under Ed's expert guidance, they had a great day and went away keen to have another go.

Coaching people with visual impairments is not significantly different to coaching other paddlers; however, the coach must be aware of individual vision limitations and assess whether demonstrations are appropriate. Sometimes it is necessary to touch, hold, and move a client to demonstrate a stroke or manoeuvre but provided this is done with permission, it is a very effective method. It is also important that the coach takes account of how sight loss can affect balance. Having a clear voice and good descriptive powers are an asset.

If you are interested in finding out more about this project contact Frances Fielding at British Wireless for the Blind Fund on 01622 754757 or e-mail frances@blind.org.uk



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

Adapting to one armed paddling

Scott Sullivan is a single arm amputee following a motorcycle injury in his late teens. He contacted Banbury and District Canoe Club wanting to learn how to kayak. Club coach Dom Murphy tells us how the club worked with Scott to find a solution.

"Having sought advice from National Competition Development Coach, John Handyside and GB Canoeing Technical Coach, Steve Train, I experimented with a bit of one-armed paddling using a canoe paddle with a strap attaching it to the shoulder of my buoyancy aid. This worked well, so when Scott turned up for his first session on a blustery November morning we decided we would give it a go.

I lay on the landing stage, holding the poly pippin steady. In a flash, Scott stepped down into it and stood there in the boat, rock steady! Seeing my expression, he grinned. "I used to be a gymnast before my bike accident." Scott is also a former GB para-sprinter, national level gymnast and golfer but now wanted a new challenge. "Racing season starts in May," I said. Scott didn't say no. This gave us six months to get up to a competitive level over a four-mile Division 9 marathon course. The challenge was on.

The paddle, strap and buoyancy aid arrangement worked reasonably well, but Scott found it constricting. Removing the strap gave more freedom of movement, but put a lot of strain on his shoulder. The club's technical gurus got their heads. A design for a kayak paddle emerged and Bill Weir



took on the task of construction where several prototypes were tested. The next week Bill arrived at the club with a pair of junior paddles with zero degree feather and the handle and arm splint, from a pair of crutches. After a few adjustments, Scott was able to use them although a much shorter shaft would be needed.

Scott had been busy researching for an alternative option. Several people suggested prosthetics, but the nature of Scott's injury precluded this. Eventually Scott ordered a forearm attachment from www.creatingability.com in the USA. This was a splint which fixed to Scott's left wrist and then slotted into a bracket connected to the paddle. This gave good strength to Scott's weaker side, but proved too cumbersome to use for racing.

The winter weather meant the water in the canal became too stiff for paddling, so we took to the pool and discovered that Scott's non-functioning stump of a right arm did have a function after all. The tiny amount of movement it had made the difference between failure and a successful hand roll.

Back on the water John Handyside came to observe and made suggestions for modifying the paddle, including having the splint and handle on top of Scott's arm rather than below to give greater range of movement.

One of Scott's frustrations had been the difficulty of steering straight. As he was able to put much more power in on his good side, the boat was constantly slewing to the right. The introduction of a ruddered boat proved to be a solution. Scott mastered the boat pretty quickly and is now improving his technique and building up his distance. I get the feeling that the four-mile Hasler race is not the limit of his ambitions. Twelve months to build up to the DW. Now that's a challenge...





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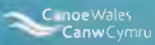

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Mobile: 07734 453430

(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.

Paddlesport in education

Schools are now benefitting from a range of exciting new initiatives that support paddlesport opportunities in schools.

A Secondary Curriculum: 'Teaching the Secondary Curriculum through Paddlesport' resource will be available soon as a free download for teachers and 'adults other than teachers' in schools who have an interest and passion for delivering canoeing but may not have any formal qualifications. Activity cards included in the resource will support deliverers in a range of activities on very sheltered water or a swimming pool.



to participate in competitive sport, including meaningful opportunities for disabled youngsters. At a local level, schools, clubs, county sports partnerships and other local partners will deliver the school games. Local organising committees are being set up, chaired by head teachers, to oversee the county festivals. County sports partnerships have an important role to play in helping to stage the festivals.

Youth Sport Trust 'your school games'

To support the delivery of the government's 'school games' initiative the Youth Sports Trust in partnership with the governing bodies of sport have produced the 'your school games' resources. The canoeing ones will be delivered to schools from the Youth Sports Trust before September.

They are a mix of land and water based activity designed to engage and inspire school children, but to be delivered by school teachers with limited equipment and specific canoeing knowledge. At the primary level there are four cards with three activities per card. For the secondary and FE age groups there will be four cards featuring sprint, cross stream slalom, canoe polo both on and off the water and white water rafting. These will then be extended with competition cards that signpost to more activity.

Paddlepower has been around now since 2007 with orders for Start certificates reaching almost 160,000 and the Passport Awards almost reaching 57,000 sales. The higher level awards have been equally as successful while offering a robust pathway into canoeing.

This is only a snapshot of initiatives and ideas available to schools. Schools will continue to have strong links with clubs and centres and arrange 'outdoor and adventurous' activities in paddlesport.

Why not ask your club or centre if you can set up a school club link and be involved!



This document aims to develop successful learners who are confident and responsible citizens. The key concepts focus on promoting, competence, performance and creativity while undergoing a healthy active lifestyle.

Following and completing the activity cards will support any of the GCSE PE examination programmes as well as Duke of Edinburgh Award Schemes and other accreditation awards such as ASDAN.

School games

School games are a fantastic opportunity to help and inspire millions of young people across England to take part in more school sport.

The games are made up of four levels of activity: competition in schools, between schools, at county/area level and a national finals event:

- Level 1 – sporting competition for all students in school through intra-school competition
- Level 2 – individuals and teams are selected to represent their schools in local inter-school competitions
- Level 3 – the county/area will stage multi-sport school games festivals as a culmination of year-round school sport competition
- Level 4 – the Sainsbury's school games finals: a national multi-sport event where the most talented young people in the UK will be selected to compete in our sporting venues (including the Olympic Park in 2012).

The school games are designed to build on the magic of 2012 to enable every school and child

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In brief

North West Regional Development Team meetings

Our next RDT meeting is taking place on Wednesday June 20th at 7pm at Rose Bridge High School, Holt Street, Standish, Wigan WN1 3HD. All individual Canoe England members and members of affiliated clubs are very welcome at any of our meetings. Please let us know if you are going to attend by emailing Helen@only1bubbles.org.uk

Future meetings:

Regional Development Team meeting
Wednesday 19th September
7pm Rose Bridge High School
Regional Annual Consultative meeting
Wednesday 21st November
7pm Rose Bridge High School

Volunteer coaching bursary information

The North West Regional Development Team (RDT) has set aside a limited amount of funds to help develop paddlesport coaching within the NW region. The aim of the RDT in putting aside this funding is to support the development of active club coaches. Active club coaches, coach for at least five hours a month in a voluntary capacity within a Canoe England affiliated club and are expected to be doing so before an application is made and continue to coach in a voluntary capacity after completing their training and/or qualification. If you have not yet begun your coaching journey we ask that you volunteer within your club for at least five hours a month.

The bursary is currently limited to third of the cost of:

- BCU UKCC Level One Coach
- BCU UKCC Level Two Coach Training Course
- BCU UKCC Level 2 Transfer Course
- BCU Moderate Water Endorsement
- BCU UKCC Level 2 Assessment

As the funding is limited we have set out the following priorities:

- Canoe England Affiliated clubs with Clubmark
- Canoe England Affiliated clubs working towards Clubmark
- Canoe England Affiliated Clubs (If funding is awarded the RDT may ask the club for a commitment to gaining the Clubmark award).

The funding application deadlines for the next 12 months are: 1st October 2012, 1st February 2013, applications will be accepted all year but will only be considered at meetings following these dates. All applicants will be notified of outcome within approximately four weeks of the application deadlines.

For further information please go to www.northwest-paddlesport.org.uk

Ergo championships in the North East

The Kayaking Indoors Area Championships (KIAC) attracted fantastic performances from the North East region's best young athletes.

The School Games pathway starts with the schools being introduced to the kayak machines by sports



leaders who are trained delivering a Level 1 Intra school event. Teams are selected from years 7-13 to represent their school at the County Championships. The best paddlers from the county events go through to compete at the area championships held at Queen's Campus University, Stockton.

In what was a great day, Zac Allin who won the Year 9 Boy's event, producing the fastest time of the day, delivered an outstanding performance! All winners received a white water rafting voucher donated by Tees Active for the Tees Barrage International Whitewater Centre.

To find out how your schools could be part of an event contact the paddlesport participation team at Canoe England.

Scarborough surf competition

The newly formed Scarborough Surf Club held their first surf event in Scarborough North Bay, with competition categories for longboard, shortboard and high performance kayak.

Amongst all the talk of fin systems and layups, with demo boats available from both Mega Surf Kayaks and Nomad Surf Kayaks, there was little doubt who was destined for the final – with three world champions in the heats, the battle was on to make it into the final with them!

The final was exceptionally tight with all four competitors very evenly matched. Although Chris Hobson claimed the highest individual wave score, consistent surfing throughout the heat enabled honorary local Adam Harvey to just clinch the final, before having to sprint back ashore for his longboard to also claim second place in the longboard final!

Thanks to all the event sponsors and supporters: For information on surf kayaking in Yorkshire and the North East, join the mailing list @ <http://eepurl.com/ipzUI>, visit www.spindryft.co.uk, or search Facebook for 'North East Surf Kayaking'.

Yorkshire sprint series

On 7th April 2012 the first of four scheduled events in the Yorkshire sprint series took place at Roundhay Park in Leeds.

The weather was kind in that whilst the sun rarely shone and there was a chill in the air, there was not much wind to trouble the paddlers and the lake was like a millpond for much of the day. This provided perfect conditions for what was for most paddlers their first venture onto the water in boats that were a bit more challenging and unstable than they were used to.

The event was hosted by White Rose Canoe Club who provided much of the equipment for people to use, with additional specialist boats being taken to the event by paddlers from Manvers Waterfront Boat Club and Malton and Norton Canoe Club.



Races were held over 50, 100 and 200m and all entrants were able to have a try in a variety of different K1s and K2s of varying levels of stability. There was even a sprint canoe available as well.

Everyone who took part from juniors to veterans had a great day and all involved are looking forward to the future events in the series. Results and details of future events can be seen on the Yorkshire region website at <http://www.yorcie.org.uk>

100-mile challenge

In early April Tracy and Patrick Holland completed their 100-mile challenge in aid of the Royal British Legion. Paddling for three days on the River Trent. The pair completed the journey from Stone to Newark, raising a fantastic £1,200 for charity.

From starting with very little experience of canoeing or kayaking, Patrick and Tracy acquired support from the Mill Adventure Base in Mansfield, which provided basic training and equipment for the challenge. It was decided to attempt the trip using sit-on-top kayaks, recently purchased through the Pathfinder Project.

Day one saw an early start from Stone for the 32-mile paddle to their first stop over in Burton.

Paddling down the Trent, passing through fantastic countryside Patrick commented, "Both my wife and I found the journey really inspirational at this point in that we were seeing the countryside from a different perspective along with all the wildlife."

"After two more long days of paddling and portaging and dodging rain showers, they were welcomed into Newark by the sound of family and friends and a Royal British Legion welcoming party.

"We were elated and extremely tired after but managed to celebrate with a bottle of champagne."

We offer our congratulations to the couple and hope this is the start of more adventures in the future!



Viking takes on Europe

Viking Canoe Polo's first team, Viking A, have been out competing in Europe twice already this year, winning both competitions.

After training hard last year and winning a silver medal at the European Club Championships in Holland, the team stepped up their training over the winter months to attempt go one better this year. As part of their preparations they won the Odesne International in Denmark in early January and in March matched that achievement in the Karnath Cup in Germany, beating seven times reigning champions Deventer of Holland in the final.

Things are looking promising for the season ahead already; four members of the team have been selected for the GB senior squad and one member for the GB Under 21 squad. Viking A's club mates are hoping for similar success this year too. The club has two members in the GB ladies squad, four further members in the GB Men's Under 21 squad and one member in the Women's Under 21 Squad. They are all hoping to make it into the teams for the World Championships in September.

Viking A's form in domestic tournaments is at an all time high, they have won the National League



and National Cup for the last three years, going unbeaten in over 60 games in the process. They are looking to extend that this year having one unbeaten tournament under their belt in the league already and a further opportunity at a National Division One tournament this Saturday.

The club is based in Derby and train at Queen's Leisure Centre, Moorways and Belper Leisure Centre, as well as on the River Derwent at Darley Abbey. They are currently looking for sponsorship to enable them to compete more often and to develop facilities to help coach youngsters at the club. Contact Club Chairman James Bowers on 07969-669387 or see www.vikingcanoe polo.com.

In brief

Sport Relief paddle in local supermarket

Norwich Canoe Club and Canoe England joined forces for Sport Relief when they were invited to set up a stall in the main entrance of a Sainsbury's superstore in Norwich. Sunday shoppers were invited to race against each other over a 50-metre challenge course using five Kayak Pro ergos linked up by the virtual race software.

There was a huge amount of interest from both young and old and many shoppers went home with not just a loaf of bread but also a new passion for paddling and have since gone onto do beginners courses at Norwich Canoe Club.

A big thank you to Sainsbury's and to the duty manager Mark Standley who was so welcoming to us, as well as being one of the most competitive paddlers of the day. All the money raised by the shopper's donations went to Sport Relief. Well done.



Above: Sainsbury's staff getting in the zone as they prepare to race.



Above: The team. (Left to right), Albert Hicks, Hannah Drane, Jenny Illidge, Izzy Drane, Ashley Nobbs, Daniel Hunt, Oliver Rix, Kerry Duff, Karen Terry, Dean Terry, Jeff Toser (Canoe England), Tim Scott and Sarah Hunt.

'Paddle to the Heart'

The West Midlands Regional Development Team is organising a fantastic event called 'Paddle to the Heart' on 9th June. People are encouraged to choose from four planned routes and paddle to the centre of Birmingham, congregating at Brindley Place around 1:30pm. For more information visit www.canoe-englandwestmidlands.org.uk/p2h

In brief

Kayaking tasters

Island Youth Activities Centre (IYWAC) offered a completely free day of kayaking tasters on 14th April in conjunction with Go Canoeing Week. Nearly 40 new people from the island had a go at paddling both on the water in boats and off the water on the Kay ergo machines.

Calshot opens doors

Calshot opened its doors on Sunday 15th April where over 2,500 free tasters were delivered in total and around 150 of those were kayaking sessions on the water. Also a huge success was a free ergo competition for families. The fastest 11-18 year old to complete 100m and the fastest adult to complete 200m received 50% discount off a Go Canoeing session at the centre.

New coaches at Axe Vale

It was a bright January when an enthusiastic group of 11 Axe Vale Canoe Club paddlers turned up at Axmouth Harbour to begin their Level 1 Paddlesport coaching course. They made a 'mixed bag', ranging in age from school student to grandparent, and including farmer, furniture maker, engineer, builder, teacher, and vintner.

Up until that day, they had only known each other 'on the water', just as 'other' club paddlers; but as they started to learn all those things needed to become a Level 1 Paddlesport Coach, with the expert guidance of their trainers Lee and Baz, they discovered that there are actually 'real' people that bring with them a whole raft of skills, experiences and knowledge and they soon learnt to share these with each other, to their mutual benefit.

Some were known for their skilful paddling and confidence on the water, whilst others felt less secure with their technical skills and knowledge. However, once they started on the session planning, risk management, and coaching delivery and proficiency; different people began to feel as though they had something to offer the group.

Once the training was completed they all believed that they could be coaches but moreover, they knew that together they would be great coaches!

The training weekends had been so positive, supportive and rewarding, that they decided to continue to meet as a group throughout the coaching season. Since the kayak and canoe courses were set to be on different evenings and they were split into pairs to run courses on different dates, they would otherwise have not necessarily met up at all. So they agreed to meet monthly to have peer group coaching sessions, to share what had gone well (or not....!) in their sessions and to remind and help each other with the skills and knowledge needed to run their sessions successfully. Some of the most useful evenings were spent practicing their wet rescues together and all in all had a great year of coaching.

Now, one year on they are raring to get started on this year's batch of potential 1 Star paddlers.

Wild water workshop

London's Regional Development Team has been working closely with Canoe England and Canalside Activity Centre to develop wild water workshops. The workshops are aimed at paddlers and coaches with only a small amount of knowledge of the sport of wild water canoeing. The main focus of the workshops is to introduce the sport and how it can be applied within a club or centre setting.

A programme has been carefully developed and the first sessions were run by paddlers and coaches looking at the different classes of boat within the discipline, forward paddling technique on paddling ergos, and a paddling session on the Grand Union Canal. At the end of the workshop candidates were given resources and a six-week two-hour session booklet on how to develop wild water canoeing with their club paddlers or centre clients. The day was very well received by the candidates with some excellent feedback. London RDT is now planning to run further workshops and would like to pay special thanks to John Handyside, National Competition Development Coach, Alexandr Nikonorov, Sprint Racing Coach, Mackon Khela and Martyn Steele, Canalside Activity Centre.



Partnership's great results

The Chichester based partnership between Christian Youth Enterprises Sailing Centre (CYESC) and Parents and Carers Support Organisation (PACSO) obtained a grant from West Sussex County Council Short Breaks team, which allowed them to purchase 14 sit-on-top kayaks, paddles and 24 sets of clothing. This investment affords young people from PACSO the opportunity to participate in adventurous water sports on an ad hoc basis. Paddling at CYE is soon to be integrated alongside the PACSO holiday play schemes. Both CYESC and PACSO are tremendously grateful to West Sussex County Council.

www.cye.org.uk and www.pacso.org.uk

Kids Who Care

As part of National Go Canoeing Week Exeter Canoe Club linked in with an organisation which works with young careers in mid Devon; these are young people, whose educational, physical health, social or emotional development may be affected by their caring responsibilities in the family. These responsibilities are normally on a long-term basis, and are greater than a young person of comparable age could reasonably be expected to experience or achieve. Part of the support these young people receive is a break away from their caring responsibilities.

Organisers said, "We became aware of the Go Canoeing experience so a small team of volunteer mentors arranged to bring a group of young carers down to give them an extra opportunity for an



outing. They all enjoyed the kayaking and Canadian canoeing. Exeter Canoe Club gave us fantastic support for the afternoon and a great tea to finish! Everyone wants to come again soon."

Find out more about Kids Who Care at www.kidswhocare.org.uk

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Woodmill Canoe Shop will be holding its third annual Sea Symposium this July. The event is a great weekend for paddlers and non-paddlers alike. Sea trips, river trips, skills courses, land courses and much more.

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Experiencing the

An exploratory descent of the Arctic Rae River, close up Grizzlies, a moonlight solo paddle, howling to wolves and an amazing Wilderness Therapy Program: just a few of the highlights of my Winston Churchill Fellowship Award, which gave me the opportunity to visit Canada in order to experience and learn more about wilderness canoe tripping.

Feature by: Sarah Hooper. **My ten week adventure began with an Ottawa charity that each year gives underprivileged teenagers the opportunity to participate in a canoe trip, this year in the beautiful lac du Poisson Blanc region not far from their home. The lead instructor, Lynette Chubb, is an active member of the Ottawa Canoe Club and it was through this link that I was able to get involved. For some of the youngsters this was their first time canoeing or camping and was a hugely powerful experience enabling them to see life outside of their home environment. The highlight of this for me was a day trip we took into lac Vert, a small lake which as the name suggests is a beautiful green colour.**

Following this trip I had three days spare before I headed up to Yellowknife to begin the Arctic Adventure and during this time I was able to meet up with Aleks Gusev, Chairman of the Wilderness Canoe Association who had helped me immensely in the planning stages of my trip. Aleks is a Director of a fantastic not-for-profit organisation called Paddler Co-Op and later in my trip I managed to squeeze a few days in to hang out and volunteer with their KidActive program. This was just so much fun! With a group of children aged from six to 11 and armed with Jackson kids boats they spent the week on the whitewater section of Palmer Rapids. I was blown away by how much these children achieved in such a small amount of time. Owner of Paddler Co-Op Shawna Babcock and her team are so enthusiastic, helpful and welcoming that it was starting to feel like home away from home.

Adventure on the Rae River

The longest canoe trip during my time in Canada and the most remote by far was the adventure on the Rae River. A river seldom paddled, our expedition was an exploratory trip with a view to this being run as a commercial venture in the future. It turned out to be an incredible experience and lived up to all of

“The highlight of this for me was a day trip we took into lac Vert, a small lake which as the name suggests is a beautiful green colour”

my expectations. My companions were Dave, Mark and Gene, all Americans and with approximately 40 canoe trips in the far north between them. The trip was organised by Dave Plante and he had advertised for extra paddlers to join him on the Canadian



Above: Madawaska River.



Canadian wilderness



Below: Early morning Algonquin.



Above: Algonquin.



Above: Fishing on the Rae River.



“Flying to the river in a float plane was so exciting and then watching it fly away leaving us totally on our own was surreal”

Canoe Routes webpage which is how an Arctic virgin like me managed to get involved.

Flying to the river in a float plane was so exciting and then watching it fly away leaving us totally on our own was surreal. We flew from Yellowknife in a small Cessna Caravan float plane and the entire three-hour flight we saw nothing but lakes and rivers. The actual water on the river varied from a little creek at the start which was a push and pull wading through, to spectacular falls and many long rapids. We had long sections of technical Grade 2, which was awesome fun, some small sections of harder water, which on most occasions we portaged, and also long sections of wide flat water, sometimes with a good flow and then others into strong headwind.

The scenery was like nothing I had ever seen before, being so far remote from anywhere in an area known as the Barren lands we could see for miles and miles. But the name of the Barren lands does the area an injustice as in the summer when we were there the wild flowers were abundant and it really was beautiful.

As for the wildlife encounters, this had to be one of the highlights. We saw arctic wolves, caribou, muskox and two grizzly bears (one that was far too close for comfort) – not to mention the birdlife: bald eagles, golden eagles, gyrfalcons and many other water birds.



Above: LacVert.

On returning from the Arctic I spent several weeks in Algonquin Park which is a three hour drive north of Toronto and a further 10 days in the Temagami region which is a further three hours north again. My guide for the wolf howling trip was Alexis Burnett who is a wilderness guide for Northern Edge and also runs his own company Earth Tracks. I've since discovered that public wolf howling has been a regular occurrence in Algonquin since 1963. When the Parks magazine 'The Raven' first invited the public along they had no idea the response would be 164 vehicles and 650 people! Since then over 130,000 people have participated in the howls!

Wendigo Lake Inc

My remaining time in Canada I spent at Wendigo Lake Inc, formerly known as Project Dare. This is a long term therapy program for young men at risk, lasting from six to nine months depending on how the young person progresses. The programme is very much a group therapy and from what I have seen is very successful. There have also been a number of studies into various programmes over the years which have shown it to be very effective. The young men ranged from ages 14 to 17 and it goes without saying that they have all been in trouble with the police, drugs etc. Some have been in young offenders institutes and some in rehab centres. Many have been referred by the Childrens Aid Society and are in children's homes or foster care. Some are private paying clients however and have been sent by parents, literally at their wits end. I volunteered alongside permanent staff on two canoe trips and was so incredibly impressed with them all. The jobs they do are physically demanding and emotionally draining, yet they remain understanding, caring and patient throughout.

I loved my time at Wendigo Lake and I warmed to all of the guys. They have all had a genuinely hard childhood and are now working hard in order to change their negative behaviours and I wish them all the very best. ♡

“ I've since discovered that public wolf howling has been a regular occurrence in Algonquin since 1963 ”

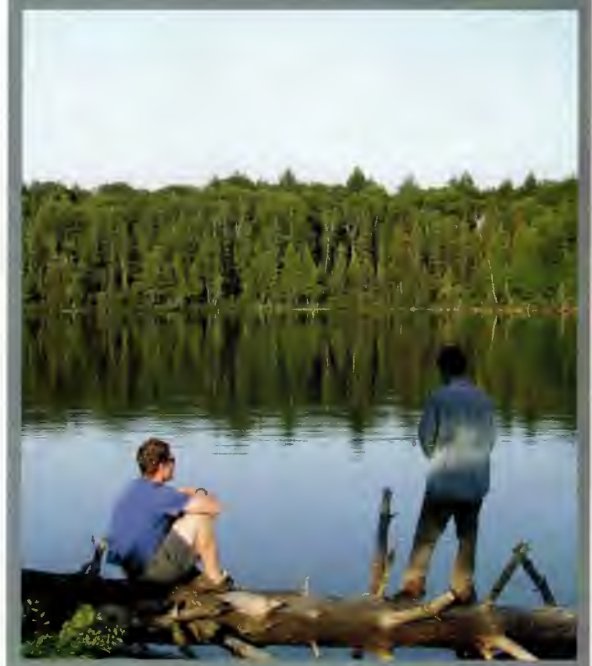
The Winston Churchill Memorial Trust

The Winston Churchill Memorial Trust was established when Sir Winston Churchill died in 1965.

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I would encourage you to check it out www.wcmt.org.uk



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Adventures in

In September I was kindly invited by a group of army officers from the Royal Signals to guide a group of 18 people around the Dubrovnik coast along with fellow coaches Pete Jones and Phil Clegg. As part of their officer development training the group had to plan and then carry out an expedition of their choice. Croatia and in particular Dubrovnik had been chosen due to the weather and sea temperature at this time of year.

Feature by: Gethin Jones
BCU Level 3
Sea Kayak Coach.

The expedition met up at Gatwick airport on Saturday 24th October and we boarded an Air Croatia flight to Dubrovnik. We arrived in Dubrovnik in total darkness and managed to transport all the expedition members to the Solitudo campsite, which is on the outskirts of Dubrovnik old town where we set up camp and awaited the morning. The plan for the first day was to see exactly what the group wanted to achieve from the trip as most had never paddled before and to liaise with the Kayak hire firm to sort out all the kit required for the week and then maybe have a short introduction on the water.

We awoke on the first morning to strong winds and after breakfast the three coaches caught the local bus into the old town to liaise with the kayak hire company. The company we were using was called Adventure Dalmatia and they were based in a brilliant little cove just outside of the city walls. We checked over all the kit and equipment but due to the winds we were unable to take the students out. Instead the coaches and one of the local Croatian guides decided to go for a short paddle to see what was available to us for the following day as it was forecast for the wind to drop. We paddled up to Lokrum Island, which is a 400m crossing from the old town and then returned.

Cracking sunrise

On day two, we awoke to a cracking sunrise and after breakfast we made the group lunches and headed for the old town. We quickly covered the capsize drills with a short introduction session and then got all the group into their kayaks and set off to do a short day trip around Lokrum Island where we would throw in some skills training along the way. Although the group were novices, all of them seemed confident and up for it and we soon pushed on around the Island and along the way we covered forward paddling and steering the kayak. Once around the island we stopped for lunch in a small cove and let the group have a swim and snorkel in the crystal clear water and from there we paddled back into the old town harbour.

“as we paddled around Petka headland we could see Peregrine Falcons soaring above us as well as warm crystal clear waters below us”



Above: Sea caves at Petka Headland.

For the rest of the week we intended to paddle around the various islands, however, wild camping is prohibited and all the recognised campsites had just closed for the season the group decided to camp where we were and carry out day trips from there.

On day three we paddled from the old town back to the Solitudo campsite. This trip took us the best part of a day however it was well worth it as along the route we paddled past some stunning sea cliffs with a couple of caves along the way and as we paddled around Petka headland we could see Peregrine Falcons soaring above us as well as warm crystal clear waters below us. We planned on keeping the kayaks at the campsite for the night so we could leave from there the next morning and again on day four we woke up to a brilliant sunny day with no wind. The group decided to do a trip out of the campsite around Daksa Island with a small open crossing around Grebeni Island and then return to the campsite. This was a cracking trip with beautiful scenery and when we arrived at Grebeni Island the swell picked up a little and we were able to do a rock hopping session, which was enjoyed by all!

The next day was our last and we had no choice on the route as we had to return the kayaks, so we set off and paddled around Petka headland then once again along the stunning coastline back to the old town. Throughout the week, as well as the trips,

cracking Croatia

we had also covered all 2 Star kayak specific skills with the students as well as some more advanced rescues and a few of them were even rolling. That evening we went into the old town for a 'cultural visit', which was a good end to the week.

All in all this was a brilliant trip with stunning scenery and it is certainly a change from a freezing October on Anglesey! Although Dubrovnik old town is expensive, the costs can be kept fairly cheap if you stay on the outskirts – however a walk around the old town is a must if you are visiting.

I would like to say a big thanks to Tom and the rest of the group for inviting Pete, Phil and myself along and for making it a very enjoyable trip. ✂



Above: the coaches Pete Jones and Phil Clegg.

Viking CC breaks new ground

By Chris Hawkesworth

Viking Canoe Club's fantastic duck mill site now operating on a formal basis and breaking new ground in the process.



Above: Canoe use the boom gap in one direction and swans find it handy in the other.

I am returning to three previous themes this month. Weir booms, sluice management and hydropower installations that facilitate canoeing competition and recreation.

The previous issue of Canoe Focus had a piece about the formal opening of Duck Mill sluices in the centre of Bedford. My congratulations go to Rob Bates and Viking Canoe Club in organising and developing this site for slalom and polo canoeing. It has not been easy, and I thought it well worth relating to you a few of the issues Rob has had to deal with and the new ground he has covered.

Firstly, the weir boom. As you can see from my pictures, this boom located 20m above Duck Mill Weir has a gap in the middle to facilitate the passage of those canoeists that want to shoot the weir towards the safest part. This is a first in that a 'flat U' shaped channel has been inserted into the boom to make the canoe gate or gap without affecting the prime safety purpose of the boom: that of collecting any disabled or loose powered craft. Let's hope this idea now proven can be rolled out nationwide.

Secondly, Rob has obtained permission from Bedford Council for the installation in the public



Above: The twin screw hydro under construction in the centre of Bedford.



Above: Environment Agency Operatives get ready to "Pull" the Duck Mill Sluice.

park surrounding Duck Mill of several steel posts to hold up slalom stretcher wires. The wires are left up but the gates are taken away. When the sluices are closed, the water becomes still and polo goals are put on the stretcher wires instead of slalom poles.

Thirdly, Rob has negotiated with the Environment Agency for named club persons to be allowed to operate the sluices for their white water canoeing sessions against agreed river level and safety criteria.

Finally, Rob had completed all his negotiations and everyone was ready to sign when Bedford Council... yes, the same Bedford Council that owns the Duck Mill Site announced they were going to install a hydro electric generating plant comprising two Archimedes screws at Boat Slide Weir about 200m downstream of Duck Mill.

I should advise the reader that at this point, the Great Ouse River in Bedford is bifurcated. The upper river falling into the lower river across an island which houses several weirs, a narrow boat lock and the Duck Mill sluices.

When the hydro installation is complete and generating, it has the water abstraction capacity in modest river flows to lower the river level and render the Duck Mill sluices inoperable. However, after some discussion Rob and team negotiated for a condition to be inserted into the hydro operating licence for the hydro to be turned down or off for up to 600 hours per year so that the Duck Mill sluices can be operated.

Thanks to; the Environment Agency, Bedford Council, Rob, and Viking, the centre of Bedford now has an excellent high profile canoeing site in perpetuity.

Well done to all and an example of 'hands on' for elsewhere perhaps?



Above: The Environment Agency Flag attached to the slalom pole stretcher wire support post – is this a sign of things to come?

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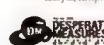
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The ideal sports

The Women's Sport and Fitness Foundation (WSFF) recently carried out research aimed at exploring what sports clubs could do to support women's relationship with sport. The results show that a few small changes could really improve the chances for sports clubs to grow women's participation.

Perceptions

The majority of women felt that sports clubs were for people with more skill, ability and commitment than themselves. As a result, they found sports clubs alienating and indicated that joining would not provide them any benefit.

Barriers

● Committing to a club

The research found many women simply cannot commit to structured weekly sessions due to other life commitments. Ideally, clubs would have the capacity to provide some 'drop-in' sessions where women could drop in and out at times that suited them.

● Up-front seasonal fees

Many women need the flexibility to be able to miss a session here and there, so committing to and paying for a block of sessions can be undesirable. Ideally, clubs would have a variety of payment methods to suit a number of scenarios.

● Adaptable

The research identified a large number of women referring to the need for clubs to consult with participants more, taking on board some of their suggestions and being flexible and adaptable enough to make changes to the way the club is run.

Challenge the perceptions, address the barriers and capitalise on the benefits

Current female members perceive sports clubs to offer them a host of benefits; most importantly the opportunity to meet and participate with like-minded people but also the chance to improve and achieve personal goals, plus the opportunity to play their favourite sport. This is exactly what non-members said they wanted from a club but don't feel this is what a club will offer them.

The ideal club



The ideal club for women

An ideal sports club marries both formal and informal elements. It should be... friendly, relaxed, pressure-free, and flexible but also 'reliable' from the members' point of view. Reliability means that sessions happen on time and are run by professional, qualified coaches.

The research showed that only a minority of women were motivated by training to compete; a large proportion were motivated by improvement-setting and achieving their own personal goals and the majority of women were motivated by fitness and fun.

It's all about people

Women indicated that they are engaged with the people in their club, rather than with the club as an institution. The relationships and atmosphere is fundamental.

Online presence

Clubs can find attracting women to visit and to join challenging. An online presence is the easiest fix (74% of women said that finding adequate information online would make them more confident about visiting a club for the first time). The ideal sports club website should contain:

- Up to date information and images.
- Information about where the club meets and on what days and times the sessions are run.
- Clear information about fees and payment.
- Information about the required ability level (Importantly if the club is 'open to all', this should be made clear so that women do not feel they aren't good enough to try the club out.)
- Images of current club members looking friendly and welcoming.

Formal club environment

High level of commitment
Seasonal fees
Serious competition
Extremely high level of organisation and structure
Formal relationships
Low level of flexibility

Informal club environment

Low level of commitment
Pay per session
Fun/friendly competition
Relaxed level of organisation and structure
Informal relationships
High level of flexibility

club for women

A typical new member journey

Recommendations of the WSFF report

The WSFF have made a series of recommendations as to the next steps clubs could take to both retain current women members and attract new ones.



1. Concentrate on current members: If they are happy in the club, they will automatically snowball newcomers. Think of ways to turn current members into active club ambassadors.
2. Consider ways you could combine the formality with informality: Whenever possible, offer a variety of membership options and give the members the possibility to choose the solution which suits them best.
3. Whenever possible, treat the club members individually; reflect their individual needs, abilities and standards.
4. Ensure your club committee is representative of the different people in your club.
5. Give current members the opportunity to shape the face of the club with you.
6. Make the most of the new communication channels: club website, Facebook, Twitter.
7. Personal recommendation is powerful. Make sure your website is populated with real people, current members and their stories (and their pictures and videos!).
8. Try to use as many soft, human-centred, relationship-related, information in communications as possible: Don't forget that pictures convey emotions better than words.
9. Make sure communications send out inclusive messaging; try to send the message that everyone is good enough to join and everyone will be welcomed.
10. Emphasise the value of what members get for their club fees.

Even a little change can go a long way

The full report from WSFF can be found at <http://tinyurl.com/d5mkvml> or www.wsff.org.uk

Freestyle Kayak League

The Freestyle Kayak League gets off to a belated start this year at Tryweryn Paddle Fest on 9th June. Sadly, the Hurley event scheduled for March was called off due to lack of rain! This shouldn't be a problem for future events at Cardiff and HPP.

Last year saw Sam Anderson take the men's title and Claire O Hara the womens. In juniors, Matt Rodgers and Kim Aldred took first places.

Kim Aldred (pictured) impressed judges and coaches so much that she also won the Palm Cup for most improved female. This is a brand new perpetual trophy, donated by Palm Equipment, and will be up for grabs again this year. Kim made huge steps throughout the season, learning new moves and really proved herself. Kim said it was a real surprise to win the trophy and such a good idea to help promote and encourage women into the sport.

If you are keen on freestyle, interested in competition whilst having a laugh and meeting others, then come along and take part in the league. All details on www.gbfreestylekayak.com

Thank you to all sponsors of the events, whose support is greatly appreciated by organisers and paddlers alike. Last year we had prizes donated from Square Rock, Desperate Measures, System X, Peak UK, Palm Equipment and a boat from Pyranha for the club championships event!



Olympian efforts for D

Sir Steve Redgrave and a trio of Olympians entered Devizes Westminster International Canoe Race in 2012 in a year that saw winners Richard Hendron and James King join an elite group winning the race for the third year.

Feature by: Peter Hutchison. **Newcomers and serial DW competitors of all levels took on the ultimate paddlesport endurance event – the 125-mile Devizes to Westminster International Canoe Race. Race conditions were reasonable, slightly colder than ideal, with occasional rain. What really hurt the crews was the complete lack of flow to assist on the Thames section of the course.**

Winning crews

At the top of the results board, Hendron and King crossed the line with a time of 17 hours and 58 minutes, making them only the fourth crew in the 64-year history of the race to win three consecutive races. Post race, Hendron said 2012 was, "Painful due to the complete lack of flow", while for King it was "surprisingly nice." The strategy was to stay ahead from the beginning with the tactic of maintaining a good pace with small paddles and high cadence. Hendron and King pushed it from Shepperton (mile 97) to Teddington (mile 107), when most crews are simply struggling to continue. From Teddington, King says, you just let the tide do the rest.

While they make it sound simple, it isn't. DW commentator Paul Ralph was happy with his prediction that 2012 would be a really hard year. "Under 18 hours was always going to be difficult, and what Jim and Rich have done is really impressive," reflected Ralph on a wet Easter Sunday morning.

Another strong pairing showed their emerging dominance. Shuna Braithwaite and Kat Burbeck were the first female crew with a time of 20:08:36, finishing sixth overall for the second year in a row. Travelling from Belgium, Jan Laenen of Kastelse Kayak Klub won the senior singles over four days in 17:14:43, securing maximum points from DW for the International Canoe Marathon Classic Marathon series. The junior doubles crew of Michael Southey and Connor Peters of Fowey River Canoe Club won in a time of 17:22:07. For Southey it was great to win after coming second for the last three years.

First timers, Olympian entries and DW tales

DW is a phenomenal challenge to both newcomers and experienced paddlers of all ability. Schools play a big part in the event and Eastbrook School entered the race and record books as the first comprehensive school in the history of the race to enter a boat. Tomas Valatka and Gintaras Kaminskas finished in 22:13:08. Eastbrook's entry overcame the organisational and logistical challenge of the race by working

closely with Barking and Dagenham Canoe Club who provided kit, coaching and support before and during the race. Bryanston School helped with some of the risk analysis that schools have to do and Kimbolton



Above: Sir Steve Redgrave and Roger Hatfield.



Above: Tomas Valatka and Gintaras Kaminskas from Eastbrook School.

helped provision a replacement spare rudder at the end of day two. The linking up of new schools with experienced clubs and schools is clearly a great formula for success.

DW's inspirational challenge has the ability to motivate people from all walks of life. DW2012 saw four Olympians enter the race. Sir Steve Redgrave, five-time Olympic gold medallist, was in a K2 pairing up with his long-time friend Roger Hatfield, who was forced to retire in 2011. After 16½ hours and 74 miles, the crew pulled out "knackered and gutted", according to Redgrave on his blog, ending with the tantalising conclusion, "we will be back".

Sarah Winckless and Ben Hunt-Davis created a crew with full Olympic honours. Hunt-Davis stepped up as an injury replacement in early February and the pairing gave it their best shot, retiring after 15 hours and 45 minutes. Hunt-Davis, blogged that despite having just a few weeks of training, they thought they'd done enough. "I completely underestimated the event," he writes in an open and honest account of their DW campaign, adding "we forgot the reason we've both been successful in other areas – there is no short cut to hard work."

“The linking up of new schools with experienced clubs and schools is clearly a great formula for success”

evizes Westminster 2012



Few will match the experience of Jonathan White and Lee Waters, one of 31 forces crews in the race continuing a long tradition of military entries. Captain White entered the race as a triple amputee losing both his legs above the knee and his right arm through the elbow, after suffering injuries from an improvised explosive device while serving in Afghanistan in 2012. Partner Lee Waters also suffered injuries, being shot three times while serving. Taking on the course the pair balanced the competing demands of challenge and risk in a display of admirable courage, which secured the Lady Gluckstein Trophy.

Looking forward to DW2013

Once the race is over, there's a moment for reflection. One weary finisher was overheard saying, "It's the most difficult thing I've ever done." Turns out he has a track record of taking on endurance events.

And then thoughts turn to DW2013. It's a late March Easter next year – that's about nine months to go. Enough time to develop a training plan and set yourself the ultimate 125-mile challenge for 2013. ♡



Above: Shuna Braithwaite and Kat Burbeck on the steps.

He too, said they'd be back. Kate Mackenzie, the fourth Olympian in the field, paired up with Olly Shaw, ultimately suffering the same fate retiring after 18 hours and 22 minutes close to Marlow.

It's a common story. The senior doubles race had 44 of the 155 crews retiring with several top-performing crews misjudging the conditions. One crew had to visit hospital misjudging the height of a low bridge. Others suffered stomach cramps, fatigue or missed time targets.

Sheer determination

Each year the field is packed with tales of determination and personal challenges. As the miles drop away sheer dogged determination can emerge. Two crews have claims on the prize for longest portage. Mark Powell and Matthew Toye walked the last six miles from Putney finishing with a race time of 31 hours 47 minutes. Jean Ashley and Tamsin Phipps strolled the last eight miles from Hammersmith finishing the course on Sunday morning.



DW information

For race reports, pictures and information on training and entering for the race, and to help volunteering, visit: www.dwrace.org.uk



Stop the spread of invasive aquatic species

Invasive species, invasive non-indigenous species and invasive non-native species, all these terms refer to species outside of their natural range due to intentional or unintentional introduction and can have a devastating impact. As well as preying on, out-competing and displacing native wildlife, they can spread disease and block waterways. Their presence can sometimes be so damaging it can lead to an adverse effect not only on biological diversity, but also to impact on society and the economy.

Our waterways where we paddle can suffer as a result of invasive species. Invasive plants such as Floating Pennywort may restrict navigation through waterways and add significantly to the management costs of our waterways.

As a water user, you could unknowingly help to spread invasive plants and animals from one water body to another. Animals, eggs, larvae and plant fragments are easily transported in or on equipment, shoes, clothing and other damp places and can survive for a long time. For example, new research from the Environment Agency (EA) shows that a killer shrimp can survive in the moist fold of a wader for up to 15 days.

How to stop the spread

Regardless of the type of canoeing you do, whether competitive or recreational, inland or coastal, the chances are is that you take your canoe/kayak on to different watercourses where there is a chance you may come in contact with these harmful species.

Check you're not carrying living organisms

- **With your equipment...** pay particular attention to areas that are damp and hard to inspect... the bow and stern of the boat... under the seats and rims... behind buoyancy bags and foot rests etc.
- **With your clothing...** check folds of cagoules... PFDs, spraydecks, throwlines and the clothes you wear under your cagoules etc.

Clean all equipment and clothing

- Clean and wash all equipment, footwear and clothes thoroughly.
- If you do come across any organisms, leave them where you found them, do not take them home and if they are notifiable... report it.
- Use tap water to clean your boat... in this time of drought you will have to do this by watering cans and buckets... you may also need to take water with you to do this. Plan ahead.

Dry equipment and clothing carefully

- Dry all equipment and clothing – some species can live for many days in moist conditions. If it's a warm sunny day, leave your boat out in the sun to dry... along with your extra kit.

- If the sun won't help, then do dry your kit with towels etc, they will need to be washed after use... unless you can dry them out properly between uses. You might need to think of innovative ways of reaching inside your the end of your boat but its important to do so.
 - Make sure you don't transfer water elsewhere.
- The above means you need to do it if you are:
- A competitive paddler who trains and races on different water courses.
 - A freestyler/river runner who enjoys visiting a variety of waterways.
 - A sea paddler/kayak angler who also uses inland waterways.
 - A recreational paddler who enjoys touring.
 - A canoe polo player who uses outdoor pitches.
 - A canoe sail participant who visits different places.

Fundamentally we all need to do this, as we have a major part to play in protecting the waterways we enjoy and are needed for our sport.

For more information visit Canoe England: www.canoe-england.org.uk/waterways-and-environment/environment/ or the Non Native Species Secretariat: <https://secure.fera.defra.gov.uk/nonnativespecies/home/index.cfm> that details these measures and identification guidance for over 50 non-native animal and plant species.

Drought – what no rain?

As you are aware many parts of the country are short of water with the official announcement of a drought and the public being urged to conserve water.

The lack of rain places a great strain on the environment and our sport. Despite the welcome spell of rainfall lately, the dry spell is forecast to continue over the coming months and it is likely we are going to see lower river levels than normal with some more of the smaller rivers drying up affecting fish and wildlife. Therefore it is important to follow guidelines when you are either considering to paddle or when you are on the water. We can help by following a few simple steps:

- Do not canoe on waterways that are too shallow and where you may come into contact with the river or lake bed. This may have the impact of disturbing wildlife and their habitats.
- If you encounter shallower areas, read the water and seek out a deeper channel where possible as your route
- To limit the number of times a lock has to open you should share the lock or simply portage.
- Low flows means there is less water to dilute effluent/run off from surrounding land and sewage treatment works. Be aware lower levels of water quality can present a health hazard.
- Be aware of toxic blue green algae which may be more common on our waterways at times of low water flow/quantity.
- Use water sparingly when washing down your equipment when following 'Stop The Spread' (bio-security) guidance. It is permissible to use a hosepipe for bi-security and health and safety measures in provisions under the Water Use (Temporary Bans) Order 2010.

Report incidents such as pollution and fish deaths to Environment Agency: 0800 80 70 60.

British Waterways: 01923 201120 (Out of hours 0800 47 999 47).

RSPCA for wildlife and animals in distress: 0990 55 59 99 (24 hours).

A cleaner River Medway



Close on 120 paddlers worked hard over the weekend of 14/15 April. They came from eight different clubs and Scout groups, with some keen independent paddlers making extra numbers and split the 18 mile navigation into sections.

The total haul of plastic bags, bikes, shopping trolleys and a few entertaining but unmentionable items, were transported by the paddlers to three disposal venues. These, sited at the top, middle and lower river would be collected by helpful respective

borough councils. In addition, the EA had three workboats and staff on the river, assisting by taking loads from the paddlers and Medway Country Park, which helped with gloves and rubbish pickers and by donating rubbish bags.

It was hard to credit the amount of rubbish collected, from what looked at first sight to be a clean river. All the collectors deserve our thanks for helping make the Medway an even more delightful river.

Paddle the Medway Canoe Trail and appreciate the cleaner river.

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Rivers Access Campaign –

The campaign is managed by Canoe England through a very small team but promoted by all the staff as they go about their daily work. This is the same for many volunteers who attend meetings on our behalf (local access forums, national park meetings, waterways partnership meetings, marine and coastal meetings, environmental groups etc etc) as well as promoting the issue locally and nationally. This can be lobbying their MP, local authority, local enterprise partnerships, river user groups, to running events to promote canoeing such as a 'Go Canoeing' session to show the benefit of the sport for all and how more could be done if there was clarity and certainty of access.



- **In England, we have a natural heritage which provides great opportunities for open-air recreation and education. Open-air recreation provides people with great benefits for their health and well-being and contributes to the good of society in many other ways and allows the campaign to show what a brilliant sport canoeing is and at the same time, constantly promoting the access issue.**

- Existing measures currently being considered by the government, such as access arrangements do not satisfy demand or deliver consistent, long-term access improvements or measures to protect wildlife and landscapes. A new, statutory, national approach is required for public access to inland waters in England or the restoration of historic rights. This will then deliver much of the wide-ranging benefits outlined by the

governments in their various health, participation, and economic strategies.

- A new, statutory, national approach such as a bill could provide a realistic way forward, already proven through legislation elsewhere in the UK, by which statutory public rights of access to inland waters in England may be established, similar to those existing for access on foot in England or for access on inland waters in Scotland. It would provide



what does it do and why?

for a more coherent, harmonised, access regime across most of the UK, diminishing what are at present, unnecessary and damaging disparities.

- The campaign is working with DEFRA, trying to promote the sport of canoeing (from a recreational point of view, as most of the two million canoeists are recreational paddlers), its benefits to individuals, communities, education, and people of all ages and abilities, as well as the green nature of the sport. It is an uphill struggle, but they do recognise we need more access to and along waterways.
- The campaign is a longer game. The current campaign activity goes back to the passage of what was to be the 'Countryside and Rights of Way Act 2000,' when the BCU lobbied unsuccessfully to have access to water included. Then as a consequence, the government recognised the situation and commissioned research from the University of Brighton - Water Based Sport and Recreation: The Facts 2001. The research findings fully confirmed the BCU claiming that public access to and along non-tidal waters was highly restricted. The historical research by the Rev'd Caffyn has made a further contribution to our position.
- The campaign built on these findings and the subsequent studies commissioned by the Environment Agency to develop access arrangements that had limited success. The campaign continues to lobby Parliament; this has included a Ten Minute Rule Bill – Access

to Inland Waterways that reached a second reading and drew further attention to our cause.

- The campaign has also evolved beyond simply recognising an important recreational resource and taken the debate into health benefits, education, and community benefits across government, including their localism agenda. More recently, the campaign has taken an increasingly active role in promoting the environmental well being of the waterways.

Who is the Rivers Access Campaign for?

- The campaign is being undertaken by Canoe England on behalf of all members of the public. A website www.riversaccess.org has been developed to encourage all members of the public, whether they are Canoe England members or not, to assist in raising awareness of this important issue.
- It is not just canoeing that is hampered by this problem. Other pursuits such as rowing, swimming, fishing, and walking all have the same problems. It is now time to have a legal position which avoids further conflict and allows fair access for all.
- Canoeing is not seeking conflict with other river users. It wants to successfully co-exist to the wider benefit of the whole community, as canoeists do in Scotland, all over Europe and the rest of the world.

- The Canoe England Rivers Access Campaign seeks to establish an assumed right of access to all rivers in England rather than focusing on individual rivers or sections of rivers.
- Canoe England cannot measure the success of the access campaign in miles of access gained by the campaign. It is about ensuring clarity and certainty of access to and along our inland waterways.

Legislation already in place to aid access!

Over the last 60 years there have been several pieces of legislation which should have, if the powers had been enacted appropriately, provided the opportunity or greater use of the routes to and along the inland waterways and coastal waters.

- 1949 National Parks Act
- 1968 Transport Act
- 1991 Utilities Act
- 1995 Environment Act
- 2000 CRoW Act
- 2009 Marine and Coastal Access Act 2009

With the introduction of the Countryside and Rights of Way Act 2000 (CROW) and the Marine and Coastal Access Act 2009 (MCAA), provision for recreational use of the countryside has changed significantly in the last 10 years.

Despite these welcome changes in primary legislation with provisions to use non-tidal waters, the situation is unchanged. Where rights are not recognised and disputed, government still promotes a policy for voluntary access agreements that has proved not to work nor meet the demand for access.

Not one mile of access has been gained under these acts!

Yet despite all the recommendations by many organisations and lobbying by you and us, the recognition that something needs to be done is there but action to solve the access issue on the government's part is somewhat lacking. It appears to be in the 'too difficult' pile!

Visit the new Rivers Access Campaign website for more information: www.riversaccess.org



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 5 megapixels) on a CD along with your contact details and a few words about the photo to: Donna Marshall, British Canoe Union, 18 Market Place, Bingham, Nottingham, NG1 8AP or you can e-mail your entry to donna.marshall@canoe-england.org.uk

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



You can see all the entries for May and June at:
www.facebook.com/canoeengland



Above joint April adult winner: Ash Greenwood – Devizes to Westminster.



Above joint April adult winner: Phil Hadley – 'Little Blowhole' @ La Bufadora, Mexico.

Above: Richard Lee – Nick Lee, Phoenix C.C

Above: Chris Schultze - Right Angle Falls, Etive



Above: Martin Walker – River Tryweryn, C2 Training Camp.



Above: John Martell – Axe Vale CC, Seaton.



Above: Dan Mudie – Evening surfing, Compton Bay, Isle of Wight.

tion



Above: Nick Wright – Nottingham.



Above March U18 winner: Isaac Barker – Bourg St.Maurice, France.



Above March adult winner: Nikki Legg – River Wey, Godalming.



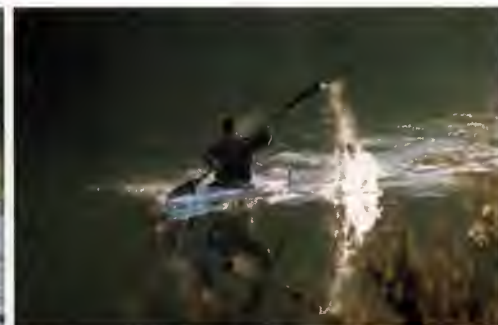
Above: Barrie Foster – On the Spey at Knockando.



Above: Andy Heynes – Coxes Lock.



Above: Andrew Gibbs – River Tay, Scotland.



Above: Glyn Reed – River Nene.



Above: Chris Green – The Gyrone.

Follow GB Canoeing on their journey to London 2012



GB Canoeing TV

Over the last two years, in the build up to the London Olympic Games, the BCU's media department has increased its firepower with the creation of GB Canoeing TV, a new online video channel, available both from a dedicated website and on YouTube.

The aim of GB Canoeing TV is to showcase British competition canoeing to the outside world, to engage with viewers and draw in new support.

To watch GB Canoeing TV, go to www.gbcanoeing.tv or you can subscribe to its YouTube channel <http://www.youtube.com/user/GBCanoeingTV> and you'll get a notification every time a new video is uploaded. All videos are also linked to the GB Canoeing Facebook page.



Facebook and Twitter

Keep up to date with all the very latest news and action from GB Canoeing by following @GBcanoeing on Twitter and liking the GB Canoeing Facebook page.

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Best of British canoe sprint or canoe slalom posters and postcards

Posters and postcards featuring the GB Canoeing squad are now available.

These are perfect for clubs, centres and schools. The postcards come in a set of ten consisting of five canoe slalom and five canoe sprint cards. The postcards and posters are free but a small postage charge is payable. Visit www.bcushop.org.uk to get yours!

New GB Canoeing merchandise now available. Support your team!

No matter which competition you are at or which discipline you follow, the new range of GB Canoeing merchandise is a great way to show your support for your favorite athletes, in the run up to London 2012. The GB Canoeing merchandise range includes a wide selection of clothing including; polos, t-shirts, jackets, hoodies and fleeces. Buying yours will show support for GB Canoeing and at the same time, proceeds go towards the work of the Canoe Foundation, the BCU's official charity partner.

Visit the BCU Shop and orders yours!



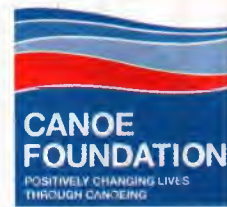
Links of London Team GB band

Links of London are the creators of the Official Jewellery Collection of London 2012. To celebrate they've designed this special red and blue woven band with an engraved plate in celebration of the Games. So get your must and band and wear it with pride. The band costs £20 and is available at www.bcushop.org.uk



Canoe Foundation

'positively changing lives through canoeing'



Above: Nulli Secundi Sea Explorer Scout Unit which received £2,000 to purchase a fleet of open canoes.

Don't forget you can 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'.

Since the April edition, the charity has awarded another £12,000 through our Small Grants Panel. This has now supported another 11 projects up and down the country and by the time this edition goes to print, this figure will have increased to take our total over the past nine years to well over £175,000.

We have also stepped-up the presence of the Canoe Foundation with our involvement at a number of key events, including the Devizes to Westminster International Canoe Race and the GB canoeing slalom selection. The latter event held at the Lee Valley Whitewater Centre; saw the launch of a new range of GB Canoeing merchandise; at the time of writing we are currently stocking an array of clothing items, which includes rain jackets, fleeces, hooded tops, polo shirts, and t-shirts. We are also looking to develop and extend this range to include pin badges, flags and other items.

This range of merchandise is designed to give GB Canoeing supporters a distinctive appearance at both national and international events, while at the same time raising money for the charity in our role as 'Official Charity Partner' with all proceeds donated to the Canoe Foundation. All these items are available to purchase on-line through www.bcushop.org.uk and in person at selected events.

One such event, which you will be able to purchase items from our GB Canoeing range and meet Charity representatives at is the ICF Canoe Slalom World Cup which will be held from 8-10th June at the International Whitewater Centre in Cardiff – so keep an eye out on both the Canoe Foundation and GB Canoeing websites for further details, including how you can purchase tickets.

As the summer fast approaches, we would love to hear from any clubs, centres or individuals about any upcoming events you are hosting and how we could involve you, the paddling community, with our fundraising efforts going forward. Please feel free to contact us by emailing info@canoe.foundation.org.uk, by telephone on 0300 011 9502, or by post to Canoe Foundation, 18 Market Place, Bingham, Nottinghamshire, NG13 8AP.

Don't forget, for regular updates about the Canoe Foundation check out the website at www.canoe.foundation.org.uk. Until next time, many thanks for your support and happy paddling! ♡

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Claire O'Hara freestyle kayaking, squirt boating and white water kayaking

I first got into canoeing... when I was nine-years old and went on a family adventure holiday in Wales. I was in a canoe with my mum and sister and I remember the instructor was in a kayak. He seemed to be having so much fun paddling all over the place rolling, spinning, racing around and he had total freedom out on the water and it looked like so much fun. From that day forward I knew that was what I wanted to be able to do.

A typical day, for me, is... at the moment I am really lucky to be on the

road paddling full time so my daily routine is get up, eat breakfast, go boating (freestyle/squirtboat/creeking), have lunch, go boating (freestyle/squirtboat/creeking), watch videos and look at photos, have dinner, stretch and then bed!

My best canoeing moment ever... was winning two gold medals in one day at the 2011 World Freestyle Kayaking championships in Platting, Germany last June.

My real guilty pleasure is... river running. I spend a lot of time park and playing or park and sinking training for freestyle and squirt boating. However, one of the things I really enjoy is just getting out and cruising down some white water rapids. It doesn't matter whether it is Grade 1 or Grade 5, so long as it's flowing, I love it.

I'm scared of... spiders, snakes, fish and pretty much anything that moves. Oh yeah, and the dark!

My ultimate goal in life is... to spend as much time as possible exploring, playing and enjoying the thrills, adventures and experience that come from being out on the water. I love developing as a paddler and travelling across the world with my kayak so my ultimate goal is to keep doing this, to keep kayaking!

An ideal night out for me is... going out for a nice meal and catching a movie with friends.

This year I'm most looking forward to... April to October as I will be on the road kayaking every day across Europe and the USA.

Follow Claire at: www.claireohara.co.uk
www.claireohara.blogspot.com



Cathy Wynne, secretary, BCU sprint racing committee and sprint racing regatta official

As a volunteer I have a number of different roles: I first started as a sprint racing regatta official while my sons were competing at the national sprint racing regattas during the early 1990s, this led, in 2001 to my becoming an International Canoe Federation canoe sprint technical official. Also I've been secretary of the sprint racing committee for a number of years.

This involves... as secretary, spending a lot of time on the computer, answering emails, circulating information and

preparing papers for the SRC's meetings. As an ICF Official, I can be appointed by the ICF or ECA to work as a technical official at their events. This year I'll be working at the ICF Canoe Sprint World Cup 2, in Duisburg during May and in June at the European Canoe Sprint Senior Championships in Zagreb. As a regatta official, my role in recent years has been as the chief official at the five annual canoe sprint national regattas held at the National Watersport Centre, Nottingham. Being the chief official involves constantly having an overview of all that is occurring on the regatta course, not just the races but everything that could affect the racing such as the weather, capsizes, umpire boats etc. While also overseeing all the technical aspects of the competition and seeing that all is run in accordance with the sprint racing rules.

The most challenging aspect of my role is... with over 300 races during the two days of racing, is to keep in touch and receive reports when necessary from over 40 officials working in various position, spread around the 2km site

while also keeping track of the progress of each race as it is completed and confirming all results.

But, my favourite part is... when there are no problems, all is running smoothly without any distractions or delays for the competitors.

I first got into canoeing... when my sons joined Tonbridge Canoe Club in the early 1980s.

A typical day, for me, is... as a volunteer I don't really have one as all the canoeing work is fitted around my 'normal' job.

My best canoeing moment ever was... when my son Ian, won a bronze medal in Athens for the Men's 500m K1 event at the 2004 Olympic Games.

When I'm not working... I relax by reading, gardening and enjoying the local Kent countryside while walking with our dog.

I'm most looking forward to... seeing the BCU host an international canoe sprint event in Britain.



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