

Canoe

FOCUS

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Annual River/Elbe tour

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Wrist problems: Tenosynovitis

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pull-out

2006 Youthfest



August 2006 | No. 162 | £2.00



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BCU Enquiries

Above address

President

Albert Woods

Chair

Brian Chapman

Chief Executive

Paul Owen

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

E-mail: peter@canoeocus.co.uk

www.canoeocus.co.uk

www.2bgraphicdesign.co.uk

Canoe Focus Enquiries

Above address

Editor

Peter Tranter:
01480 465081

Assistant Editor

Debbie Colt

Advertising Sales

Anne Egan:
01480 465081

Illustrations

Richard O' Donovan

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

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

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

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Front cover photo: Laughter from Youthfest 2006.

Photo: David Leathborough dave@focused-on-adventure.com

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YOUR CONTRIBUTIONS MAKE CANOE FOCUS HAPPEN.

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

Next Copy date is the **1st SEPTEMBER 2006**. Material arriving after this date cannot be included in the **OCTOBER 2006** issue. Canoe Focus encourages contributions of any nature but reserves the right to edit and condense to fill the space available and unless otherwise stated the publishers assume no responsibility for the return of unsolicited manuscripts, artwork or photographs. Opinions expressed in this magazine are not necessarily those of the British Canoe Union, its committees or members. The printing of an advertisement in Canoe Focus does not necessarily mean that the British Canoe Union endorse the company, item or service advertised. All material in Canoe Focus is strictly copyright and all rights are reserved. Reproduction without prior permission from the editor is forbidden.

Chesterfield Canal restored

We have been informed by Derbyshire CC that all of the restored sections of the Chesterfield Canals are navigable by canoe/kayak.

The section from Tapton Lock Visitor Centre in Chesterfield to Mill Green Wharf at Staveley (five miles) is owned by Derbyshire CC and licences for paddling are available from Tapton Lock Visitor Centre (01246 551035).

The section from Kiveton Park (Rotherham) to West Stockwith (River Trent junction) is owned by British Waterways and BW paddling licences will cover this section - available from BW offices in Retford (01636 704481). If you are a BCU member you have a BW licence which will cover this. You will need to display your BCU sticker or have your membership card to show.

Head start

After 10 years of delivering adventurous activities to a wide range of clients Mountain Water Experience have turned their attention to developing a new Instructor Training Course to provide participants with an opportunity to gain the basic ground level awards with a view to enabling them to gain entry level jobs within the Outdoor Industry.

The main aim of the MWE Instructor Training Course (ITC) is to train instructors of the future to a high and professional standard. The course will run from 29th October to 8th December. Over this period students will experience an array of topics based around adventurous activities. The course works on a modular basis, so that students build up skills without interruption over a five day period including caving, surfing, kayaking, rock climbing, abseiling, moorland walking and whitewater skills and first aid, with safety, risk management and the soft skills of leadership incorporated throughout. To help students gain funding the MWE ITC is registered with the Learning and Skills Council, giving access to a Career Development Loan. For more details visit www.mountainwaterexperience.com

PADDLE THIS

On the Wiltshire section of the river Avon the Family Adventure Store have just hosted their most successful training weekend – ever, where as many as 50 paddlers were put through their paces in open canoes and kayaks most attaining 1 and 2 star BCU certificates.

Says Terry Sinclair of The Family Adventure Store "The way we see it, the BCU through the star tests have a fantastic training structure in place, many say the best in the world, So our part of the bargain as a dealer is to use that structure to the benefit of the people who most need it, such as the new paddler."

The emphasis is on accommodating peoples needs and making the course work for the delegates, as an example, young children will often sit in with mum and dad in an open canoe for most of the syllabus, but when it comes to the wet stuff (capsize/rescue etc) they can if they wish sit that part out on the bank, there is still tremendous benefit (and fun) in watching mum and dad get a dunking while the penny slowly drops that mum and dad also now know what to do should a capsized ever happen on a family trip."

One brand new element of the coaching weekend was a special course which had been tailored from a standard kayak course to cover Sit On Tops. They now represent a significant and growing portion of paddlers in the UK and



the Family Adventure Store believe the trade will need increasingly to cater properly for them.

Aside from the benefit to individuals, the Family Adventure Store's dealer/trainer approach has clear spin off benefits to paddlesport as a whole. Customers from the weekend will now know their obligations to land owners, other water users and themselves, so it is a scheme they intend to broaden and continue. While they encourage people to join their local club, their approach offers a safety net to those who don't wish to follow that route.

For further details of The Family Adventure Store training events contact them on 01225 768630 or email them from their website www.familyadventurestore.co.uk

Navigation news

Environment Agency (EA) Registration charges – boating organisations reject EA proposed increases.

Members are encouraged to register their concern on these proposed increases by asking their MP to write to Barry Gardiner, the Minister responsible for inland waterways. It is not an understatement to say the proposed craft registration charges sought by the EA, under pressure from DEFRA, has the makings of being the most fundamental financial issue facing boaters for many years. All the boating organisations are as one in voicing objection to the EA proposing an annual increase of 14% for the next three years, that amounts to a 48% hike over this period. Increases of a similar size are forecast in following years.

There has been a chronic under investment of the Agency Navigation over many years for DEFRA to finally acknowledge, by funding £30 million over 2005/6/7. Now DEFRA say that users should make a fair contribution to the upkeep of the Navigation, which is no more than clawing back this funding over the next ten years or so.

It transpires that boaters are not only contributing to the upkeep of the navigation, but also for the infrastructure as an amenity for the general community – tow paths, gates, fencing, footbridges etc. Local authorities, water companies etc do not contribute to the upkeep and this is unacceptable. Worse still, the Agency has indicated they do not know the impact the proposed increase will have on participation rates. If boats leave the river, there will be a diminishing return of income for the Agency and the financial burden will fall on the reduced numbers of boaters.

Broads Authority Bill

The BCU has commented on the first draft and with other boating organisations have taken issue with the Authority for stating it does not intend to extend or re-instate Navigation where acts remain in place. Importantly for paddlers this includes the section of the River Waveney between Bungay and Geldeston Lock. This effectively isolates the EA Canoe Access Scheme that terminates at Bungay from the current navigation and tidal limit at Geldeston. A second draft of the bill has since been issued for consultation and the need to

extend navigation limits under existing acts will be raised again with a July closing date. The Authority is also pressing for compulsory third party insurance and with the support of the RYA, the BCU is opposing this as a requirement for un-powered vessels.

Sea, surf and sangria

More than 30 paddlers from the East Region met up for a scorching weekend in sunny Norfolk on the 16-18th June. Based at Marsh Farm Barn in Burnham Deepdale, most participated in a variety of coastal and estuary trips, the highlight being a beautiful day paddle out to Blakeney point to see the seals. Others were involved in Sea 4 Star training and assessment programmes.

A really good weekend made possible by the voluntary commitment of the region's coaches – Steve Scorer, Alistair Randall, Ian Cave, Dave Cassells and Arthur Watts and Martin (Brummie) Dutton of Bear Creek Adventure who provided some demo kayaks.

In 2007 the Regional event will be a canoe and kayak coaching and competition weekend at Mepal Outdoor Centre – provisional date 22-24th June. Book it in your diary!

David Savage



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Tourability

The event happened again for the third year running and although down on numbers was still a huge success for those who paddled on the day.

The weather was excellent as always and quite a few new faces turned up to paddle from Arley to Bewdley.

The river was at a nice level for the time of year with a few bump waves at Trimpey rapids, bumpy enough to swamp a bellboat, perhaps never been done before.

I would like to thank all the coaches who offered their time free of charge along with the equipment and hopefully see you all again next year.

Dave Bateman

Moving Go2h2o

Go2h2o are moving to new premises at Sleningford Watermill Caravan and Camping Park, North Stainley, nr Ripon.

The new shop is four times size of old shop with an upstairs area and overlooks an ideal grade 2/3 stretch of water. Go2h2o are still offering 'try before you buy' as well as the hire of sit-on-top kayaks for use on the calmer stretch of river! The premises will be open to old and new customers to shop from August 3rd. Tel: 01765 635333.

READ THIS

Inaugural National Kayaking Regatta

For the very first time, top Olympic kayakers were joined by Special Olympics Great Britain learning disabled paddlers at the 2006 Special Olympics Great Britain National Kayaking Regatta, 3-4th June at Holme Pierrepont National Watersports Centre in Nottingham. The event took place as part of a BCU event, giving Special Olympics athletes the opportunity to demonstrate their ability alongside mainstream paddlers on a 2,000m regatta lake. Among the paddlers present were members of the Olympic team including bronze medalists Ian Wynne and Tim Brabants.

According to Peter Morley, BCU Regatta Organiser, "It was a great event filled with firsts: the first time the Special Olympics participated in one of our events; the first time we used the starting gate system in the UK, and the first sunny weekend. It was a great day."

Special Olympics Kayaking is a flat-water racing event where athletes compete over 200m and 500m courses either on their own (K1) or as a pair with another athlete (K2).

Kayaking is one of the newest Special Olympics sports. It was initially demonstrated at Special Olympics World Summer Games in Dublin in 2003. Over the last three years individual Special Olympics clubs across GB started their own groups which led to the sport being adopted into the year-round sports programme. The first competition in



Great Britain took place only last year at the Special Olympics National Summer Games in Glasgow.

Special Olympics Ambassador, Extreme Kayaker, Sean Baker says, "Having spent time with fellow kayakers at Strathclyde during last year's Special National Summer Games, I witnessed how the fervent competition was wide spread and much great talent was evidenced. Fearless and competitive, free spirited and driven - as a professional kayaker, I can relate to these characteristics."

Contact: Jane Silverman janesogb@aol.com 0207 696 5569 or Karen Wallin karensogb@aol.com 07990 573604 www.specialolympicsgb.org

Staffordshire Festival

Teams of young people from all over Staffordshire took to the water at Trentham Gardens in June to participate in the Staffordshire Youth Canoeing and Rowing Festival. 83 juniors in 11 teams took part in a bellboat championships, a kayaking and rowing ergo challenge.

The winners of the bellboat races in the open category were a team of year ten boys from St Josephs College. In the U14 category, much to the rowing community sport coach's glee, a team of rowers and canoeists from Trentham High won their race, whilst in the U11 age group, a team from Burton CC won by a clear margin. The winning teams all earned their places at the National Bellboat Championships at Dorney Lake, Eton, this July.

The home of Trentham CC and Trentham BC made an ideal location for the morning's activities. The new canoe club is hoping to establish itself as a placid water canoe club - both racing and recreational - and would be grateful of any donations of old racing boats or equipment.

For more information contact Ruth on 07815768360 or ruthholdway@hotmail.com

Kayakers raise over £400

A team of ten watersports students and staff from

Falmouth Marine School, battled strong winds and aching bodies recently, when they kayaked an impressive 112 miles around the Isle of Mull, all in aid of Surfers Against Sewage.

Having completed the circumnavigation in seven paddling days, with one rest day, the kayakers managed to raise approximately £400! Their best day saw them kayak 22 miles in just over five hours!

All members of the team were awe struck and inspired by the whole experience. The wild and beautiful coastline, much of which is a world heritage

site due to its rock formations, provided a stunning backdrop.

Iain Fish, Watersports Instructor at Falmouth Marine School said: "One of the many highlights for us as a group was on the first night, when we were forced by the weather to do a 13 mile night paddle. In flat calm conditions, and with a full moon, we reached our campsite after 1:00am. Although we missed seeing much of the coastline in the dark, we were rewarded by the sights of the Milky Way, shooting stars and the spectacular Northern Lights."

The team would like to thank their sponsors and supporters: Atlantic Kayak shop in Penryn, HSBC Falmouth, WC Rowes, Tesco Falmouth, Valley Kayaks, P&H Kayaks in Nottingham, Reed Chillcheater and Nookie.

Giving one percent

One Percent For The Planet (1% FTP), an alliance of progressive companies committed to supporting environmental work, announces the 20th UK member to join the organisation.

Surf-Lines - Snowdonia-based outdoor adventure specialists and canoe sport retailers - are proud to join the likes of outdoor clothing company Patagonia who donate 1% of net sales to environmental organisations worldwide.

"Our business activities - and outdoor passions - are reliant on the preservation of our oceans, rivers, and mountains. We recognise our responsibility to, and dependence on, a healthy natural environment." said Phil Nelson, Surf-Lines business partner.

"At first it felt like an enormous decision to donate 1% of Net Sales, but the more we thought about it, the more we realised that it is the absolute minimum that we should be doing"

More than 350 companies around the world have already joined the scheme and members currently generate more than \$1.7 million per year for environmental organisations. Companies that join may use the 1% FTP logo which allows customers to distinguish between serious environmental commitment and empty words.

Information on 1% FTP is available at www.onepercentfortheplanet.org.



READ THIS



Shark

Ten year old Talitha Jane White has a close encounter with a basking shark in Uig Bay, Isle of Skye. As it swam beneath us she squeaked a bit, and her father might have sworn, but he carried on taking pictures. He reckoned it was about 20 foot long or more. There were four of them and only eat plankton, but when they swim towards you...



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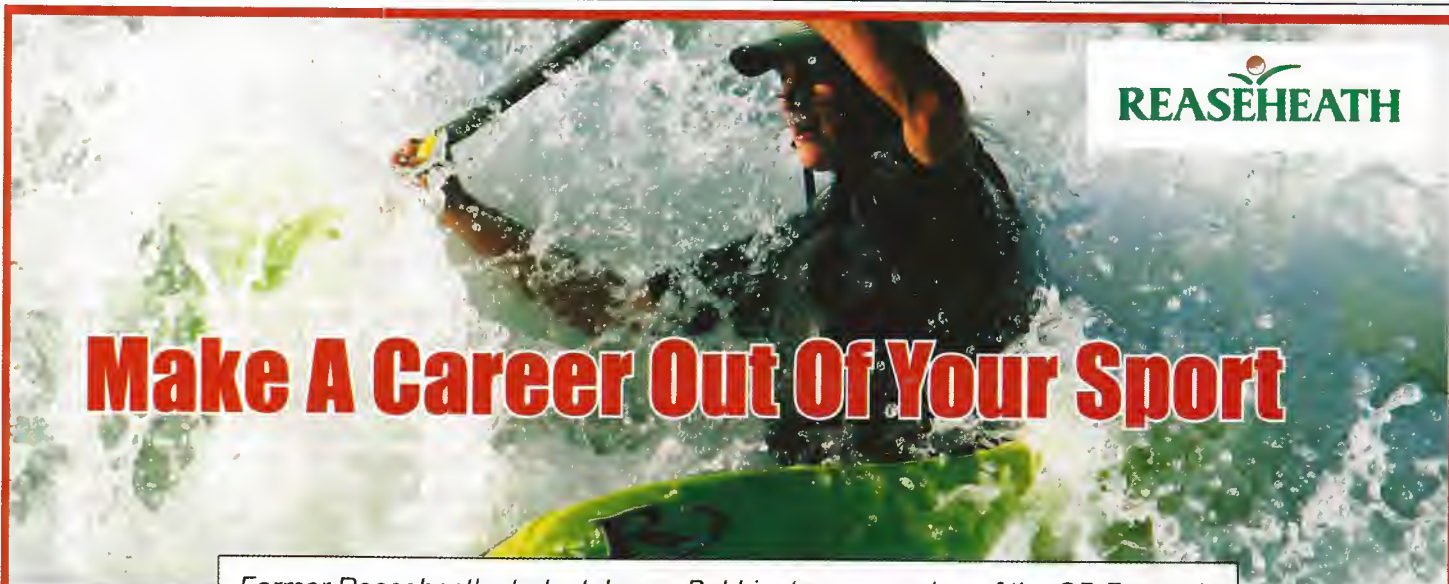
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Canoedaysout.com

Canoedaysout.com is a new website giving paddlers the opportunity to share information on canoe trips to make it easy for us all to experience new trips without the need to plan the trip from scratch.

The site lists trips by county and waterway and provides information on how to get there, where to park and launch (including maps) and general information on the nature of the trip. Each trip page also features user submitted photos and links to items of interest so that you know what to expect before leaving home.

Importantly, the site gives the facility for you to submit details of your own favourite trips, which are immediately updated onto the site. Canoedaysout.com is entirely non-commercial and does not contain any advertising or unwanted pop-ups. The siteowner is anxious to receive user feedback and ideas to help develop the site further.

www.canoedaysout.com or email keith@canoedaysout.com

Thirty years

Skern Lodge is celebrating its 30th year with a party in August. The outdoor centre in North Devon provides kayaking and multi-activity courses for all ages and types of groups.

Over the years, it's estimated around 300 kayaking instructors have helped visitors enjoy their paddling on river, sea and surf, and Skern are trying to contact them. Where are you now? Please get in touch with party-planner Flavia on 01237 475992 or party@skernlodge.co.uk



DONATE TO THIS

Cancer Challenge: 26-hour canoe polo 2006

Canoeists from all over Britain broke the World record for the longest game of canoe polo at Hatfield Water Park, Doncaster this June.

On 9-10th June, 117 people kept a game of canoe polo going for 26-hours by continuously subbing players on and off the pitch throughout the day and night. This extreme game of canoe polo was all in aid of raising money for cancer charities – and so far has raised over £6,000, which will be divided equally amongst Cancer Backup, Macmillan Cancer Relief and the Ellen MacArthur Trust.

The game was surprisingly close. Despite the Dave Brown Xclusive (red) team leading throughout most of Friday night, the Family Boat Shop (yellow) team clawed back a lead in the early hours of Saturday morning. The reds soon regained their position and held onto the lead until the final hours of the game. In a surprising twist the yellows gained strength and had some good scoring sessions and took the lead, which they held onto until the end. The final score was 276 goals to Family Boat Shop and 263 to Dave Brown Xclusive.

Simon Lucas from York put in the greatest number of hours on the water with 5 hours 26 minutes, whilst Leigh Getting, who had travelled up from Cornwall to take part, knocked up 5 hours 10 minutes, scoring the greatest number of goals – a total of 39. Rebecca Ward was the highest scoring female adult with 20 goals with Heather Slater the highest scoring female junior with 21. The male junior prize was shared by clubmates Andy Lowthorpe and Kevin Noris with ten goals each. The referees did an absolutely sterling job with Tim Guhl refereeing the longest for a total of 9 hours 48 minutes – some referees were on the pitch side for over three hours in one go! Somehow, when the game was over and when all the prizes had been given out, everyone managed to find a spare bit of energy to party into the night. Glowsticks, once again, ruled!

A complete team's polo BAs donated by Peak UK was a wonderful incentive for clubs to try and raise the most sponsorship and this was won by Sheffield Hallam University CC with over £400 followed closely by Bristol University CC. The senior that raised the most money was Chris Barlow with £500 and the junior was Sarah Hara with an impressive £410.50

North West weekend

Nene, 27-28th May

The emphasis was very much on having fun as Clitheroe CC hosted the 2006 North West weekend at the Nene White Water Centre in Northampton. As well as regular entrants for the competitions from CCC and Garstang CC, competitors were warmly welcomed from Bishops Stortford, Kesteven, Tendring, Hereford and Cherwell.

The Nene White Water Centre course provided a truly exciting family sporting adventure which offered the experienced paddlers sufficient to keep them amply entertained but was forgiving enough to give novice and young paddlers an excellent and positive whitewater experience.

The Saturday brought out the competitive side of the paddlers



This event wouldn't have been possible without all the hard work that York University CC and key individuals put into the event both beforehand and on the day. I would like to especially thank Rob Ferrer of Ferrer Consulting for doing such a fantastic job of sorting all the technical/logistical side of the event as well as chairing the majority of the meetings.

Many thanks to our team sponsors Dave Brown Xclusive and the Family Boat Shop for providing some wonderful prizes – an especial thank you to Graeme Brautigam and his family for putting in so much time. Neil Farriell of Purple Penguin did a great job of lighting the pitch and Dave Hepworth of Extreme Care provided a brilliant first aid service. We were kitted up in Cancer Challenge T-shirts thanks to Uni-Kit and Kayak Capers designed a great logo for us to use on our merchandise. Canoe Polo Zone did a great job of providing bumper foam for all the plastic boats. Many thanks to the following for providing such wonderful prizes: Dag Kayaks, Wipeout Watersports, Desperate Measures, Pyranha, Robinhood Watersports, Totnes Kayaks, Yak, River Publishing, 4Seasons, Overland Underwater, High N Mighty, GO 2 H2O, Rock and Water Adventures, Joe Alexander Coaching Courses, Tri It, Maximum Adventure Sports UK, Reed Chillcheater as well as all the shops and attractions in York that added raffle prizes.

If anyone has any more sponsorship outstanding, or would like to send a donation, see www.cancerchallenge.org.uk.

Many thanks to all who took part, whether playing, refereeing, organising, sponsoring or partying..... everyone that helped us to raise lots of money. Just goes to show how generous-hearted canoeists can be and what a good time can be had in the process.

Ruth Holdway

particularly the veterans, with an eventful down river race, which enabled several paddlers to become more familiar with the water! The other events gave paddlers the opportunity to try new disciplines such as polo, slalom, sprint using Wavehoppers and freestyle.

The hectic schedule left plenty of opportunities for independent paddling and a range of demo boats kindly supplied by Tradewinds were available to try.

The results of the competition can be found on: www.clitheroecanoeclub.org.uk/News.htm#20060705. A range of prizes were provided by Nookie and in addition to the demo boats, Tradewinds provided a range of paddling equipment for sale.

Sunday, coaching day, provided an excellent opportunity for paddlers of all ages and abilities to learn new skills or improve techniques. The Nene river above the weir was the venue for early morning 1 and 2 star kayak testing. The rest of the day was dedicated to introductory whitewater courses and fun. CCC took a range of their own boats, including duos, which were particularly popular and used to introduce beginners to whitewater and impromptu down-river races.

Sam Turner and Sarah Nock

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PADDLE THIS

The GB team
comprises of:

Under 23:

K1 Men

Andy Hadfield, Greg Hitchen,
Andrew Marshall

K1 Women

Lizzie Neave, Louise Donnington,
Claire Harrower

C1

Daniel Goddard, Mark Proctor,
Colin Radmore

C2

Fraser Florence & Adam Marshall

Juniors:

K1 Men

Anton Lipeck, Johnathon
Akinyemi, James Mugford

K1 Women

Sarah Chynoweth, Alice Spencer,
Hannah Burgess

C1

Greg Pitt, Mark Proctor,
Peter Hall

Schedule for the
competition:

Thursday 24th August 2006:

C1 Men Qualification -
U23 and Junior
K1 Women Qualification -
U23 and Junior

Friday 25th August 2006:

C2 Men Qualification -
U23 and Junior
K1 Men Qualification -
U23 and Junior

Saturday 26th August 2006:

C1 Men's Teams
K1 Women's Teams
C2 Men's Teams
K1 Men's Teams

Sunday 27th August 2006:

C1 Men Semi-Final
K1 Women Semi-Final
C2 Men Semi-Final
K1 Men Semi-Final
C1 Men Final
K1 Women Final
C2 Men Final
K1 Men Final

Medal Ceremony - All
Individual Events

For further
information visit:

The Official website -

www.canoeslalomrace.org.uk

British Canoe Union -

www.bcu.org.uk

To find out more about canoe
slalom visit -

www.canoeslalom.co.uk

European U23 and Junior Slalom Championships

National Watersports Centre, Holme Pierrepont, Nottingham

August Bank Holiday

24-27th August, 2006



It has been eleven years since a major canoe slalom championships were hosted in Great Britain. This however is

all changing, with London being chosen to host the 2012 Olympics the need for bringing major slalom competitions back to Great Britain was recognised by the dynamic new slalom committee.

At the end of August the first of many major competitions takes place when more than 250 slalom canoeists from over 20 countries across Europe will be descending on the National Watersports Centre in Nottingham to compete in one of the key events of the calendar: the Under 23 and Junior European Canoe Slalom Championships.

For the GB team racing on their home water is an experience they will be relishing. Many train regularly on the site which is seen as the centre of excellence for slalom. This is your opportunity to be able to watch some of Britain's top stars battling it out for the medals – all hopeful London Olympiads.

Richard Hounslow our present UK champion and British number one at senior selection said of the opportunity: "Racing on home water in front of home crowds must be the most exciting experience for any competitor – unfortunately I am now too old for this competition but look forward to the challenge of the Senior European

championships in 2009. However, I will be at the race helping to ensure it goes off without a hitch and supporting the organisers and our competitors"

Andy Hadfield in action



Lizzie Neave in action



Mark Proctor in action

How preparations are taking place?

An enthusiastic team of volunteers are working together to ensure the race is professionally run, and fun for all involved. They are looking forward to seeing the accumulation of over 12 months planning coming to fruition.

We took the opportunity to speak to the slalom committee about how preparations are progressing. Anne Hounslow, Event Director said, "We are looking forward to hosting this prominent event in the competition calendar. This has been a learning curve for all involved but in working as a team we are able to draw on everyone's experiences. We are on schedule and as the date approaches there is a real buzz in the air among athletes and volunteers. This is a great opportunity to raise the profile of slalom in the UK."

It is hoped there will be other attractions, both on the water and off.



Running alongside the event will be 'come and try it' taster sessions, for further details, timetable of events and to keep up with developments please go to the official race web site: www.canoeslalomrace.org.uk

Mark Ratcliffe - National Junior Coach - Slalom Development Programmes comments, "It is fantastic for our U23 and Junior team to experience a home championship this year. It will give them a real boost to compete in front of a home crowd and to have friends and family supporting them. The athletes will have had good preparation time on HPP with our exclusive bookings of the water for slots in the summer along with a week long camp three weeks out. The important thing is that they remain fresh and focussed in the lead-in with all that will be going on around them. I hope they can take the opportunity and produce some top drawer performances."

PADDLE THIS:

Bronze medal win at Junior World Championships

The C1 team won bronze at the recent Slalom Junior World Championships held in Solkan. The athletes raced to win the medal on a 250m artificial course, part of the Soca River, Slovenia. The team consisted of: Peter Hall (Ormskirk), Greg Pitt and Mark Proctor (both of Staffs and Stone). Pitt and Proctor were the more experienced team members, both competed in the World Cup race in La Seu, Spain.

Congratulations!

WATCH THESE

Meet some of the paddlers who will be competing in the European Championships

Lizzie Neave (U23)



Class: K1W.
Age: 19.
Date of Birth: 12th June 1987.
Born: Staffordshire.
Club: Stafford and Stone CC.
Best canoeing moment: 2004 Junior Worlds - 10th, team bronze

2004 Junior Europeans - 7th
2005 Junior Europeans - 5th
2005 National Ranking Champion
2006 UK U23 Champion.

Coach: Mark and Paul Ratcliffe.

Facts: Studying psychology at Loughborough University.

Alice Spencer (Junior)



Class: K1W.
Age: 17.
Date of Birth: 2nd July 1989.
Place of Birth: Ascot.
Club: Salisbury CC.
Best canoeing moments: Achieved a top ten result in the Danubia cup in

2004, made U16 team in 2005, made J18 GB team this year.

Sponsors: None.

Coach: Ian Raspin.

Favourite Foods/Hobbies: I love onions. I'm addicted to neighbours and the OC.

Best canoeing moment: Premiership Race 3 this year - won selection race at Tryweryn.

Mark Proctor (Junior)



Class: C1.
Age: 17.
Date of Birth: 23rd December 1988.
Born: Stoke-On-Trent.
Club: Stafford and Stone CC.
Best canoeing moment: 4th Junior pre worlds, U23 team, Junior team and

senior team reserve 2006. Bronze team medal junior worlds 2006.

Coach: Kevin Mchugh.

Facts: I enjoy messing around with cars and electrical things! A bit of a gadget freak!

Andy Hadfield (U23)



Class: K1.
Age: 21.
Date of Birth: 5 November 1984.
Born: Worksop.
Club: Matlock CC.
Best canoeing moment: Making the senior team.

Coach: Ian Raspin and Jimmy Jayes.

Facts: Started canoeing in 1999.

Favourite food: Fish and chips.

European Championship thoughts: Chance to win first international event. This is his first race in England at this level.

The BCU website and the official race website contain profiles of all of the team members visit:

www.canoeslalomrace.org.uk or

www.bcu.org.uk



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YouthFEST 2006

Over 300 young people enjoyed an action packed day including eight different paddlesport events as part of the annual BCU Youthfest event.

This year the event was held at Dorney Lake, the venue for the 2012 Olympic Sprint Regatta – and whilst rather windy on the day it proved to be a fantastic venue. The young paddlers that have now had a taster of the regatta site can no doubt pass on some tips to the paddlers for 2012 of paddling in a South Westerly wind on the Olympic course!

This year the BCU welcomed PGL Adventure Travel as the official Youthfest sponsor who also provided a free holiday for two to the winner of the Youthfest massive quiz. Martin Hudson, a PGL director, presented the prizes with the winning teams receiving the Peter Gordon Lawrence Perpetual Trophy – named after the founder of PGL Adventure Travel.

The Bellboat event as always proved to be an exciting focal point of the day with eager teams jostling for position. The day kicked off with the U11 event which was won by the home team of Dorney BC Red, followed closely by Burton CC with Banbury CC third. In the U14 there were some very close and exciting races and in the major final the first four crews all finished within three seconds – Banbury CC squeezing ahead of Wexham Secondary School, followed by the Bennies (St Benedicts Catholic College) in third place. In the U16 event, Eyot Boat Club established the course record of the day, clocking a time of one minute and one second to take first place – followed by Dorney BC, with 5th Mansfield Scout Group in third place and winning the uniformed group prize. Of course, having watched all the exciting racing, the adults were keen to show their prowess in the VIP race. Winners were Eyot BC followed by Pangbourne in second place. (For full results go to our website www.canoe-england.org.uk)

However, the Bellboat racing was only half of it. Paddlers were able to sample lots of different types of paddlesport throughout the day, guided by GB coaches and paddlers. This included the opportunity to achieve certificates for Lightning and kayak time trials, open canoe races, freestyle coaching, come and try a boat, a Polo 'Hoop of Doom' and paddling ergo challenge. Paddlers were also able to try their hand at the new XStream Challenge which combines skills across slalom, freestyle and polo on a timed course that included a limbo gate and 'splat'!

During the day there were demos to inspire the young paddlers from top GB paddlers including Andy Hadfield, Harry Mugford, Andy Daniels, Stuart Hastings, John Best and Chris Sears.

Many thanks to PGL for sponsoring the event and to all the volunteers and helpers without whom the day would not have been possible.



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Chris Harvey (aka...the Yeti)

Santa Cruz surf kayak festival

World Series, March 2006

Chris Harvey in the final



In March this year, athletes from around the world gathered at the famous Steamer Lane in California for the Santa Cruz Surf Kayak Festival, a World Series Event. The world's top surf kayakers showcased the dynamic progressive style of the high performance class in what is one of the toughest events in the world.

After a few months living in my small van in the middle of the British winter, the prospect of travelling out to California became increasingly tempting! So, with little more than a week until the event, I purchased a cheap flight to San Francisco,

slung my kayak on my shoulder and headed trans-atlantic.

Once again, the UK was well represented, with British Championships 1 and 2 Darren Bason (England) and Chris Harvey (Guernsey) both representing Team Mega. The World Junior Champion, David Speller of Jersey was also at the event, as well as a number of other competitors from the UK, Jersey and Ireland. The UK paddlers put in another good performance with finalists in the mens, juniors and womens' classes.

Day1: Despite free food and lots of drink at the Teva Liquid Lifestyle party on Thursday night, everyone was up early and ready for the first day of competition.

With a small 6foot swell, conditions were tough and each heat was very much a waiting game to catch the set waves. However, despite the tough conditions, Chris, Darren and David all won their opening heats in the Men's HP World Cup Class. With Chris making the highest score of the day, hopes were high for the next round.

Day 2: Conditions were consistently small and with a decreasing swell, becoming increasingly tough for competitors. The HP heats ran over low tide which provided some relief with the odd wall to charge. The best rides were had from close in against the cliff but it was very much a gamble as to whether the sets came in during the heat. For Chris Harvey the tactic of sitting out back against the cliff paid off and he again won his heat, albeit a bit nerve racking through the lull periods! The day ended with the UK competitors once again in a strong position, with competitors in all of the quarter final heats. Rusty Sage (USA) put in an

THANKS

Thanks to my kayak sponsor Mega (www.surfkayaks.com) and all my other sponsors who have helped me to achieve this level of competition. For more information about my surfing, check out my website:

www.chrisharveyonline.net

For more information about surf kayaking and events, check out the new BCU Surf website:

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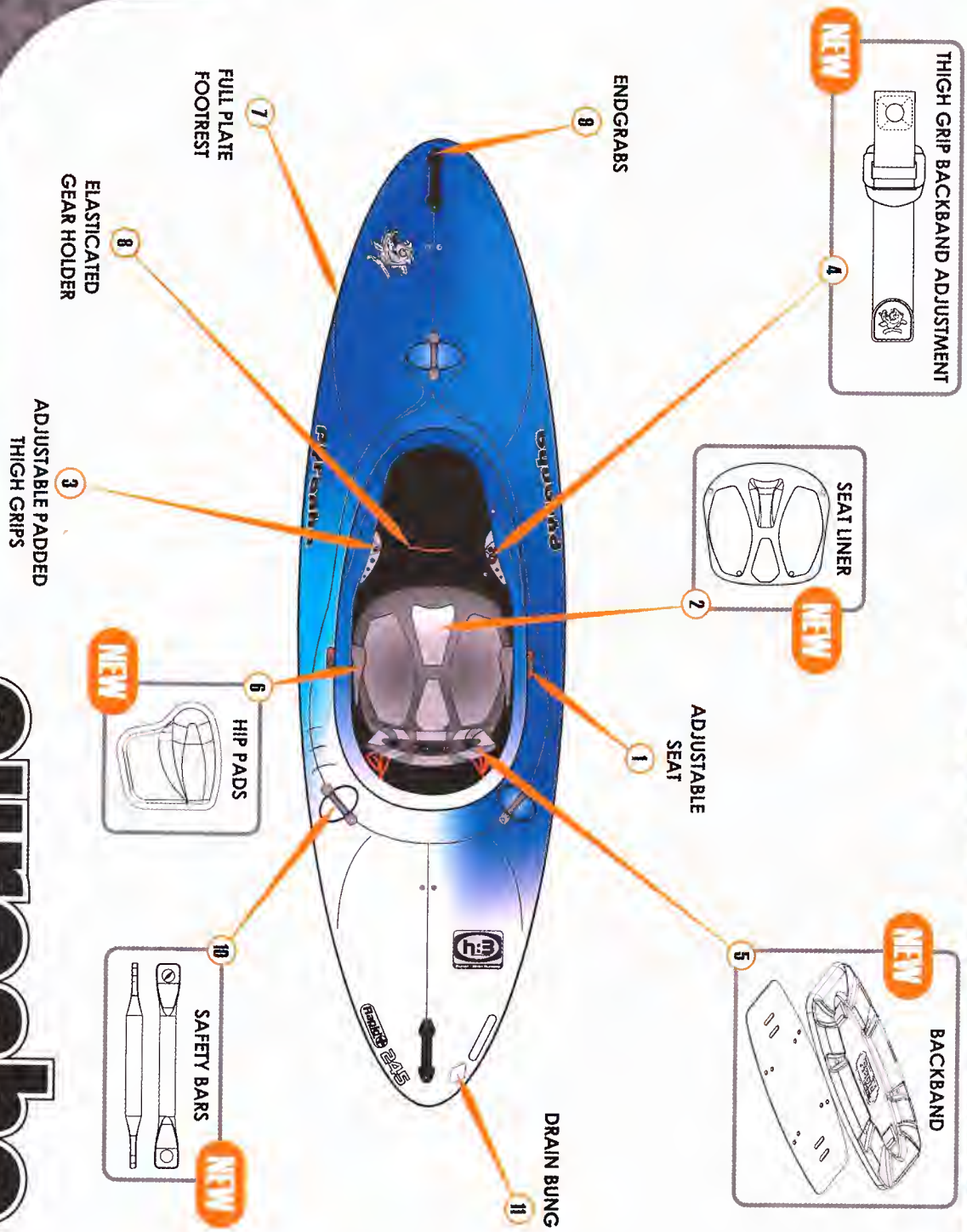
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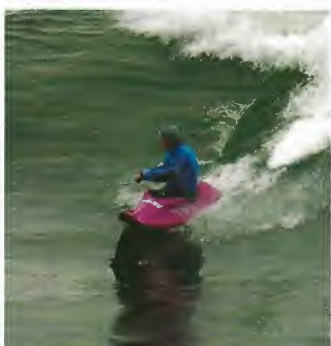
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Ailsa McDougal



Darren Bason



David Speller

impressive, radical performance, combining freestyle and surf manoeuvres to make the most of the wave.

Day 3: An evening of partying did little to stop the high performance on the water and with sun shining once again, the top athletes gathered at 7am for a spectacular showdown of surf kayaking.

With high tide in the morning, the quarter finals were extremely challenging, with little more than a soft peak to surf. First up was Chris, who struggled to find his usual form in the poor conditions but despite this, he pulled into second and safely through to the semis. Darren Bason had a tough quarter final draw, but managed some typically high quality surfing. However, in desperation to find those elusive walls, he fought for a wedgy left and in a disputable call, picked up an interference which put him down into third place. David Speller also dropped out of the men's event in the morning, but remained focussed on the junior final to come later that day. With improving conditions, Chris put in another solid performance to win his semi-final, ahead of legends Ken King and Randy Phillips. Darren progressed in the plastic class, demonstrating precision surfing with the Mega Maverick. Jersey's Ailsa McDougal also put in a good performance in the International class, progressing to the women's final.

The finals: All competitors put in great performances and the final heats were impressive to watch. It was great to see spectators who knew little about the sport, getting so excited and it's a clear sign that the sport is developing real 'wow' factor.

Men's Plastic Class: An interesting heat to watch, with Darren demonstrating a high performance surf style in the Maverick and USA's Demany Smith, combining river moves in a Wavesport Z. With two contrasting styles it was a tough heat to be judging and in the end, the judges favoured the freestyle moves of Demany who squeezed ahead of Darren who finished an excellent second.

Women's International: The competition in the women's class has really stepped up a gear in the last year and many of the athletes would easily hold their own in the Men's class. With competition as tough as this, Ailsa had a real battle on her hands. She surfed well, taking some steep

drops and charging the line hard. The radical style of USA's Kate Smith was exciting to watch and clearly impressed the judges and she took the number one position with Ailsa finishing fourth, another finals placement for Team Jersey!

Junior High Performance World Cup: USA Brothers Galen and Jared Licht were fired up to rise to the challenge of facing double world junior champion David Speller of Jersey and tension was high on the water. With the teenagers all putting in an impressive performance it was exciting to see the future of the sport achieving such a high level. David had some nice rides and was demonstrating an aggressive style in the Mega Neutron. Galen and Jared both also performed well, but it was Galen in the Mega Maverick who managed to combine slashy cutbacks with smooth roundhouses, working the wave to the full and pulling out in front to win the event. David finished a very respectable second and so picks up some crucial World Cup points.

Mens High Performance World Cup: Crowds gathered to see the final showdown in what was certainly the most closely run heat of the contest. Chris Harvey (Guernsey), Vince Shay (US), Rusty Sage (US) and Ken King (US) wowed the spectators with the highest level of surfing and sportsmanship. Chris put in some excellent rides, showing once again (in the Mega Reflex) fast and aggressive roundhouse cutbacks more typically associated with wave-ski surfing. After a breathtaking heat, the competitors came ashore to applaud and cheers from the watching crowds.

The Atmosphere was great. On the water everyone was chilled out and we all had a great time. It was fantastic to be in the final and to surf with such highly skilled surfers.

With the final too close to call, it was a tense wait for the results. Despite the radical style, Chris pulled in just behind Rusty and Vince with third place. An excellent result and the highest of all the European competitors. This result gives Chris a high World Cup ranking and a good chance of qualifying for the finals.

The next World Cup event will be held in Ireland in September and with a strong European contingent looks set to be another fantastic showdown of high performance surf kayaking. ●

Chris Harvey

PADDLE THIS

LCC hosts Washburn wild water race

30th September 2006

After last year's success, Leeds CC are once again hosting a wild water race at the Washburn (N.Yorkshire). There will be sprint and classic races for the A, B and Open Divisions. The river is a dam release, so the water is guaranteed! For more information and to find out how to register for the race, visit the Leeds CC website: www.leedscanoecclub.org.uk

READ THIS : Wild water

Jonnie Schofield wins gold in wild water racing World Cup series

Twenty one year old, Schofield, pushed hard for a medal in the men's kayak singles (K1) class of this World Cup series held at the beginning of July and the work paid off.

The series consisted of five races in total. The first two races were held in Mezzana, Italy, where Jonnie achieved fifth place and then gold. The remaining three races were held in Lofer, Austria where Jonnie won both sprint races and came sixth in the last classic race, securing him a gold medal overall.

Schofield originally from Clitheroe in Lancashire, now studying at Loughborough, was determined to make a

comeback in order to avenge his recent disappointment of missing out on medals in the recent World Championships. It was certainly memorable racing, in sprint race three, Schofield won by a remarkable 2.5 ahead of nearest competitor Tomas Slovak of the Czech Republic.

This is a good track record for Schofield who, last year won two gold medals in individual races and a bronze overall, this is a fantastic debut for his first season as a senior.

Other notable performances were by Sandra Hyslop and Dee Paterson who came 13th and 16th respectively in the women's kayak single class (K1). Andrew Hamilton in the canoe single (C1) class came 15th overall. In the C2 category (canoe doubles) Simon Wright and Jamie Christie also raced well achieving an overall seventh position.

For information on Wild Water Racing visit: www.wildwater.org.uk

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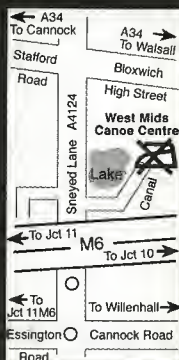
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GB juniors reign in Spain

9-10th June

First Marathon World Cup, Rio Duero in Zamora, Spain

PADDLE THIS

Olympic medallist Brabants crowned European Champion

GB's Tim Brabants stormed to victory and won a gold medal in July at the European Flat Water Championships in Racice, Czech Republic.

Brabants, 29, a qualified doctor based in Nottingham, surprised some of the world's best paddlers to take the 1,000m K1 title. Looking powerful and in control right from the start he won by a whole clear boat length in a time of 3 minutes 28.586 seconds ahead of Zoltan Benko (HUN) 3.30.1 and Oscarsson (SWE) 3.30.5. Brabants certainly demonstrated his current top form convincingly and with ease. He will certainly be wanting a similar performance in the forthcoming Sprint World Championships in Szeged, Hungary on the 17-20th August.

Brabants has just returned to the GB canoeing team after completing his medical qualifications and a six month stint as a house doctor in Jersey. The result is a best finish for Brabants and a great return to international action after a year's break. Previously he won bronze at the Sydney Olympic Games in 2000 and finished fifth in Athens in 2004 despite clocking a world's fastest time in qualifying.

The other GB finalists of the Championships were kayak doubles Ed Cox and Ed McKeever (K2 200m). The GB boys finished sixth (32.3) just over 0.5 second behind the winners, Ronald Rauhe/Tim Wieskotter (GER) who won in 31.8s.

Women's doubles, Lucy Wainwright and Anna Hemmings achieved seventh place in the WK2 200m in as time of 38.780. The race was won by the world-dominant pairing of Katalin Kovacs and Natasa Janics from Hungary.

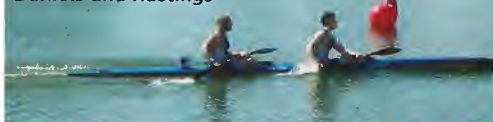
GB win two gold medals and one silver

Held in baking temperatures, it is four years since the World Championships were last held on the same course. In that time, Spain have started to dominate the world marathon scene, winning five senior world titles and ten other medals, so a strong showing was expected from the hosts.

In the event, their seniors dominated even without current World Champion Manuel Busto, who withdrew on the eve of the event through injury. But a brilliant performance from GB's seven juniors came within one point of claiming the Junior Nations Cup from the 19-strong Spanish junior team.

The first morning's racing got GB off to a great start. 16 year-old Ed Rutherford from Elmbridge, raced over the 20km course with two portages, against the some of the world's best U18s. Ed raced intelligently to stay in the front group until the final portage, where some assertive Spanish tactics saw him lose touch with the Frenchman Urban. Many would have settled for a minor placing at this point, but Ed carefully plotted his route back to the front group, maintaining enough for the final sprint.

Daniels and Hastings



With a few hundred metres to go, Urban let rip with a sprint which sent the two Spaniards and a German out the back of the group but Ed raced him all the way to the line to win a silver medal. On course at the same time was Ed's 18 year-old club-mate Louisa Sawers, in the Junior Ladies event. Louisa came into the event with a lot of pressure to succeed, having earned sixth place against older competitors at the previous year's Worlds.

Louisa's strong start split the field, leaving her to contend with Spain's top two juniors over the two and a half lap course. The Spaniards made it difficult, but Louisa was always in control. Leading out from the last bend, Louisa out-sprinted the other athletes to win GB's first gold medal.

Gareth Hunt of Fladbury raced a strong field in the Junior C1, the first time we have fielded an athlete in this class in a few years, and a testament to Steve Train's work in developing the canoe racing class. Gareth came home in sixth place, collecting valuable points for the Junior Nations Cup.

Temperatures in the sun climbed beyond 35 degrees as the seniors sheltered in the team marquee, waiting for their afternoon starts. First off were Ben Brown of Elmbridge and Simon Fennemore of Wey KC in the Mens K1. Despite the absence of current world champion Manuel Busto, the men's field included Spanish world silver medallist Emilio Merchan, and Hungary's past K2 champions Istvan Salga and Attila Jambor.

Ben managed to get into the front group off the start, but the intense early pace proved to be a problem, and Ben dropped out of the race. Simon finished the 36km course with early leader Falk Zimmerman from Germany, in 11th place. After nearly three hours racing flat out in the blazing sun, Merchan effortlessly dispatched the two Hungarians to cross the line two and a half minutes clear.

The 28km Women's race saw a win from 2003 World Champion Renata Csay, followed by last year's runner-up Vivienne Follath of Hungary. Elmbridge's Nicky Taylor, moving into K1 this year, was narrowly beaten on the line into sixth place behind Germany's Cornelia Schmidt.

All Sunday's races were in doubles, over the same course as the previous day. Reading CC's junior K2 of Andy Daniels and Stuart Hastings had been in such imperious form on the domestic scene this year, that they were the team's top tip of the weekend, and they didn't disappoint. Leading off a field of eight boats, they had reduced the competition to themselves and two Spanish boats by the first portage. Andy and Stuart kept to a meticulous race plan, led through the final turn, and only opened out with a small acceleration with around 800m to go. The unfortunate Spaniards didn't even survive to see the full sprint and the boys paddled clear to the gold medal.



On course at the same time were Fay Lamph of Wey and Lizzie Broughton of Richmond in their first World Cup. They raced to fifth place not far behind the second Spanish boat, collecting the last of our junior team points.

On Sunday afternoon, GB fielded two boats in the Senior Men's K2: The Elmbridge crew of Nathan Johnson and Mickey Doyle, and the Elmbridge/Runcorn pair Mike Goodall and Jimmy Mayers has shared the honours over two domestic

Louisa Sawers



assessment races, and they remained inseparable for a large part of the course here.

Racing through a portage in groups can lead to unfortunate accidents, and so it was to prove as a collision with the bow of the Goodall/Mayers boat gave Nathan Johnson a dead leg at the third portage. Nathan raced on, but a break was made at the final portage: Goodall/Mayers finished in eighth, and Johnson/Doyle in tenth place, in a race won by past world champions, Guerrero and Alonso of Spain.

Harriet Farish and Becky Schofield paired up to race the Women's K2. Becky's first race together at this level. Unaffected by having raced the previous day, the Hungarians Csay and Follath, won convincingly. Harriet and Becky were narrowly beaten into fifth place.

Despite the athletic efforts of our racing team, some of the hardest work of the weekend was undertaken by team physio Sarah Milns, kneading aching muscles and fragile egos throughout. Sarah knocked the last of the team back into shape, in time for the medal ceremony. The last visit was to collect second prize in the Junior Nations Cup, where Spain beat GB by one point, much to the relief of the organisers.

I would like to say thanks to all the athletes and helpers on the trip, namely Dave Brown, David Enoch, Roland Lawler, Sarah Milns and Brian Gandy, who worked tirelessly. Only one person's performance was questionable: the team endured 45 minutes in a baking coach without air conditioning, just to drop me off at an official dinner, and I chalked up GB's first ever yellow card for portage infringement. I hope they let me come again... ●

James Smythe, Team Manager



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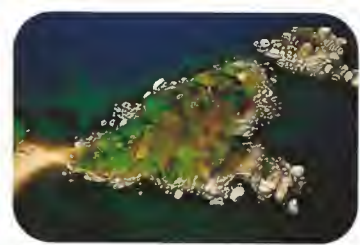
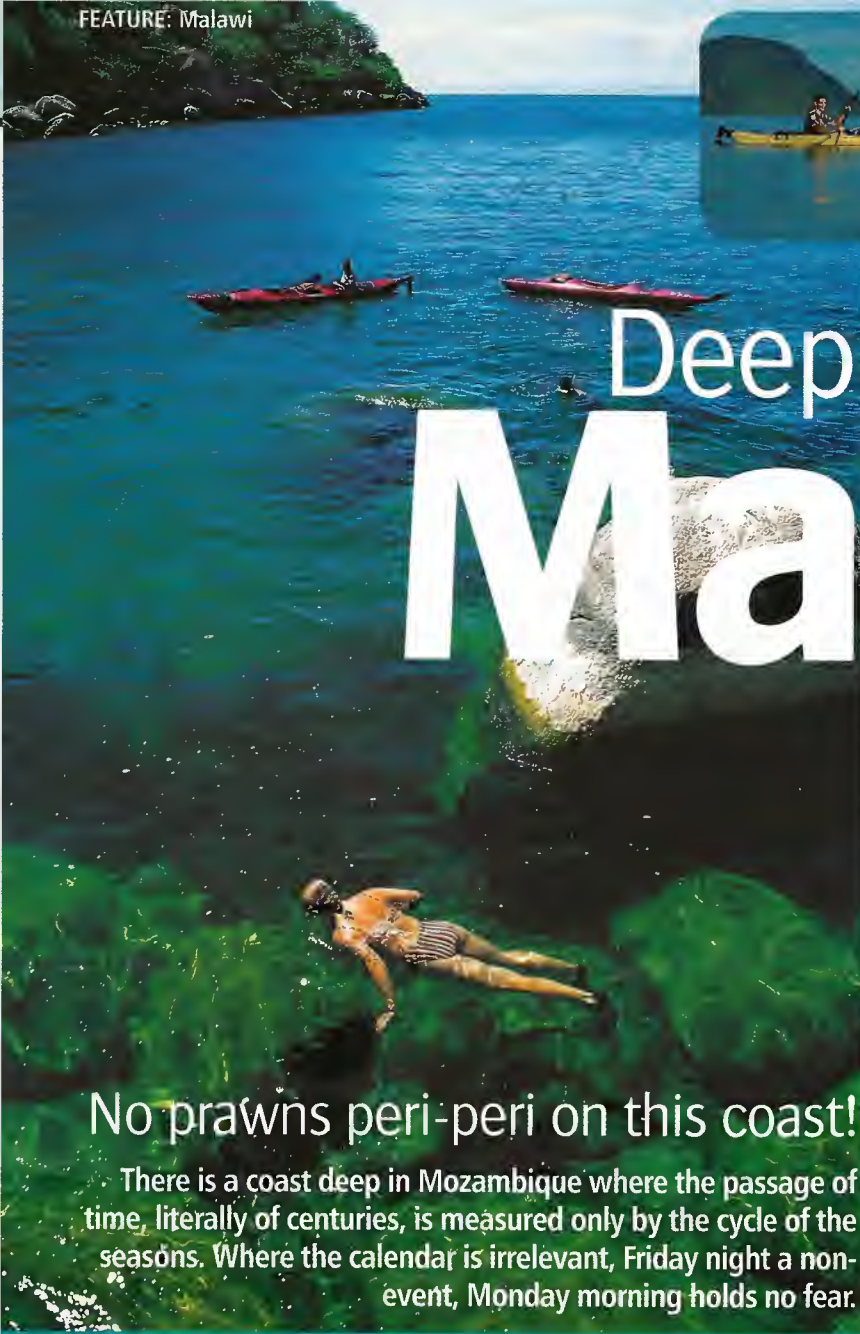
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Deep waters in Malawi

No prawns peri-peri on this coast!

There is a coast deep in Mozambique where the passage of time, literally of centuries, is measured only by the cycle of the seasons. Where the calendar is irrelevant, Friday night a non-event, Monday morning holds no fear.

Before the rains you plant, at the end of the growing season you reap. Over new moon you fish, and at midday you sit in the shade. A place where footpaths, smoothed by barefeet over millennia, are still footpaths, not freeways. Where fishermen still use magnificent dugout canoes and nothing is motorised, where tiny villages are reminiscent of Asterix and Obelix's village, indomitable against the forces of time.



Maybe this is a somewhat worn image, but after ten years of travel and exploration in Southern Africa - mostly by kayak, mostly off the beaten track - I've seen nowhere where it is quite so apt.

Forget about blasting past in a rubber duck or 4x4 – you won't see a thing, never mind feel it. Even when you take time to stop, you won't connect with the place or people – how could you, you may as well be an alien in a flying saucer!

To feel it you must submit to local rhythms, pace and style, moving under your own steam by kayak or on foot. Being watermen we chose the former, and took a leisurely paddle along the shores of Lago Niassa, perhaps better known as Lake Malawi.

On a warm, sunny morning we headed off from the beach at Cape Maclear. Take a second here and use your imagination: think of a beach with 'Africa' stamped on it, think baobabs and thorn trees throwing shade onto the sand, think islands and warm sun. Then think crystal-clear, pure fresh water.

Day one was 35km of this water as we crossed the lake from Cape Maclear to the Mozambique shore. We were totally self-contained – kayaks packed with all camping gear and provisions for ten days. 35kms means seven hours of paddling in a fully-laden sea kayak, and herein lies the layman's understanding of sea kayaking – it's like hiking, but using kayak and paddle instead of feet and back. It's physical, but the pace is about the same.

We got lucky – a gentle tailwind pushed us along the whole day. Out in the middle we had lunch in the kayaks – a rather 'fringe' affair consisting of pre-cooked roast chicken and coleslaw. To refresh we jumped off the kayaks into the water. Going under and looking down, we saw the Big Blue.

In the late afternoon we landed on a sandy beach backed by reeds. It was one of a series of small u-shaped beaches, together making up Cape Ngombo.

Tradition dictates that tea is made as soon as reasonably possible when you get off the water. We gathered firewood and got the kettle on, unpacked the kayaks, and slipped into what we regarded as an acceptable routine: lol around on a beautiful beach drinking tea as the sun prepares to set behind the mountains across the lake. At dusk the day's designated 'chef' prepares a generous supper. Then it's idle chatter or quiet contemplation of the day's paddle, until an early lights-out under a mozzie net strung from an upright paddle.

Feeling rather smug we settled in. Suddenly a hippo grunted from within the reeds, too bloody close for comfort! There was a brief moment as we frantically mobilised and ran in circles. Which way was the beast going? I can't say whether it was a logical decision, or whether we simply had nowhere to go, but after a short discussion that clearly lacked expert input, we deemed our campsite safe and returned to the fire. "They don't like campfires, they attack them", said someone, trying, I think, to be helpful.

The hippos were happy in their big bog behind the reeds and kept their distance as they fed and grunted through the night. The mozzies however moved in, and we hit our nets at about six thirty. I realise that

there are a lot of experts on this subject in my home country, but I am prepared to argue with all-comers that there is no better way to camp than on a deserted tropical beach, stars above through your bomb-proof mozzie net, soft sand underneath.

After two days we entered Mozambique waters. We reported to the first official presence, which was the 'Poste Administrao' in the village of Meponda. Although officially on siesta the chief of the Poste Administrao immediately opened up his office, and politely and professionally - no mean feat considering that the common lingo was basically zero - issued us with appropriate paperwork and collected the fee due.

And so began a second acceptable routine: pleasant interaction with all Mozambique officialdom, whose members time after time reinforced what must be the Mozambique national motto, "Nao any problemsh."

Our entry into the remotest backwaters of Mozambique thus officially blessed, we paddled north. The natural pattern emerged. Rocky headlands separated sheltered coves where golden beaches were backed by African bush. Tucked away in a corner of the beach, exactly where you would expect, would be a tiny village. We would find a campsite on another beach across the bay or on the point, a short distance away from the village.

Thus one witnessed people, ourselves included, living in awareness and respectfulness of their surroundings. At times our campsites would be the in the 'obvious spot', and as a result would have been used by others before us. These travelers and nomadic fishermen left the slightest of traces - an old campfire or the remains of a stick fish-smoking rack. Often they would prepare for their return or the arrival of others by lopping off a substantial branch from a tree and leaving it to dry, thus not only ensuring dry firewood, but also circumventing the need for others to chop willy-nilly at nearby trees for fuel. Harmony.

But not paradise. Although we Cape Town okes wistfully compared our lot with that of the local manne, the business end of their lives - the endless quest for food - was proclaimed in their weather-beaten and wizened faces, signs of a shorter lifespan than the three score and ten that we take for granted.

Rather the lesson that was there to be had lay in the daily quality of their lives: you always have the time,

not to mention the inclination, to stop and shoot the breeze with your mates, to greet and meet strangers, to sit in the shade at midday, to siesta, to chill.

Our route traversed the southern half of Lake Malawi, taking us a total of 250km from Cape Maclear to Likoma Island. As we traveled along it just kept getting better. In places forested mountains towered over the lakeshore. Under their soaring slopes, instead of sand the beaches were made up of multi-coloured pebbles, every beach a unique scratch-patch. Although we looked upon the first of these with a beady eye, anticipating an uncomfortable night, we were very pleasantly surprised. The rounded stones made for a luxurious bed, and the danger of sand in your food, your sleeping bag and your kayak was refreshingly absent for a few days.

On the seventh day, instead of rest, we contended with a strong southerly wind known locally as the 'Mwera'. The lake showed it's other face and became rough and fierce. We spent a tough eight hours in the kayaks, unable to find a beach sufficiently sheltered to justify the hassle of landing. Just when humour was running out, we rounded a massive sand spit and entered Ngo Bay. In the total calm of the bay we found the Garden of Eden / Paradise / Heaven - call it what you will. Deserted beaches shaded by fig trees and framed with arcanelly-sculptured boulders.

Our final landing in Mozambique was the village of Cobue, with Likoma Island lying 5km offshore under the setting sun. Cobue, being a transit point for travelers between Malawi and Mozambique, has a 'hotel' on its beach rather dubiously named 'The White Buffalo'. We landed there and were somewhat shocked by this sudden return to society, but the staff of the White Buffalo quickly quelled our panic with a couple of beers.

We then looked up an old acquaintance from a previous escapade, Mr. James Bondo, and enjoyed a very fine chicken curry in his tea-house before falling asleep under the mango tree on the beach.

The next morning we duly checked out of Mozambique and paddled across to Likoma. The Mango Drift backpacker establishment proved to be a superb landing point, and we punished their beer supply by way of celebrating and giving thanks for our safe arrival.

Our ten-day paddle was followed by a two-day voyage back to Cape Maclear on the lake ferry. Then a day's drive, then a day of flying. Nothing like the missioning to get home to emphasise just how far off the beaten track you have been.

Back home, of course, everything was just as it was. And before you know it you are just as you were,



At dusk the day's designated 'chef' prepares a generous supper. Then it's idle chatter or quiet contemplation of the day's paddle

with all those awesome plans, that clarity of thought, that perspective, drifting off into the mental mists...

There's no escaping it - to have a clear head you need space! ●

Clive Bester

FACTS :

Contact Kayak Africa for information on itineraries to Lago Niassa.

Email: letsgo@kayakafrica.co.za

www.kayakafrica.co.za. Tel +27 (0)21 783 1955

For information about Malawi go to

www.malawitourism.com or email

enquiries@malawitourism.com or telephone (UK)

0115 982 1903

Butterflies fluttered silently overhead, warm scent laden air wafted past, all around we were surrounded by stunning scenery and forests. Hills and mountains leapt skyward from the river banks and snow capped mountains dominated the distant scenery. As we slowly drifted along with the current the noise of rushing water became more apparent and in the distance the horizon line dropped and gave sight of white specks and peaks of whitewater.

Sunshine, mountains and



Put on for the Trisuli

a bit concerned at this point, wondering what he had let himself in for with us. We'd be talking about this one over a beer or two tonight!

We spent the night high above the river in a purpose built camp, complete with showers and safari style tents and shelters. The next day we paddled the last sections of the river to the get out, encountering some more fun rapids right at the end. Fortunately the team had found their paddling ability again and we completed the river unscathed, packed our gear up on to the waiting bus and headed to Pokhara.

Pokhara is way different from Kathmandu - much more laid back, cleaner, less crowded. The next day we headed off to what had been advised to us as a jewel of a river with some superb whitewater – the Madi Khola. For three days we feasted on the rapids and the magnificent whitewater, camping on the river banks on an evening. Everything we needed was carried with us on the gear rafts which meant we could run the rivers and enjoy ourselves in un-laden boats.

We had planned a day off after the Madi, but Ben had given us the option of a half day run on the Upper Seti, upstream of Kathmandu. Half the team headed off and the rest stayed in Pokhara to explore the sights or to rest by the lakeside and enjoy the scenery, fresh air and cool beer.

Crossing a tributary at the put on of the Marsyandi

Looking around all I could see were grinning faces as people burst into action, readying themselves to dive headlong into another frenzy of waves and stoppers and more superb, clean, warm whitewater paddling and playing.

This is what paddling is all about! Forget the cold morning starts and empty rivers - we were in Nepal, home to some of the planet's finest and mightiest rivers. Since leaving the UK less than seven days ago we had travelled half way around the world into a foreign land, had our senses assaulted by the drive through Kathmandu from the airport by the noise, the sights, the heat, the smells, the hectic pace of this infamous city. After being briefly immersed in some amazing culture we were off on our adventure. We headed off in search of mountains and whitewater. And Nepal was not about to disappoint.

Our first introduction to Himalayan rivers was the Trisuli – a river the AdventureX guys had advised us would be a good river to ease ourselves in on. Shorty tops and sun cream was the order of the day. The next few hours brought some amazing sights and great fun. Rapids were gentle and this was a great introduction to big water. We inspected one - it looked full-on but it was all just surface waves/stoppers and no nasty pour-overs. And anyway, everything was flushing. So there we were 10 minutes later and seven swimmers later sat on the river bank in fits of laughter. Ben, our guide/safety boater was looking

Enjoying the Trisuli



Enjoying the plunge pool after a sauna at 'The Last Resort'



That night we had a meal together and said good bye to half our team. They were mountain bikers (as well as paddlers), so whilst we headed off to run the Marsyandi the rest would be mountain biking for five days. We met with the guide who would introduce them to their new steeds in the morning. After a day or two taking in routes around Pokhara they would then fly to Jomsom, deep in the heart of the Annapurna Mountains, and begin what can only be described as the ultimate thrill for a mountain biker - three days of downhill!! With full suspension bikes and a world class mountain bike guide they were in good hands.

experts to it as we busied ourselves making a camp fire, and drinking beer.

We rejoined as a full team back in Kathmandu to tales from the bikers of terrain, routes and rides of epic proportions, a few tumbles and big smiles all round. Hmm... next year maybe, when I have more time!

In the morning we headed to the mountains again, this time North toward the border with Tibet. We took in the Balephi which was a low volume technical run much aligned to many a UK river - the difference being the warm water, glorious sunshine, and ever present scenery. A night at the peaceful open air 'Riverside' resort led us to a run on the Upper Sun Kosi the next day. Lots of fun, big water and good playing.

White water

The rest of us headed off on what seemed like a journey to the end of the earth and to a place you'd never think you could get a bus. We camped at the side of the Marsyandi that night, ever present of the deep rumblings of the opening rapids. 'Wake up' rapid was very aptly named and was our first obstacle in the morning. Once again we were surprised by the pace and power of the water but we all managed without incident. What followed over the next few days was one of the most amazing paddles we had ever had. Numerous inspections were needed as the river was definitely a notch above the previous runs, and in between were some awesome read and run rapids and some equally impressive playspots. Porters were used to carry our overnight equipment from the ever present bus, high above us, down to the river. We felt guilty having all our equipment brought to us but at the end of such hectic days on the river and in terrain best suited to a mountain goat, we thought we would leave the



Kayak transport in Kathmandu

The final evenings were spent at 'The Last Resort', perched high on the cliffs above the mighty Bhote Kosi. The sauna and plunge pool certainly took some good use whilst we were there, as did the cold beer from the bar! A bungee jump and bungee swing into the gorge was also on offer for the brave!

And onto our finale. It was time to put everything together and tackle the Bhote Kosi. Half the team were rafting it and the rest of us were running the guts of some full-on whitewater. This mighty river was a perfect choice to end the trip on. After a few mishaps and interesting lines we were reaching the end of our Himalayan adventure. Just a free day in Kathmandu separated us from that flight back to the UK and to the not so appealing conditions and rivers. Time to start planning the next trip!

A big thanks to the team at AdventureX for organising and running a superb trip! ●

Will Robinson

FACTS :

For further information on organising a similar expedition, or for other worldwide destinations with AdventureX, visit www.adventurex.co.uk or contact the team on info@adventurex.co.uk or 0870 766 9509.

More big fun water on the Marsyandi



Tight and technical on the Balephi

PADDLE THIS:

Peak UK Challenge

The dates for this year's Himalayas Peak UK Challenge in Nepal have been changed as peace returns to the one of the greatest kayaking and adventure travel destinations on earth.

Dates: Nov 3/4/5

Location: Bhote Kosi river
Nepal

This year's event includes the first Himalayan Mountain/River Film Festival. With great rafting available for spectators, the event is geared toward both kayakers and family and friends. If you have not traveled or kayaked in Nepal, now is a great time to go, pick up a copy of WW Nepal by Peter Knowles pk@riverspublishing.demon.co.uk and book yourself a flight.

For further info on Peak UK events contact: Pete Astles info@eurofreestylekayak.com

For info on river trips, expeditions and raft guide training courses in Nepal and Himalayan Mountain/River Film Festival entries. Contact: Gerry Moffatt gerry@moffatt.net

Euro Freestyle Champs

National Watersports Centre, Holme Pierrepont



The jam packed kayaking festival at Holme Pierrepont Nottingham, lived up to expectations, with hundreds of spectators and participants, the atmosphere was electric!

Eleven nationalities, and over 120 competitors gathered together to compete in the European Freestyle Championships. This event is held every two years and is second only to the sport's world championships. The competitors were pleased to be on the water, whilst the spectators sweltered in the heat of the sun. Those that found it too hot, or who were inspired by the competition took to the flat water of the lake in the very popular 'come and try it' sessions.

The Great Britain men dominated the C1, OC1 and Squirt classes. David Bainbridge and Ollie Castle came first and second in C1 whilst David Bainbridge and Jamie Burbeck came second and third in the OC1 class. Richard Chrimes, a former Junior World Championship bronze medallist, and Stu Morris both paddled well in several rounds to make it to the semi-finals. Unfortunately, paddling against a field of world-class competitors, they didn't quite get enough points to make into the top five final.



The women dominated the kayak class in both the senior and junior categories. In K1 Lowri Davies and Lynsey Evans took gold and silver respectively. There were high hopes for Jenny Chrimes, who is the current Junior World Champion and was the previous Junior European Champion. She did well to make the finals in her first international competition as a senior competitor taking fourth place behind current World Champion, Jutta Kaiser of Germany who took third.

In Junior K1, Flic Mears and Hannah Brand won silver and bronze.

In the Squirt class it was Greg Nicks and James Reeves who won first and second place. James Reeves, who is world silver medallist was hoping to improve on his silver medal from the previous European Championships. However, his team mate Greg Nicks, had the best mystery move of the competition. So, although James's smooth and consistent paddling style earned him a silver medal it was Greg who took the sought after gold.

In this category Claire O'Hara paddled extremely well, in her first international competition, against the men (there was no separate ladies squirt event), and got a very well-deserved fifth place, beating a number of stronger and more experienced male competitors.

Pete Astles of the British Canoe Union, Organiser of the event commented: "This has been a fantastic weekend, with great performances by the GB team on home ground, this has been a very successful Europeans."

For more information on Freestyle visit: www.ukfreestyle.com. The GB team altogether took a very impressive 10 medals from the various disciplines. ●





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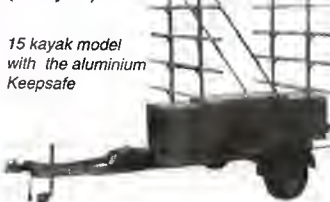


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Suggested paddles



Where can I go paddling is often the question from new and experienced paddlers. Well, we are campaigning for greater access to the 98% of waterways we do not have access rights on... but in the meantime there are some interesting paddles around and the following are a few suggestions. Our hope is to offer a variety of suggested paddles as whilst some

canoeists are interested only in rapid or white (wild) water rivers, others enjoy competing and there are also many others who enjoy paddling quietly along, exploring and visiting new scenes and developing awareness of nature round them. In our selection of paddles we hope to cover everyone's needs.

PADDLE THIS: River Wear, Fatfield to North Hylton

This is a two hour paddle suitable for a lazy summer evening, or even breaking the journey from the deep south to the access heaven north of the border. This part of the river is tidal so look at the tide tables for the Tyne: you may choose to paddle up on the rising tide even if this description is based on a high tide that has turned. This tidal stretch has no troubles about access as it is below the high water mark, and none of the risks of estuaries as the end is still some miles inland.

Maps: OS 1:50,000 Tyneside and Durham 88, OS 1:25,000 Durham and Sunderland 306, or better still the Newcastle, Sunderland, and Durham A-Z which is cheaper and easier to use for access points.

Start at Mount Pleasant Lake car park 314575. This is best approached from the Shiney Row junction of A182 and A183: take Station Road off this roundabout and follow down the valley, take a right turn into Beatrice Terrace and the car park is on your right. The river is best accessed at the large sign on the river end of the lake.

The Wear is an amazing river and subject of access studies. We would like an agreement to paddle the whole 110km from Wearhead to the sea. It is full of changes, from the excitement of a Pennine contender, to a French gorge pretender. This section is more like a west country wooded ria: full of birch, oak, and hawthorn. The quiet of the river in the middle of an urban area is achieved by hiding at the bottom of a broad gorge. For about 200 years this river was dirty and full of activity: wagon ways brought coal to the river and they even processed asbestos on the north bank. Back to Roman times lead and silver were taken by river to the sea, but all that is long gone. On my last paddle there I saw three other craft on the river, a buzzard and flights of swifts and swallows. The Washington development corporation and the City of Sunderland have recreated a natural wilderness.

When you get on you see the first of the massive stone block staithes that form parts of the bank. Here at Fatfield, later at Cox Green and finally at Stony Heugh they dwarf the roman wall a few miles north. You are soon away from the houses and into the wilderness. Fans of Apocalypse Now will look out for something moving in the forest.

Moving beside Reach Wood your eyes are captured by the Victoria viaduct: high elegant stone arches spanning the gorge. Built in 1836-8 it was based on a roman bridge at Alcantara in Spain and this design has a lightness that becomes more impressive as you approach: the river span

is 162 feet wide, and the stone as clean cut as if it were new. This is a hidden wonder, less obvious than Penshaw monument on the hill above. Is there any other place where one can paddle beneath a 'Roman' viaduct and see a 'Greek' temple nearby? (Pevsner 1983:371)

The river bends slightly around James Steel Park and you may see walkers or cyclists. The next bridge is a functional green metal footbridge at Cox Green (good pub on the right bank) and there is the first clutch of boats. Like the top of a Cornish creek half a dozen at most: North Sea coble, and battered fishing vessels. Five minutes beyond is a nice get off for a cup of tea on the edge of a wood in a meadow.

Next on your left is the Wildfowl and Wetland Trust. A black barbed wire fence keeps you out but the birds observe no such niceties and it's a place of heron, wildfowl on the river as much as in the sanctuary. High Wood beyond is a fine example of natural woodland, and the river does another characteristic U-bend as it does higher in Durham.

The turn brings the river in view of a second dramatic viaduct: this concrete and box girder wonder 50 metres up takes the A19 across the narrow gorge. The contrast with the Victoria viaduct is striking. The Golden Lion pub on the right bank is tempting, but the Shipwrights is a bit further on the other side. Down river from the Shipwrights is an amazing pile of decaying iron ship and vessel parts, clearly the Poseidon of the north. You may have the curiosity to paddle past them and get out where the bank comes down. You may get off nearer the A19 viaduct.

Finish at the Shipwrights Arms at North Hylton 355575. This is on the north river bank on Ferryboat Lane. Ferryboat lane is the first right turn on the A1231 east of the A19. Very easy access back onto the A19 or to the A1 to continue your journey north. Very nice pub: good beer and food if you are in no hurry. ●

Jonathan Roberts



If you have a suggested paddle... please e-mail the text and images to the editor of Canoe Focus:

peter@canoefocus.co.uk

Text is preferable in Microsoft Word format and images as 300dpi JPEGs saved at highest quality.

Access on-line @

www.riversaccess.org

Cars/trailers carrying canoes/kayaks

Have you noticed how many canoes/kayaks there are being transported around the country? On journeys keep a count of all the ones you see. Include all types of canoe and kayaks and you might well be surprised to see just how many there are!

Canoeing is the fastest growing watersport for the fifth year running (according to a recent survey) so you should see lots of canoes!



access for all

Support the Rivers Access Campaign

www.riversaccess.org

Did you know?

That all of the 13 River Thames tributaries have no public right of access on them to allow a journey from the upper reaches of the tributary rivers down to the Thames... and these tributaries would be wonderful to paddle on.

For example the rivers

- Loddon
- Mole
- Colne
- Cherwell
- We... to name but a few this type journey cannot be undertaken on.

Rivers Access Campaign goes global!

We know the BSKyB rivers access film went out in Europe but we have discovered that a canoeing friend, who is currently working in Australia saw the piece out there! Wonder what other countries make of the archaic situation we have here. Doesn't really inspire tourists to come and visit when they hear of such outdated laws.

Games for those long car journeys

Having spent a considerable time lately driving around the country we now play a couple of new games: rather than "I spy." Why not have a go?

Rivers with access?

Every time you drive over a bridge/road which crosses a river etc have a competition to guess whether the river has access! Chances are the answer is no. If the answer is yes then for what length of time each year. (remember some are only for one day!)

Keep score of how many 'no access' ones there are... and your score!

Exploring the River Cam

The river Cam rises at Ashwell in Hertfordshire and meanders to Cambridge, flows along the 'Backs' past the colleges and then on to join the Ely Ouse and thus on to Denver Sluice. It is canoeable in winter from Barrington and all year from Byron's Pool.

These notes describe a couple of day's exploration based in Cambridge, starting from Chesterton. (Landranger 154)

Day 1: Start at the small car park beside the river in Water Lane, Chesterton, just beside the 'Penny Ferry Pub' (not recommended!) 470670 Paddle upstream (right). Keep to the right hand bank and look out for rowing eights!

400m: Just before the footbridge there is a small slipway which leads to the 'Green Dragon'. Excellent food, good beer and the oldest pub in Cambridge. If 400m is too soon to stop, then remember it for the way back! Continue along Riverside (past the Technology museum . an old pumping station with a tall chimney) to Elizabeth Way Bridge and Midsummer Common.

1.5km: Now you have earned a drink. The 'Fort St George' has a good range of draught beers and also serves good meals.

2.2km: Under Victoria bridge and past the last of the boathouses and on up to Jesus Lock. Land on the left and carry round the lock, but stop for an ice cream before you get back on the water! Now you are on 'the Backs' Enjoy a leisurely paddle on past the colleges; unfortunately you can't land at any. (There is a public landing place on the left below Magdalene Bridge at Quayside, but it is monopolised by punt hire). Be amused by the antics of those who have hired punts; your good deed of the day may be to return a lost pole to an inept punter. The colleges are: right (before the bridge) Magdalene (pronounced Maudlin'), left and right St Johns, left Trinity, Trinity Hall, Clare, Kings (and the chapel and the Wren Library), St Catharines, Queens (both sides) and the Mathematical Bridge.

5km: Under Silver St Bridge into the pool. You can stop here – provided that someone stays and guards the canoes – paddle across to the right of the pool and alight at 'The Anchor' which has a landing stage. Then, suitably refreshed, paddle round to the sluice and land on the right bank and portage up the punt rollers onto the upper river which winds leisurely towards Grantchester. Look out for the nudist bathing area on the right. **8km:** a small landing on the right leads to 'The Orchard', a tea shop and garden made famous by Rupert Brooke. Walk across the field and enjoy a pot of tea and cake whilst precariously seated on ancient green canvas deckchairs – very period and very Cambridge.

A short right hand branch leads up to the Mill at Grantchester; Byrons Pool is a further kilometre ahead on the left hand branch – again famous for 'skinny dipping'. Now you can turn around, and do the whole thing again back to Chesterton; a very pleasant days outing. **Day 2:** Start again at Fen Road – next to the Penny Ferry, but this time set off left – downstream! You can either paddle as far as you feel able and turn

round, or you could go right through to Ely in the day. If you do, then park your shuttle car by the river at the bottom of Willow Walk. There is a small free car park there and no time restrictions. (CB7 4AT to find on www.multimap.co.uk) Alternatively there is a cycle path all the way from Ely to Chesterton if you have a folding cycle to make the shuttle. Do keep to the proper side of the river (right) to avoid collision with rowing boats.

1.8km: 'The Plough' on the right hand bank. A pleasant riverside pub garden with food all day every day. This is Long Reac', the location of The Bumps, a curious rowing tradition where a pursuing 'eight' has to 'bump' the boat in front to move up a place on the race ladder. See http://en.wikipedia.org/wiki/Bumps_race for more information. At the 'Plough' you need to change sides on the river and paddle on the left side; all about visibility round the bend!

2.5km: Baits Bite Lock – an easy portage on the left bank.

4km: 'The Bridge', Clayhithe offers very good food - the best on the river and is totally non-smoking, even in the garden. Past the 'Bridge', look out for sailing dinghies at weekends; this is the Cam sailing club's reach.

5.2km: Bottisham Lock. Portage right. This is a horrible lockside made of giant cheese (or canoe) grater and a small wall makes the portage even trickier. It is good to help one another here!

5.3km: Bottisham Lode goes off on the right; if you want to explore the Lodes, they are all canoeable, but you will need the OS maps 154/143 to find your way.

7km: Swaffham Lode (right).

10km: (right bank) Reach Lode and the 'Five Miles from Anywhere – No Hurry' public house. Good landing and worth a visit.

14km: Popes Corner. Here the Cam joins the River Great Ouse. On the corner is the 'Fish and Duck', which used to be an ideal lunch stop on the way to Ely and a good place to watch cruisers failing to make the tight turn from the Ouse into the Cam, but is now closed and being rebuilt. Turn left here onto the Old West River and you'll wend your way

towards Huntingdon – another day! Carry straight on towards Ely along a fairly featureless and exposed section of fenland river. Ely Cathedral is on the horizon for a long time and eventually gets closer. As you enter the town.

21km: 'The Maltings' restaurant. Pleasant, but our pub destination is just on the left, 'The Cutter'. Ely Waterside is busy with cruisers and rowing clubs; there is a slipway on Waterside (river left) but it is always foul with swan droppings and parking is limited, hence the suggestion to carry on through the city to Willow Walk, where you left the car!

If you fancy a weekend canoeing in Cambridge, then there is a canoeist friendly bed and breakfast right next to the launch area in Chesterton; details at www.2-a.co.uk

David Savage



PADDLE THIS: Kennet and Avon Canal

First Day: Put-in just below lock 59. Parking is at Crofton Beam Engine Pumping Station (pay machine) or on grass verge of road beside lock 59. Gated access for unloading is beside bridge 101 over canal beside lock 60. Paddle down stream past Crofton Pumping Station (and generally downwind) along delightful countryside through Great and Little Bedwyn; past Froxfield onto Hungerford just past Lock 74. Take out on left bank at a grassy public area before bridge (84); easy to load canoes. There is a public car park with toilet up the High Street close to this bridge.

This paddle is just over six miles with 14 interesting locks to portage; the serenity and views are life enhancing. We stopped for a brew, sandwiches and chocolate bars twice (about five locks apart) in peaceful surroundings. Total trip time is about four hours depending on brew times. Seeing a common sandpiper and superb female sparrow hawk were high spots.

Second day: Easy put-in at Hungerford public grassy area beside bridge 84. Parking is near; up the High Street. Paddle downstream under bridge 84 past

Hungerford Common through Kintbury. The Dundas Arms is beside canal. Good place for a brew or a beer! The river Kennet is never far away and the water meadows or woodlands either side of the canal give splendid views. Peace and quiet abound. After eight miles and 10 interesting locks to portage enter friendly Newbury, where beside lock 85 is a grassy area and a Fullers pub. Drink a London Pride at pleasant outside table and answer questions from interested passers-by. Take-out on grassy area 200m further on right bank; beside Kennet and Avon Canal Trust centre (good toilets and public car park, also). Easy to load canoes. This paddle takes about four hours including two brew stops. ●

Trevor Palmer – April 2006



Recent comments from supporters

I am new to the sport and did not understand how much of a problem this is in UK. What can I say but wake up lads we all live here. This reminds me of the old England where lower class people had no right to drink the water from a upper class land. I thought we had got past this!

It's terrible that you can't enjoy the wonderful British asset that is our rivers! The current access rights are disgraceful it needs to be changed. We might have plenty of rivers in Yorkshire to paddle but more need to be opened for all to use. It isn't fair that these great rivers aren't open for everyone! Rivers and canals are free-flowing, its source falling from the sky, therefore, how can it be privately owned? Change ideas: access should be free to anybody.

I'm from Canada originally and a big fan of canoeing, but it's terrible that so many great waterways here (I live near the Peak District) are inaccessible.

next year the Welsh Assembly will have more powers devolved and the need for the WCA to lobby them directly is self evident. However any extra pressure with the Welsh gaining access or additional pressure to gain access can only benefit England as they will be seen as the odd one out and the injustice with the access situation will be even more evident.

It would not be appropriate for BCU/CE to lobby the Welsh Assembly, in the same way that it did not lobby the Scottish Parliament for the Scottish Land Reform but BCU wide support was there. SCA took this role with powerful affiliations with other NGB/environmental links to address Scottish access issues.

The RAC is a BCU campaign even though it is funded by Canoe England and when it lobbies Westminster, England and Wales are very much its brief. To get legislative change in England because England does not have devolved powers (and will not do in the foreseeable future) means that they have to lobby all MPs in Westminster not just the ones with English constituencies as any votes on legislative change would be UK wide... so therefore all MPs – Scottish, Welsh etc would need to vote on the changes requested.

In England and Wales the type of legislation that we are seeking is a version of the Scottish Land Reform Act 2003. This Act is applicable to manually powered craft. The Act codifies responsible access to land and water, it protects the environment and activities of all canoeists, anglers, other users, and landowners who are all required to adhere to the Scottish Outdoor Access Code. The Act has been successfully implemented. The WCA are able to concentrate their lobbying on the Welsh Assembly whilst the RAC has to lobby all MPs that is why the support of all members/non members/canoists and non canoeists is important.

The RAC is working with and has the support from a wide variety of organisations including other national governing bodies, youth organisations, etc. Supporting the WCA and the RAC through letters, lobbying and inviting MPs to see what canoeing is all about and raising publicity through all mediums is very much part of the support that is needed.

There are many activities planned for the new parliament and depending on timings another paddle to Westminster, saying another year on and what has really changed. Pressure from all quarters is very much needed and the campaign is getting noticed. Access to water is viewed as

Right to float - BskyB

On Monday 12th June, Sunrise on Sky News, had several short pieces about the River Access Campaign. The piece showed Tamsin Phipps, her daughter and Paul Owen (BCU/CE) paddling an open canoe up to the mouth of a river. It showed them having to turn around at an invisible wall... going back to starting point... putting the open canoe back on the car (they speeded up this section just to show what a real farce lack of access is)... driving four miles to where on the same river there is a section of access (half a mile in length!). The piece also showed them struggling to get back on to meet friends who were starting their paddle from there.

To balance the piece out an angler was also interviewed and he was stressing the need for voluntary agreements.

We stated the lack of access in England and Wales but much was actually trimmed down as we also talked about why voluntary access agreements do not work – we pay licences, do a lot of environmental work and have studies (which DEFRA now support) to prove canoeing does not harm fish stocks etc.

The river used for the piece was idyllic with houses either side of the water and lots of wildlife just showing how serene a paddle can be.

John Grogan MP was also interviewed as was Paul Owen but as yet those pieces to camera have not yet been used.

The EA are celebrating their 10th anniversary

To celebrate they are listing their achievements since their inception. In the Thames region some of the achievements are listed as

- Improving the pipeline between the AWRE in Aldermaston and the River Thames at Pangbourne.
- Developing fisheries.
- Promoting angling and introducing 10,000 newcomers to angling.
- Improving access for canoeing on rivers they own.
- Duke of Northumberland's River in West London (3 miles).
- River Lee Flood Relief Channel of North London (1.5 miles of river).
- River Mile Flood Relief Channel in Surrey (2.5 miles of river).

so that will be another 40,000 plus miles to go!

Who is doing what...

The Rivers Access Campaign covers England and Wales and the recent Welsh initiative is purely for Wales. Westminster has to consider both England and Wales but

access for all

Support the Rivers Access Campaign

www.riversaccess.org

EA access studies

Rivers Mersey, Waveney, Teme and Wear. As reported in the previous Canoe Focus, the final report on the four case studies is expected to be published in July.

River Teme. At the time of writing, the University of Brighton reported they had not completed their negotiations with riparian owners at Ludlow to confirm details for an access agreement.

Regional strategic planning of water based sport and recreation

Update. Both pilot schemes in the Anglian and South West regions of the EA that were planned to commence in June have had the start date put back to September.

River Mole. Protracted negotiations by the BCU with the EA have been finalised to allow an access agreement on the River Mole Flood Alleviation Scheme between Hampton Court and Esher. Some marker posts to identify portage and access points have to be installed before paddling can commence. Details from the Local River Advisor, Noel Humphrey in September.

Natural England – a new agency

The Natural Environment and Rural Communities Bill has passed through Parliament.

It will come into effect on 1 October this year for the inception of Natural England, a new agency formed from English Nature, the Rural Development Service and part of the Countryside Agency. The Central Council of Physical Recreation (CCPR) Outdoor Pursuits Division, where the BCU are members, has been very proactive in the committee stages of the bill to lobby and importantly gain an equal weighting for recreation and access (including water) alongside the interests of conservation.

part of the development of the countryside...but still in Westminster they are talking voluntary access agreements and we know that they do not work so hence we need primary legislation.

Radio Oxford – 26th June

A friend was driving to work when he gave me a call to say that Radio Oxford were featuring the river Thames all week on the morning radio show. Well an opportunity like that could not be missed. The programme was emailed at about 9.10am and the email was discussed on the programme within minutes of the email arriving.

We mentioned that:

That all of the 13 River Thames tributaries have no public right of access on them to allow a journey from the upper reaches of the tributary rivers down to the Thames and these tributaries would be wonderful to paddle on. In fact there are many waterways in the area without access. And that there was a campaign trying to get greater access to the waterways... our natural heritage.

Also greater access to the waterways would be of benefit to us all. Imagine the beautiful waterways and scenery we could all enjoy and use to enhance our lives, as well as keeping us fit and healthy. The EA had also mentioned on the programme the economic benefits of increasing water activity, which we agree with, so let's have access to the waterways so all areas can benefit – socially, physically and economically. After the email we were invited to comment on the access situation on the Thames and in the country in general. So we went on the show the next day.

The EA were also asked to go on the show but instead they sent a comment agreeing with us regarding the rivers with access rights and navigation arrangements but did point out that large amount of the rivers are leased to anglers. We were asked for comment. Another email was sent out stating that the rivers could be shared by all including fishing, which is the case in Scotland and all over the world!

Best of Both Worlds – outdoor pursuits, access and nature conservation

Respecting and enjoying the marine and freshwater environment is a key element of paddling. The BCU supports and has signed up to the Best Of Both Worlds project that was launched at the NEC Outdoors Show in March. The article below outlines this initiative by English Nature, the Countryside Agency and Central Council of Physical Recreation who have recently launched a website www.bobw.co.uk. The 'Success' page on the web site details the agreement reached for canoeing on the Beaulieu River, Hampshire and reproduces the BCU/English Nature Memorandum of Understanding.

Best of Both Worlds – the initiative

When it comes to preventing impact on our environment and wildlife, a new initiative the Best of Both Worlds: outdoor pursuits and nature conservation, is another positive step. The project is aimed at outdoor activity providers and land managers, with the emphasis on encouraging people to enjoy their pursuits whilst allowing land managers to make decisions to benefit the land they look after. The initiative promotes best practice on planning outdoor pursuits in areas where nature conservation sensitivities exist, including for example where SSSI consents may be required. It shows the potential to increase opportunities for recreation of all kinds, but in a well-managed way.

On the website, case studies from a range of activities

and habitats demonstrate how agreement can result in recreation and conservation being brought together for mutual benefit. This may involve situations where a local club is trying to gain access to a prohibited site or resisting attempts to have existing access restricted. An increased understanding in a site's importance to others has a lot to do with reaching a successful outcome. For example an instance of a canoe company getting involved in bird surveys is just one way of outdoor enthusiasts and conservationists coming together to protect and improve what they both enjoy.

The web provides guidance on designated sites, event planning, codes of practice, types of access, and simple steps to consensus building. Plus there are extensive links and references. A Contact Us page for those who have tried all reasonable avenues to reach agreement on their outdoor activity aims, but require some further specific advice, has also been facilitated through the web.

For more information see www.bobw.co.uk.

Countryside and Rights of Way Act

Coastal access is an area of unfinished business under Section 3 of the CRoW Act. A full public consultation is scheduled in the early autumn. In advance of this exercise, preliminary views have been sought by DEFRA from stakeholders at the National Countryside and Access Forum. The BCU along with the other members of the Central Council for Physical Recreation (CCPR) Outdoor Pursuits Division share an increasingly accepted view that coastal access is not mapped. Mapping was expensive and controversial in the first tranche of CRoW, and would rapidly date as coastlines can change with erosion and flood defence measures etc. Rather, a descriptive code of practice for access is employed based very much on the Scottish Land Reform Act. This would be an interesting development and one that could readily be adopted for inland waterways.

Coastal access is already a contentious issue. Preliminary skirmishes have commenced in the media with the Ramblers making the case for coastal access and predictably the Country Landowners and Business Association claiming there was no call for it. The BCU will be supporting this access issue and that it is based on a code of practice that puts responsibility on the user.

Marine Bill

The BCU has recently responded to a consultation for the Marine Bill that could have implications for the right of navigation. The BCU has said "it agrees in principle to the Bill, subject to it taking into account the needs and interests of recreational boaters to include canoeists. Any Marine Spatial Planning must allow for a continuous right of navigation for a coastal passage". A further consultation is expected.

A copy of the Bill and supporting information is available at www.defra.gov.uk/environment/water/marine/uk/policy/marine-bill/index.htm

In December 2004 the Government announced its commitment to a Marine Bill that will introduce a better, more integrated way of managing the marine environment. The intention is to ensure protection of UK marine natural assets and simplify law. The Bill has cross party support.

Also, recent Government reviews have found the current sectoral approach to managing the marine environment (where industrial, commercial or recreational impacts on the marine environment are examined in isolation from other human interventions taking place in the same area) as unsatisfactory. ●

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BCU 70th anniversary



Joss Benyon
May adult winner

Ben Parfitt
May youth winner



Bob Johnson
May adult



Thank you for all the wonderful entries we have received so far! The winners for May and June (as voted by you) are:

- May adult winner - Joss Benyon
- June adult winner - Oliver Vann
- May youth winner - Ben Parfitt
- June youth winner - Isabella Bough, aged 9 years

Prizes

Monthly winner

A winner will be chosen each month until December 2006. Each month one adult will win £25 Cotswold vouchers and one youth (under 18 years old) will win £25 WHSmith vouchers. Winners will be announced on-line and in future editions of Canoe Focus.

How winners are chosen

Once we receive your photograph it will be uploaded onto the BCU website where people can vote for their favourite image by emailing the number of the photograph to pete@bcu.org.uk

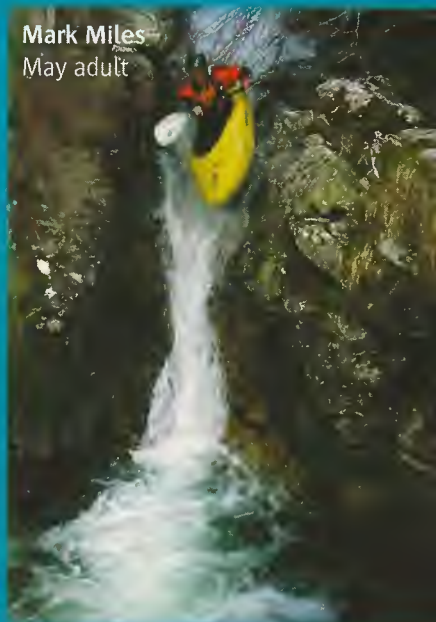
Overall winner

At the end of January 2007 one overall winner from the youth category and one winner from the adult category will win a digital camera worth £150!

How to enter

Email photographs in jpeg format to chloe_nelson-lawrie@bcu.org.uk. Or send in photographs on a CD to: BCU, John Dudderidge House, Adbolton Lane, West Bridgford, Nottingham, NG2 5AS. Remember to provide contact details that including; membership number, name, address, telephone number and age.

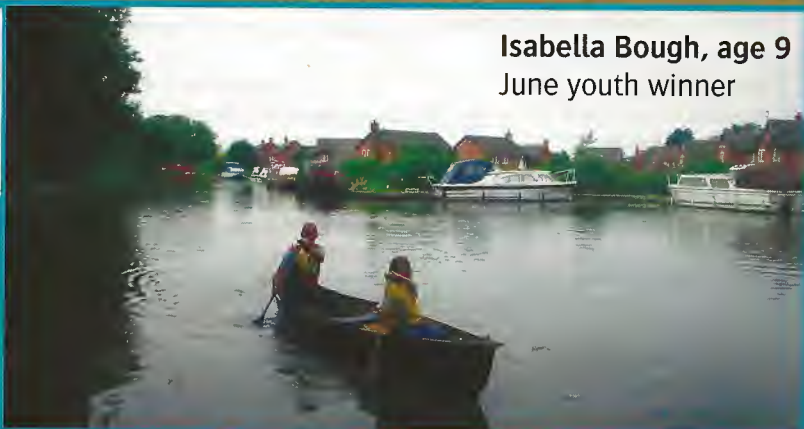
Mark Miles
May adult



y photo competition



Oliver Vann
June adult winner



Isabella Bough, age 9
June youth winner

Ed Bassett
June adult



Jenny Harding
June adult



PADDLE THIS

GB successes for Stone canoeists

Junior paddlers from Stafford and Stone CC scooped national titles at the National Junior Slalom Championships held at Llandysul.

In the J14 age category, youngsters from SSCC secured first and second places in all three individual categories. 1st K1M - Joe Clarke; 2nd K1M - Martin Tatchell; 1st K1W - Emily Woodcock; 2nd K1W - Natalie Wilson; 1st Canadian (C1) - George Tatchell; 2nd C1 - Adam Burgess.

At J16 level, Claire Kimberley won the K1 ladies, whilst Tom Brady secured second place in the J15 K1M race. In the Canadian doubles event (C2) Tom Brady and George Tatchell won the J16 event.

Club coach, Andy Neave, said of their performances: "These results are the best ever for the club at this event. The commitment of these juniors is fantastic and hopefully we will see many future successes for them in canoe slalom."

Meanwhile, on the Olympic slalom course at Athens, 18-year old Lizzie Neave from Stone made an impressive debut performance in her first race with the GB senior team at World Cup Race 1. Lizzie performed well to qualify for the semi-finals, finishing 25th. She follows in the footsteps of teammate, Laura Blakeman, who finished 13th in the same race.

Both Lizzie and Laura raced at Augsburg in Germany at World Cup Race 2. Lizzie again reached the semi final and took 24th place whilst Laura will have been disappointed to have gone into the final in third place but dropping to eighth by the end. For Lizzie these performances bode well for the talented teenager who will be racing at the European U23 Championships to be held at Nottingham this month.

These excellent performances come shortly after the news that SSCC has been awarded the Sport England accreditation,

ClubMark and the governing body's Top Performance Club and Top Community Club status after proving their high standards in coaching, safety and developing junior paddlers.

Ruth Holdway
Photo: Andy Neave



Floating new ideas

New changes to the way young people will be trained for paddle ventures in the Duke of Edinburgh's Award

Water, water everywhere but not a drop to drink – water by its nature is fluid, it provides realistic challenges for those undertaking water based expeditions through the Duke of Edinburgh's Award. The aim of the expeditions section is to encourage a spirit of adventure discovery by preparing for and carrying out an adventurous journey as part of a team. Water based ventures are increasing year on year and certainly since foot and mouth the award has been actively encouraging young people to explore different modes of travel for their expeditions. Just as water is fluid so must we be as an organisation in terms of our training of and for young people going onto the water.

Paddle ventures as an alternative to walking have been on the increase, since this time. They offer a wide range of varying environments and craft where each young person can develop their skills both personally and as a member of a team. One element that certainly seems to attract participants to undertake a venture on water is that they do not have to carry a heavy rucksack!

Paddle ventures lend themselves very readily to exploring and provide an opportunity to engage with the environment and also offer an exciting form of travel, that can lead to new interests, and awareness of oneself and the environment.

For some time those training young people for paddle expeditions have been using elements of the BCU star awards as a baseline for their training programmes. However, the star awards have not taken into account the environment and some of the wider safety requirements for expeditions on water and key elements such as camp craft and navigation.

The development of new training requirements by a working panel involving experts from the BCU coaching scheme and those working with young people in an expedition environment has produced a piece of work that will have a major affect on the quality of the experience for young people undertaking a paddle venture and ultimately on their canoeing career. The BCU has been consulted at every stage and supports and endorses the new programme.

The working panel identified three different strands to which the award has now added the necessary detail:

The Common Training Syllabus

This is compulsory for all Award ventures. Teams undertaking water based ventures at all levels of the award must be trained to a minimum of Silver level syllabus.

Core Paddling Skills

Which are compulsory for all paddling ventures. This covers some of the skills contained in the star awards, with enhancements such as more emphasis on safety, first aid, 'leave no trace' camping and the selection/care of equipment.

Skills specific to the environment

This element of the training programme has been split into four distinct environments:

- Placid water,
- Moving water up to Grade 2,
- Lakes and estuaries and
- Large lakes and coastal areas – to include the training from lakes and estuaries.

If a venture travels into or through any number of these environments then the training would need to encompass all of the elements for that area.

The award is following current good practice in terms of its advice on team composition and that is that there should be a minimum of three craft with a minimum of four people, except for craft that are designed to accommodate the whole team where it must be a minimum of four people for methods of transport that require double occupancy (for example tandem canoes) the maximum in a team can be increased to eight to enable the use of four craft.

The training programme

The trainer will need to develop the specific training programme to meet the aim of the venture and the needs of the participants. Trainers will need to select the appropriate elements specific to the environment in which the venture will take place.

Many of the awards operators will require appropriately qualified coaches, such as those holding BCU qualifications, to deliver this training.

There is no substitute for experience and participants should spend time on the water until the craft becomes an extension of oneself or the team and the paddler is at home in the environment. When the basic skills have been acquired, it is essential that experience be built up using the same kind of water to be used for the qualifying venture.

The Future

The Duke of Edinburgh's Award currently has some 225,000 young people undertaking the award programme supported by some 55,000 volunteers. We have seen a huge growth in young people wanting to undertake paddle ventures both at home and abroad in their expeditions section.

The award has a duty to young people to make sure that the training they receive is fit for purpose and that it takes into account all of the training elements for the chosen environment, so that the experience can be one that participants will remember and cherish not one that they would rather forget.

We all want the sport of canoeing to grow and for people to experience the wonderful opportunities it offers. It is essential that the participants have the skills relevant to their needs and aspirations within the paddle sport environment and we have therefore addressed this through the new training programme.

Further information and the new expedition requirements can be found in the expedition guide, available from July from ASL. Alternatively you can get a free download of the current guidance from the Awards website at <http://esnips.com/web/PaddleVentures>. If you require any further information then please do not hesitate to contact me at adrian.barker@theaward.org or phone 01753 727417. ●

Article by Adrian Barker, Training Officer for the Duke of Edinburgh's Award and a BCU Level 5 Coach

A hundred miles for royalty



Over 100 young people from across the country gave a new meaning to their 'bank holiday' as they paddled past a hundred miles of riverbank.

The 100-mile Canoe Test, organised by Clubs for Young People (CYP) and the BCU, saw 120 young people and their canoe leaders battling through wind, rain, sun and even hail in a bid to finish at Holme Pierrepont, the National Water Sports Centre, in Nottingham.

Over 90 per cent of entrants passed the post on the 30th May to be awarded medals by HRH the Duke of Gloucester who is also the President of the CYP, with only a handful failing to finish the four-day challenge due to injury or illness.

The stream of paddlers started in Staffordshire on Saturday 27th May paddling along the River Penk, the River Sow and the Trent and Mersey Canal to finish for the day in Stone in Staffordshire before going back to their camp at Beaudesert Park – the Staffordshire Scout and Guide campsite.

Sunday saw them cross the county border to Catton Hall in Derbyshire and on Monday the paddlers left Catton Hall for Beeston Lock in Nottinghamshire. Finally, the crowd of canoeists left Beeston Lock to arrive at Holme Pierrepont to be greeted by dignitaries including the Mayor and Mayoress of Rushcliffe.

David Springett, event organiser and Head of Young People's Services, Central Area, at CYP said: "It was great to work with the BCU on this event and to offer young people something different to get involved in. It was a pretty tough challenge and we saw four seasons in one weekend.

"We had youngsters that were sunburnt, windswept, freezing cold and tired – but they all pulled together and gave it their best. There was a great atmosphere and the whole group bonded. It's a great experience and we're already planning next year's 100-mile challenge."

The weekend's challenge was the 44th 100-Mile Challenge and next year's will be held on the River Wye.

Other young people were also given the chance to try their hand at paddling at the 'Come and Try' session run by the BCU and the CYP with the National Watersports Centre. As many as 25 youngsters gave it a go with many expressing an interest to take part in next year's challenge.

Sue Hornby, Head of the Young People's programme at the BCU, said: "It's great to get so many young people involved in canoeing and to show them that there are fun and interesting ways to get active. Because canoeing is about skill, strength, common sense and the great outdoors it really challenges young people and gives them a great feeling of achievement when they take part in events. We'd encourage anyone to give it a go."

To take part in next year's 100-mile challenge visit

www.clubsforyoungpeople.org.uk or email

david.springett@clubsforyoungpeople.org.uk

Photo by David Leathborough - Focused on Adventure

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Several large questionnaire and interview studies have suggested the prevalence of tenosynovitis around the wrist is second only to shoulder injuries among competitive and recreational long distance kayakers (du Toit et al, 1999; Fiore and Houston, 2001).

Although there is only limited research into paddlesport injuries, this article attempts to review the current literature relating to the causative factors, clinical presentation, and treatments for this condition.

A tendon is an inelastic structure which transmits the force generated by the contraction of muscle tissue to bone. This force causes the bone to move around an axis (joint). During gripping activities, a group of muscles contained in the front of the forearm (flexors) cause the fingers to bend. However, because these originate near the elbow, the tendons attaching the muscle to the bones are quite long (some can be felt at the front of the wrist by making a tight fist). To enable the tendons to move back and forth smoothly, they slide within a thin membranous sheath (tenosynovium) containing synovial fluid (figure below). To enable a strong grip, the wrist needs to be held at an optimum angle by a similar set of muscles on the back of the forearm (extensors). As their tendons pass over the back of the wrist, they are divided into six compartments

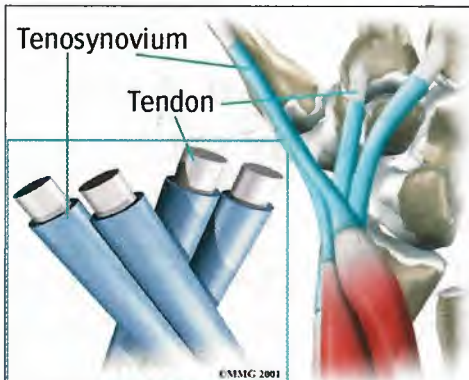
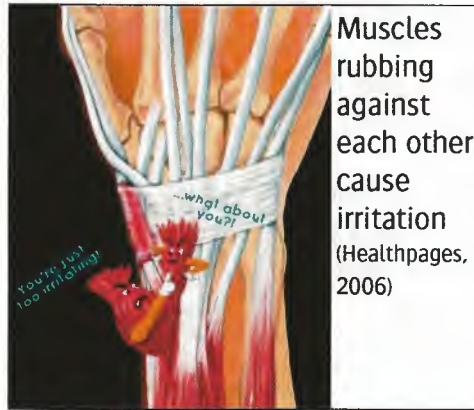


Diagram showing tenosynovium surrounding tendons (Montana Spine Centre, 2006)

The wrist moves in two main planes: firstly flexion and extension where the wrist moves up and down and secondly side to side (radial and ulnar deviation). During the different phases of the paddle stroke, wrist movement occurs in a combination of these planes, causing the muscles within the forearm to constantly contract and relax. It is suggested that the repetitive extension with radial deviation during the paddle stroke can lead to friction between the bellies of the muscles in the first compartment against the synovial sheath containing the tendons in the second compartment at the back of the wrist. (du Toit et al, 1999). Because the tendon complex has limited resistance to shear and compressive forces, the tenosynovium of the tendons in the second compartment of the dominant hand can become inflamed (top figure next column). This is sometimes called Intersection Syndrome, and is similar to a more common condition called de Quervain's tenosynovitis which is inflammation of the sheath of the first compartment (Józsa and Kannus, 1997).

Tenosynovitis

what's it all about?



CAUSES

Intrinsic factors

Although some intrinsic factors such as poor blood flow and bony abnormalities are suggested as contributing to acute tenosynovitis, the cause of acute tenosynovitis is usually extrinsic (Józsa and Kannus, 1997). A discussion of how these relate to kayaking follows.

Paddle grip

A number of variables including the diameter, firmness of grip, timing and instructions can affect muscle activity when gripping an object (Levangie and Norkin, 2001). Lara Tipper (2002) in the Canoe and Kayak Handbook wisely recommends holding the paddle shaft with a relaxed grip, as those which are too fat may cause overuse of the forearm muscles. Supporting this, Servi (1997) claims the symptoms of Intersection Syndrome can be relieved in skiers by using a smaller diameter pole grip, although no evidence was provided to support this. du Toit et al (1999) performed a large and robust study of competitive marathon kayakers over 4 multi day races using interviews and physical examination. They found an increased incidence of tenosynovitis in the dominant hand in rougher water conditions concluding a tighter paddle grip may be to blame.

Cranked paddle

An ergonomically designed bent or 'cranked' paddle shaft is often thought to reduce the risk of wrist strain and injury (MacKereth, 2002; Schoen and Stano, 2002). Theoretically, this could correct biomechanical mal-alignment by enabling the wrist to flex and extend in a linear plane, preventing the two sets of tendons rubbing together. However, no evidence has been found to support this claim.

Feather angle

Although Graham MacKereth (2002) in the Canoe and Kayak Handbook supports the widely held belief that a high degree of feather can increase the risk of wrist injury, 2 large survey studies have found no significant relationship between the amount of feather and prevalence of wrist injuries (Schoen and Stano, 2002; Carmont et al, 2004). However, Schoen

and Stano's (2002) large, good quality survey of moderate to serious recreational kayakers found 13% of kayakers had reduced the feather angle due to wrist problems, and 73% of these felt their symptoms had reduced as a result of this move. This supports the idea that intrinsic factors in some paddlers make them more susceptible to problems at the wrist (but not specifically tenosynovitis).

Muscle imbalance / weakness

The tendon complex is vulnerable to damage if it is subjected to rapid or excessive repeated loading, especially if this is in excess of the usual demand. In the large study previously cited, du Toit et al (1999) found that training for more than 100km per week prior to competition reduced the risk of injury, suggesting the tendon complex may adapt to the repetitive movements during training. For recreational whitewater paddlers, this may represent the summer break or any period of rest following injury.

Another possible explanation for this link is that generalised fatigue can lead to a loss of technique and an alteration in biomechanics. Global weakness of fatigue resistant, postural muscles around the shoulder and spinal column may reduce core stability leading to substitute motions at the wrist. This may be exacerbated by an imbalance in the length of opposing groups of muscles. While there is increasing evidence that these types of muscle imbalance are the cause of musculoskeletal disorders within the spine and other joints in the general population (Sports Injury Bulletin, 2006), no evidence has been found relating specifically to tenosynovitis in paddlers.

Clinical presentation and diagnostic features

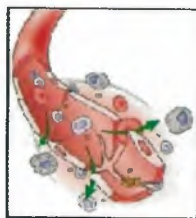
There are many structures and conditions which may cause pain around the back of the wrist including muscles, tendons, nerves and joints as well as referred pain from the neck or shoulder (Magee, 1997). Additionally, it can be difficult to differentially diagnose between the different components within the tendon complex (Ashe et al, 2004).

A paddler with tenosynovitis complains of the cardinal signs of inflammation approximately 2cm from the back of the wrist joint. In the early stages following injury, alterations in blood flow enable white blood cells (the body's repair team) and other chemicals to rush to the area (top figure next page). The increased fluid within the synovial sheath causes redness, warmth and swelling over the affected tendons, while pain on touching, movement or stretching involving the offending tendons may reduce range of movement and grip strength.

A key diagnostic feature of tenosynovitis is squeaking or palpable crepitus from the tendon sheath. However, because this is caused by the presence of fibrin (a protein used as part of the repair process) within the synovium, this symptom may not occur in the early stages of the condition.



Normal Blood Vessel



Tissue Inflammation

Diagram showing blood flow changes as a result of inflammation (artherogenics.com, 2006)

immobilisation, and the application of tape, strapping or a splint (image below) may prevent adequate grip and control of the paddle shaft.



Example of wrist splint (Ortho-net, 2006)

Exercises

Tendon strength and muscular power & endurance should be maintained throughout the rehabilitation process. To prevent the wrist joint becoming stiff and to encourage the tendon to glide within the sheath, exercises to move the wrist and fingers through their full range of movement should be performed as pain allows. In the initial stages, this may need to be done passively (using the other hand to move the wrist), although later this can be progressed by actively moving the wrist, hand and fingers.

Stretching

To maintain efficiency, the length of muscles and tendons alters according to changing circumstances. For example, if a joint is immobilised, the muscles which pass over that joint adapt by shortening. Stretching the affected musculo-tendinous unit not only helps it maintain its length, but also stimulates collagen re-alignment and cross linkage, improving the tendon complex's ability to absorb forces.

Laser

In a well designed study, Sharma et al (2002) demonstrated low level lasers when used in isolation can improve pain, grip and pinch strength and reduce tendon sheath thickness in patients with De Quervain's. However, the small sample (n=30) containing only female subjects, and the difference in depth between the tendons of the first and second compartments makes these findings difficult to transfer to Intersection Syndrome in kayakers.

NSAIDs and corticosteroids

Some authors recommend the use of non steroidal anti inflammatory drugs (NSAIDs) and corticosteroid injections to provide some analgesic effect and promote healing following tenosynovitis (Józsa and Kannus, 1997). The recommendation of such treatment is outside the scope of this article and medical advice should be sought before taking such items. Additionally, competitive paddlers should ensure any medication they use do not infringe upon anti-doping regulations (UK Sport, 2006).

Full Rehabilitation

Rehabilitation following a sports injury should return the individual to their pre-injury level of cardiovascular fitness, with the strength, endurance, and flexibility in the injured limb to reduce the risk of re-occurrence or onset of a new injury secondary to deficits caused by the initial problem. Lovell and Lauder (2001) compared the strength in both arms of 30 national or international standard flat water kayakers. Highly appropriate use of a K1 kayak ergometer which allowed a relatively normal style of paddling allowed comparison of force profiles for left and right strokes. Correct use of statistics demonstrated (perhaps unsurprisingly!?) a relationship between injury and weakness, although the authors were unable to indicate which was the cause and which was effect of injury.

CONCLUSION

There is limited evidence available about the causes and prevalence of Intersection Syndrome in kayakers, and the difficulty in diagnosing true tenosynovitis means that the results of questionnaire studies do not necessarily represent the full population of paddlers. Much of the current literature relates to anecdotal evidence brought about by years of paddling experience. However, it seems fair to conclude that tenosynovitis around the wrist in kayakers is relatively common. The causes seem to be multi-factorial and are possibly related to some predisposing factors. The priority in the early stages is to reduce pain and limit the negative effects of inflammation and immobilisation. Full rehabilitation should include prevention of reoccurrence and onset of other upper limb injuries through biomechanical correction, exercise and coaching. Although no evidence is available relating purely to tenosynovitis in kayakers, conservative treatment of de Quervains tenosynovitis in the general population is normally effective within 3-4 weeks. However, in the presence of complications, healing time may increase and surgery may be necessary in extreme cases. However, in order for treatment to be effective, it is imperative that the diagnosis is correct and the underlying contributing factors are identified. To enable accurate assessment and effective treatment, paddlers should always seek treatment from a Chartered Physiotherapist who is registered with the Health Professions Council (www.hpc-uk.org).

Kevin Harvey BSc (Hons) MCSP is a Chartered Physiotherapist currently practising in Leicester. He would like to gratefully thank Lesley Ross for her assistance in the preparation of this article

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TREATMENT

Treatment of an inflammatory condition should aim to minimise the symptoms and complications associated with the three phases of inflammation/rehabilitation (table below). Pain is one of the body's ways of protecting damaged structures whilst healing takes place, therefore full rehabilitation should be on a continuum, and progressed while being respectful of pain.

Phase of rehabilitation	Duration from onset
Acute/Protection phase	First 5 days
Sub acute/Controlled motion phase	5 - 21 days
Remodelling/Return to function phase	21 days onwards

Table showing duration of each phase of inflammation/rehabilitation

PRICE regime

During the acute phase following injury, the main priorities are to control pain and swelling, while maintaining the tissue's ability to heal and reducing secondary complications caused by rest and inflammation. The swelling resulting from the initial reaction to injury contains chemicals which later cause the development of fibrous scarring within the damaged tissue.

A widely accepted treatment principle within the first 72 hours is the use of one or more elements of the PRICE regime (Chartered Society of Physiotherapy, 1998).

Protection	Preventing further harm to the damaged tissue
Rest	Allowing body resources to be used to repair damaged tissue
Ice	Controlling pain and altering blood flow to limit swelling
Compression	Restricting blood supply to limit swelling
Elevation	Restricting blood supply to limit swelling

However, some caution should be applied with this regime. To be effective, ice should only be applied for twenty minutes at a time and at twenty minute intervals. Furthermore, the radial nerve is close to the surface at the back of the wrist on the thumb side and this may be damaged by the long term application of ice. Additionally, excessive rest should be avoided in order to maintain soft tissue mobility and integrity of joints and associated areas.

Tape/immobilisation

Correctly applied taping or strapping of the affected area may be an effective way of providing compression and immobilising the joints. However, care should be taken to prevent the deleterious effects of excessive



Above: Roger Williams of the Chartered Institute of Marketing awards Dean (left) his award. Below: Fife Canoeing Activities Group and their new kit.



Chartered status

Dean Maragh CEO of the ACT, has been awarded the Chartered Institute of Marketing's Chartered Marketer status as a reflection of his work in the small business community and his professional development schedule.

Said Dean "it's a great personal achievement and endorsement of the high quality of work achieved within the Association and my wider work as a business adviser and consultant" Bob Slee, chair of the ACT added "It's great to have someone of Dean's calibre in the post, we have benefited from his wider experience significantly and taken the trade forward. Canoe Village and the Hire Code are just two examples of the many products that ACT now have."

Chartered Marketer status is awarded to individuals who have an excellent understanding and practical application of marketing and is recognised as the pinnacle of a marketers qualifications.

Fife equipment grants

Fife Canoeing Activities Group have been very fortunate to receive two grants totalling £1,800 which will be used to facilitate the development of young people participating in paddle sport.

The grants received from 'The Canoeing Foundation' (£1,000) and the 'Fife Charities Trust' (£800) have been used, along with the clubs own funds, to purchase equipment specifically designed for the smaller paddler.

Kevin Williams, the club equipment officer and Level 4

Coach said, "The purchase of two Perception Method junior kayaks and a Dagger GTS kayak along with appropriately sized paddles, helmets and buoyancy aids will ensure that young people in the club will be able to participate without being disadvantaged by their size."

Membership of the club is currently around 95 with young people accounting for about a third of their membership.

Danesmoor scoops grant

Danesmoor Youth Activity – a local voluntary community group established to provide activities for young people in Danesmoor and Clay Cross have been awarded a £5,900 Local Network Fund grant. The grant was given to help the group develop its paddlesport work.

The grant will be used to purchase new equipment and provide training for volunteers to ensure the highest safety and equipment standards are attained. The group has received help from the BCU and Matlock CC in its latest initiative.

The Local Network grant was set up by the Department for Education and Skills in order to make a real difference in the lives of disadvantaged children. Chairman of the group Matthew Barnes said, "we mostly work with young people who don't generally join other groups. This grant enables us to introduce young people to canoeing who wouldn't get the chance to try anything like this normally."

It is hoped that the sessions will be run at Chesterfield Canal and Poolsbrook Country park. Those interested in finding out more about making use of these new facilities should contact Matthew Barnes, (01246) 250110.

YORCIE NEWS: www.yorcie.org.uk

MANVERS IS GO!

That was the swift conclusion at the inaugural meeting held on the 29th June. The region is now looking forward to a new site with a purpose built new boathouse next to a hotel and full amenities. The Manvers Steering Committee (Msc) is chaired by Bing Crosby with Mark Moxson (both from Maltby CC) as treasurer and Keith Saunders as Sec. The initial task is to raise about £2,000 to employ a professional fund raiser (the target is £680K!). Please help with this. The steering groups' sole aim is to steer until such time as a new club is formed for the site. Nothing is yet set in stone so anyone who wants to be part of this exciting venture needs only to contact Keith at 01226 752903 or all@saundersfam.free-online.co.uk If you want to take a look at the site, leave the M1 at junction 36 and follow the A6195 (towards Doncaster) until you see the brown signs for The Old Moor RSPB reserve. It will take you 10 minutes from the motorway. Please also see the region's web site for Manvers and all regional info www.yorcie.org.uk

The last Regional Development Team meeting was hosted by White Rose CC at its new Roundhay Park clubhouse and had over 30 in attendance. David Gent explained all about Sport England for Yorkshires, exciting Investment strategy, which is a cool £18 million! And some of this can be yours. Look at www.sportengland/yorkshire for 'the investment strategy for sport in Yorkshire 2006-9' and download the booklet. Or contact them at 4th Floor, Minerva house, East Parade, Leeds, LS1 5PS. Don't get hung up on the paperwork as our PDO Gareth Field has offered to help if you want on gareth.field@bcu.org.uk or 07738 185885. David stressed that, increasingly grants would be more likely to be awarded to clubs who have undertaken the TOP Club Award and again Gareth is your contact for Top Club accreditation. The second part of the meeting was presented by Chris Hawkesworth who took us through some of the ways in which facilities and access for canoeists are being improved. There are currently five major CCDP schemes being undertaken in the north and three are in Yorkshire. This meeting was hosted by WRCC so club reps could see how the club has benefited from CCDP. As a follow up to this, the next meeting is being hosted by another of the regions Top Clubs, Bradford and Bingley CC at their Wagon Lane site who will give us a presentation about their experiences on the way to picking up £140,000. So you will get the full details. The date is Monday 4th Sept and the club tour and presentation by BBCC will be at 7.45 pm after the normal RDT at 6.30pm. Bar facilities available. As usual your contact for info for this and all RDT activities is our regional secretary Jon Dakeyne at jdakeyne@aol.com or 0113 2250984

Coaches please make a note that our RCO Ian Scott has moved and the new address is 20 Muskola Avenue, Benst Green, Sheffield S11 7RL. Mob: 07961 815038

The next coaches get together is again being hosted by White Rose CC in the bar at Fearnville Sports Centre, Oakwood Lane Leeds LS8 3LF on Sunday 24th Sept and at

6.30pm will be preceded by a dvd model of star test skills and explanation of the paddlesport review by guest speaker and BCU CDO Nigel Timmins. Details of the meeting, previous minutes and agendas are all available from our Secretary Janet Cartwright at paul@pcartwright.freemove.co.uk

A huge range of coaching courses are available from several course providers and directors within the region. One of the newest is Training4outdoors, who can be contacted c/o Martin Wilby, 45 Whitehall Road East, Birkenshaw, Bradford, BD11 2EN or www.training4outdoors.com. Tel 07816 165256. Besides the obvious qualification courses and assessments T4O are also able to offer transition courses.

Our own Yorkshire Sea Kayaking group, the YSKs continues to grow and now has 60 salt n' shakes on the register. The next event is in conjunction with the RNLI fundraising weekend at Staithes on the 18-20th Aug. Then its the Farn Islands 9-10th Sept and lots more. Further details from Ken Reece on 01937 588786 or ken@reecek@freemove.co.uk

Based on the success of the sea kayakers register we now plan to do the same for our regions canoeists with a capital C as in Canoe. So welcome the Yorkshire Single Bladers or YSBs for short. In the same way as some sea kayakers struggle to find three or four friends to form a safe trip, some canoeists also struggle to get out on regular trips. So if you want to paddle for fun with like minded folk please register your interest at ysb@yorcie.org.uk Initially the register will be maintained by John Lucas. Please remember that this is not a training section and is simply a calendar of events run buy canoeists for canoeists and that you are requested to put in what you take out. We request that you are BCU members to take part in the events.

On the access front we have plenty happening in our region and the plan is to have a social evening in the autumn of Local Access Officers and reps from the clubs. Further info from John Lucas at lucasj@btinternet.com or 07884 181828. We have just had a regional self inflicted scare with one of our access agreements, so please do ensure you don't abuse what little we have.

Moving to the autumn, clubs please note that Green Star will again be running the second polo beginners and improvers weekend at Hatfield on the 8-9th Oct. Full details are available from Esther at esther.mathews@btinternet.com

And whilst you still have your diaries out please note the regional ACM on Tuesday 28th Nov, at 7.30 Ossett Cricket Club. The now legendary Pie n' peas are booked!

Finally on behalf of all the clubs coaches and individuals who he has helped, I want to publicly thank Richard ward for all the support he has shown everyone in Yorkshire. Good luck in your new job.

Have a very happy paddling summer.

Dick. Dick.constable@canoeists.co.uk

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The overall winners: Tony Sweeney, Chris Sweeney and Shaun Snodden

Challengers raise £173,400 for Wooden Spoon

Although atrocious weather conspired to make conditions for the Ford Ranger Great Lakeland Challenge extremely difficult, nothing could dampen the spirits of the 28 teams who pushed themselves to the limit, and beyond, to raise £173,436 in aid of Wooden Spoon.

Stockbrokers, IT consultants, teachers, accountants and dentists were among those who took part in the tenth annual Challenge – a unique triathlon which sees competitors canoe the length of Lake Windermere (10.5 miles), cycle 26 miles over the Wrynose and Hard Knott passes and climb the mighty Scafell Pike.

Each team of three athletes, ably assisted by a support driver in a vehicle supplied by Ford – main sponsor of the Challenge since it was established in 1997 – was aiming to complete all three elements consecutively, inside 12 hours. They all managed it, bar one, and even the last team home – in 12 hours and 27 minutes – managed to jog across the finish line with huge grins on their faces!

Head winds and choppy waters on the lake

The teams test their skills in a canoe right at the outset and quickly found themselves battling driving, if intermittent, rain and blustery winds that made the water extremely choppy. Establishing and maintaining a rhythm in such conditions is not easy, so full marks to the 00's – Lambeth bond trader Edward Davies, management consultant Oliver Adams and foreign exchange trader Cary Curtis, both from Wandsworth – who powered their way to victory in 2.02. Support drivers are responsible for getting kit ready for the changeovers and in the hot seat for The 00's was Edward's father Roger, chairman of Wooden Spoon!

After an average of two and a quarter hours in a canoe, team members clamber out and run down a 400m lane to stage two. Or, at least that's the plan. Many competitors were heard to remark later that their legs were so numb at that point, they're not entirely sure how they made it to the start of the cycle section!

Narrow, twisty roads with hairpin bends and 1,200 foot climbs at gradients of 1:3 make Wrynose and Hard Knott a tough prospect, especially since Challengers share the roads with vehicular traffic and invariably find themselves battling severe head winds, torrential rain and hail! This year conditions on the passes were worse than ever, while punctures and gear problems, let alone sore legs, were not an altogether rare occurrence.

The canoe winners: Edward Davies, Oliver Adams and Cary Curtis



Finding all the right gears

Hats off to all the teams for digging in and showing what they were made of and congratulations to John Latimer, Clive Daniels and John Preston – collectively known as The Young Buzzards – who finished in 2.28 minutes. They were not only awarded the Cycle Bowl for their outstanding performance on the passes, but also recorded the third fastest overall time of 8.33 minutes.

After dismounting at Wasdale Head there was time for quick change into walking boots and more appropriate, and dry, clothing before it was onwards and upwards – over Scafell Pike. It did stop raining, but fell running is no picnic when fog above 650m reduces visibility to about ten metres and it's still blowing a gale! The Frisbees Ride Again – Lewis O'Donald, Rick Leaver and Steve Allsopp, assisted by driver Stephen Butterfield – showed how it's done and romped down into the Langdale Valley in 2.49 minutes.

Pro Mil sets fastest time – again!

'England's longest, steepest and highest' charity event can become something of an addiction and while several teams were looking to better previous attempts, all eyes were on Pro Mil, which has competed on no less than seven occasions. Tony Sweeney, his brother Chris and family friend Shaun Snodden did not disappoint, setting the fastest time of 7.09 minutes.

The prestigious Challenge Bowl – awarded for the most impressive combination of elapsed time and funds raised – went to Sussex Screammers, who finished in 9.16 minutes and raised £10,250, while representatives from Sport England made up the top performing mixed team. The winners of the Veterans' Bowl were no slouches either and, despite a combined age of more than 120 years, posted a time of 7.56 minutes.

Not everyone can be a winner, of course, and the wooden spoons went to a team of Ford business managers. They may have been last home, but were smiling – or should that be grimacing – throughout and picked up the Best Dressed Vehicle award after showing a tremendous sense of fun in adopting the theme The Good, The Bad and The Ugly!

Generous sponsors help teams pledge £173,436.59

Ultimately, everyone who enters the Ford Ranger Great Lakeland Challenge is aiming to raise money for disadvantaged children and young people. Stockbrokers from ABNAMRO raised a staggering £16,000, netting them the Fundraising Bowl, while the total pledged to date is £173,436.59.

"As always we are very grateful to Ford for supplying vehicles for our teams and to the army of volunteers who served as marshals," said Wooden Spoon's chief executive Geoff Morris.

"But it is down to the efforts of the Ford Ranger Great Lakeland Challenge competitors that we are able to carry on our work and for that they have our thanks and admiration."

Martine Layland



The cycle winners: John Latimer, Clive Daniels and John Preston

FACTS :

If you're up to the Challenge, find out more at www.woodenspoon.com or call 01889 582889 or email challenge@eventsunlimited.co.uk for details and an entry form for next year's event!

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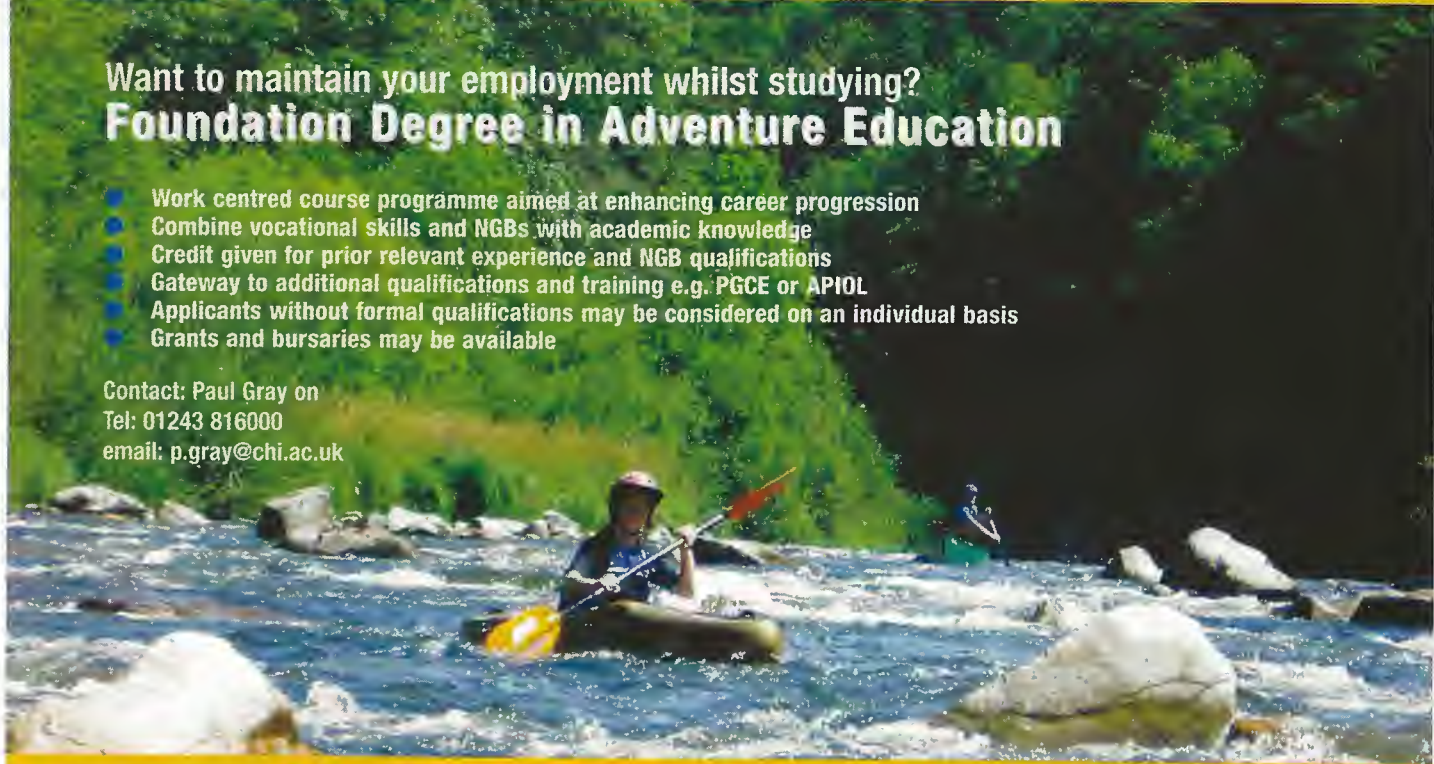
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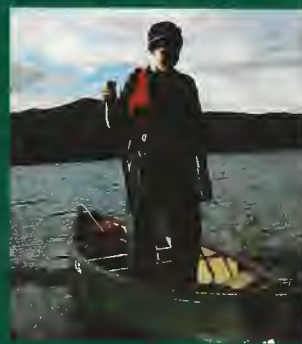
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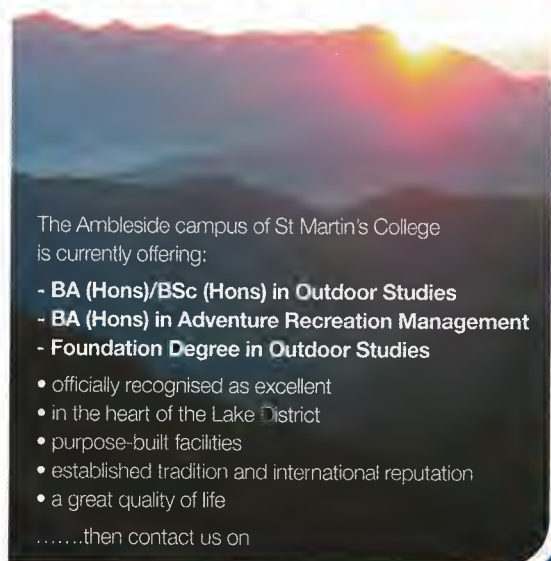
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Why did we do it?

Our boat was a bit different. I would talk to a paddling friend, Colin Brewster, last year about catamaran-style bell boats, saying they'd be brilliant for canoe camping; stable, with lots of room for kit. Now, Colin builds his own open canoes from designs created in his head and, soon after I would tell him about bell boats, I found a message on my answer machine "Hello, I don't see why I couldn't make a short one of those Bell Boat things. We could use it for the Danube tour..." Colin also likes sailing his canoes and the catamaran layout would allow for bigger sails.

After modifying the prototype, the Mk1 was tested in Holland and here we were in Germany with it. Why do I tell you this? Well, whilst we'd come to enjoy the scenery and company on the Elbe, we also wanted to see if the boat would survive three weeks' wear and tear and if we could put up with each other for that much time. If it worked out, we'd be back next year to paddle 1,300 miles down the Danube.

Who else goes?

Most participants were German (with very good English) and, it being a three-week trip, a lot of the people were retired. The eldest was a gent of 86 who had brought a younger friend to help paddle his double kayak.....she was 74!

The trip

The day after arriving in Dresden, the bus took us to Schmilka for a 44km paddle back to Dresden without camping kit. The river was fast and turbulent and the kilometres soon passed. After sightseeing and ice cream eating in Pirnau, we passed Gross-sedlitz, a palace used by the Kaisers to entertain friends. We finished at 5pm, five hours of leisurely paddling for 44km.

The next five days, including a rest day, took us a further 188km via Meissen, home of German fine porcelain; a rest day in Reisa, home of a large steelworks and unified Germany's largest pasta factory; Torgau, where there's still a bear pit – with bears - in the castle and the most elegant stone staircase I've ever seen; and Elster where the wind allowed us to sail right onto the beach.

This upper part of the Elbe flows through high-cliffed gorges with pretty houses on the banks through to a wider plain. We didn't see a great variety of bird life but there were terns, curlews, cormorants and my favourites, storks. At Reisa there was a beaver swimming in the river.

Day seven took us 46km to Coswig where a guided tour explained that steam tugs used to pull

themselves up the river using a chain laid for the length of the Elbe. Has anybody else out there heard of this system?

We sailed off from the shore at Coswig the following day heading for Anker, a port town which had lost thousands of jobs following re-unification. At Anker, we moored at the jetty whilst the other boats were floated on to a truck running on rails from the river to the top of the bank. We bought our evening meal at the club, goulash, dumplings and red cabbage; delicious.

Day nine took us into Magdeburg. It was very hot so diving off the boat for a swim was the order of the day, allowing us to wash off the accumulated dirt around the waterline.

After an over-night thunderstorm, we had a rest day in Magdeburg with a walking tour and a visit to a small museum on a decommissioned paddle steamer.

Our eleventh day saw us en-route to Rogätz where the newly re-built clubhouse looked more like a hotel with its elegant style and a veranda (conveniently attached to the bar area) overlooking the now gentler flowing Elbe.

After Magdeburg, the river flows under the Mittelland canal aqueduct, taking traffic between the Elbe and Berlin. An aqueduct capable of carrying the enormous barges common to European rivers (when I tried to describe our 70-80 ton narrow barges to a fellow paddler, he was at great pains to correct me because barges couldn't possibly be that small!). We also passed an elegant S-shaped footbridge and saw

one of the crabs that is starting to inhabit the river with destructive consequences for its eco-system.

The following day was one to remember. It started with drizzle but soon changed to a cold day of continuing heavy showers. Luckily, the strong wind was behind us and we sailed all the way to Tangermünde, overtaking kayaks that had set off an hour before us. 39km covered in three hours without a paddle stroke.

Camping was on the dyke and after setting up in the rain, we retreated to a nearby restaurant for hot chocolate and cake.

By morning the rain had finished and we set off for Havelburg stopping at Arneburg, a pretty little hill

during work in the harbour and paddled by one of the workmen and a Russian war memorial.

Another two days of paddling took us via Wittenberge to Schnackenberg, the first West German town on the river. From here until Lauenburg the river was the frontier and from here there are regular lookout towers from where, until 1989, people could still be shot for trying to flee to the West – a chilling thought.

We set up camp in four foot high grass on the bank, it was idyllic. We had now done 475km on the river, only about 150km to go. I had a sudden sad feeling with the realisation that the trip was nearly over. Only five days left!

From Schnackenberg, we headed for Hitzacker.

them converted to museums; curved guillotine locks leading to various parts of the city and then our arrival in the Alster Lake with its view of the old, impressive town hall on one side and the modern city skyline on the other.

After the near shipping lane size of the river leading into Hamburg, it was nice to paddle up the Alster, a small river running through a residential area of the city. At last, we arrived at the Alster Canoe Club (Canoe spelled the English way rather than the German Kanu because the club was established before the German word was invented) where we were invited to join in with the celebration of its centenary.

The last day's paddle through the larger docks,

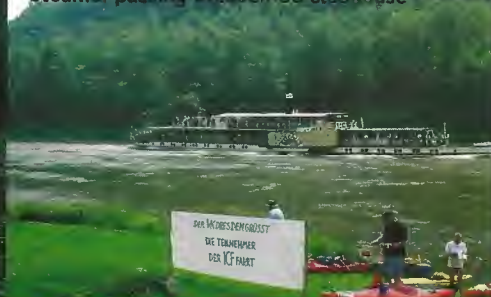
Hamburg clouds



The other kind of boat



Steamer passing Dresden CC clubhouse



Hamburg Chinese freighter



We managed some sailing, before paddling up a tributary to a camp area in this enlightened town. Why enlightened? We were camping on the verges of a motor home car park with no toilets but, around the corner, the municipal building had excellent public toilets and showers. UK councils take note!

From Hitzacker we set off for the canoe club at Geesthacht, our last stop on the non-tidal Elbe, in a mixture of cloud and sun to start with then it got hot. Soon after starting a lady passed us in her kayak and as I looked round at her, she was beautifully silhouetted in the early light. The scene became one of my favourite photos of the trip.

At Lauenburg, we found a nice café selling apfel strudel and cream and there was a museum of river life with more information about the chain tug companies (including the fact that all of the chain – 9,000 tonnes of it – was made in the UK, in the Black Country). After wrenching ourselves away from the café terrace, with its view across the river, we needed to go for swim to cool off in the 35° heat. At Geesthacht, there were strong currents along the shore whenever a barge passed and we were advised to carry the boat up to the clubhouse. Before we had dismantled it, a nice man by the name of Jens had organised a team of carriers for us; which, of course, speeded up the job and left more time for the excellent cakes on sale in the club.

Until we left Geesthacht, we'd only seen all the tour participants together at the campsites, never on the water, but now everyone had to assemble together on the water and set off as one group for the first lock on the river. The sight of 100 plus canoeists on the water is quite something. We locked through as one group and set off for Hamburg at high tide. This last formal day of paddling was the hardest yet; everyone was paddling hard to make sure they got to Hamburg before the tide turned. Keeping up in our twin open boat was very tiring. The paddle through Hamburg's harbours to the city-centre Alster Canoe Club was fascinating. Modern docks; old wharves – many of

back to the car, started dull, became drizzly, then turned into a near gale as we fought our way past grain docks and freighters. Finally though, as we arrived at Hamburg, the sun came out and we were able to load the boats in glorious sunshine. Before driving across town back to the Alster club, we sat and ate lunch where we'd had breakfast whilst waiting at the club for the bus to Dresden three weeks earlier – a real circular trip.

Oh yes, I nearly forgot to say, we did manage to survive each other for the three weeks and the boat performed faultlessly (although the Mk2 will be more compact when dis-assembled), so we will be doing the TID (Tour Internationale-Danubien) in 2006!

Looking back, I notice there's not much in this article about the river itself or water conditions. I suppose that's because in canoe touring, it's where you go, who you see and what you see that's important.

I can't finish with out saying an enormous thank you not only to the tireless organising team but also to the other participants who'd helped to make it such fun. Thank you!

The Elbe tour runs every year, try to find time to do it, you won't regret it. ●

Lester Stuart

Launch at Dresden



town that seemed to have avoided the decay noticeable in some other ex-eastern towns. The town's two best features were a bronze sculpture of two wizened old fisherman carrying nets and a bakers that sold coffee and Colin's new discovery, Stachelbeern Kuchen – gooseberry crumble cake – "so good he bought it twice".

Access to Havelburg, a town on the Havel River, was via a lock. The kind of lock where once you enter, you discover that the shapes at the other end are, in fact, other canoes. The kind of lock you could fit 20 or 30 British narrow boats in!

Havelburg consists of a mainland town, a large island on which the sailing and canoe clubs are based and a small island inhabited by European beavers that came out to play in the evening. Large locks have good acoustics for my harmonica but they're bad places to be trapped in a sudden downpour.

Sites in the town included a dugout canoe, found



One Life, Live It!

If you're looking for the ultimate whitewater adventure, then cast your eyes on the new AdventureX brochure.

Packed full of the most enviable whitewater kayaking and rafting adventures - from heli-kayaking in New Zealand, or rafting the mighty Zambezi, to the gentle paced sea-kayaking in Fiji, there is a trip to suit all disciplines and levels, right down to kayak clinics for beginners.

With an additional focus on 'tailor-made trips' AdventureX can arrange expeditions specifically to suit group requirements and abilities, at no extra cost. So whether you fancy a customised multi-river kayak trip or a multi-activity trip combining kayaking and downhill mountain biking in Nepal, AdventureX have it covered!

The brochure is written with a passion from many years of experience and the spectacular images and photographs are truly inspirational. If you haven't already set off to join them, you soon will. An invigorating read from cover to cover!

A little but special



Without Adventure... What is Life?

ADVENTUREX



Surf kayak design has been developing on an almost seemingly weekly basis in the past few years with new shapes, concepts, and hybrids, being developed rapidly to match the drive from surfers demanding more from their boats. There comes a point in that development process though, when everything comes together and a boat is created that is really a bit special. The Neutron from Mega is just that.

The hull is pure wave ski, flat to maximise speed, an accentuated constant curve down the rail line to enable drawn out carves or sharp aggressive directional

shifts, and soft into hard rails to engage the water and surf the boat from the tail. The fins are positioned directly below the seating position giving the best possible drive from the turn, and their rearward position means that the boat still feels exceptionally loose.

The deck is a real departure from previous designs with a large lump behind the cockpit to give extra buoyancy particularly useful when paddling out to avoid the inevitable back loops of low volume tails. The greatest revolution with this kayak though is without doubt the seating position, it's dynamic in its orientation being in the rear third of the boat, and it's comfortable, with an elevated knee position offering a far more freestyle feel to the boat.

On the water it goes like the proverbial excrement off the digging implement, fast, and incredibly manoeuvrable. This is the first plastic surf kayak that I have been able to cleanly aerial off the lip, it's a genuine joy to surf.

Here now comes the point in the review where I say BUT... but there are no buts, apart from mine, which is firmly placed in this boat and surfing it as much as possible.

Genuine high performance in plastic. Get out and try one!
Glyn Brackenbury, BCU Coach Level 5 Surf






Mega

Performance Kayaks



NEUTRON



Following on from the great success of the X-Ray and the Maverick, Mega introduce a 100% performance orientated barnstormer, where strong emphasis was put on power and how the kayak can generate more from the wave. When we finished with the power we took away the resistance -

This is the result!

The NEUTRON

Price from £399

www.surfkayaks.com

Tel: 01903 717150

Transpire fleece one piece suit

New from Chill Cheater, this is a single thermal garment that can be worn under a paddlesuit. This super-stretchy, high lycra-content fleece one piece, is ideal for expeditions.

High necked, front zipping with double sliders for top and bottom opening, giving access for relief. It has an incredibly comfortable fleece on the inside, with soft yarns that have a durable water repellent coating providing very fast drying and wicking properties. The smooth, non-fluffy outer surface aids slippage which makes changing much easier when worn under dry suits. External seams for comfort. Transpire fleeces should be worn skin tight (fabric in contact with the skin at all points to maximise sweat wicking potential). Ideal as a base layer, or worn as part of a thermal layering system.

Price £65.00

Colour: Black

Sizes S - XXL, Short, Mid, Long.

For fit and further information: 01271 815828 or:

www.chillcheater.com

Polar AXN500 – for serious outdoor use

I've lived with the AXN500 for nearly three months now and in that time it has been a joy to use. I used it in the last seven weeks of a 20 week fitness programme for completing a triathlon. Before that, I had used a more basic Polar F4, however, the AXN500 opened up a lot more possibilities.

Whereas the F4 was a very simple setup – the AXN500 demands a more studious approach if you wish to get the most from it. That means reading the full manual and not the 'quick set up guide'. Once you have spent an evening with the manual in one hand and the monitor in the other – and input your physical details, then you are ready to put it to good use.

Firstly, the ergonomics of the monitor are first rate with a large, clear display and everything pretty well positioned with no tacky overuse of symbols. It has a handsome look about in a masculine way, with its brushed aluminium face and black strap. The sides of the watch are dominated by the buttons, of which there are five in total: backlight, stop, start, up and down. The most used are the start and stop buttons, however, I would have preferred these two buttons to be opposite each other but the designer has positioned the stop button to the bottom left and placed a small speaker opposite. This took a bit of getting used to as during training I always went to press the speaker for the off button.

Whilst we are grumbling, it brings me to the second nuisance which involved the strap. The strap looks good but in use I found it too stiff with a clumsy loop mechanism – it will not fall off though! Those two criticisms aside, the monitor was a superb aid in my training schedule which aside from the heart rate monitor and its training zones with audible alarms is equipped with a number of intelligent features including:

- **Altimeter** - The Altimeter allows you to identify your current altitude and to determine altitude-related conditions. Using the Altimeter, you will learn how much you can ascend or descend per day, and how fast you can ascend or descend in current weather conditions.
- **Vertical Speed** - Shows ascent and descent rate indicating how fast you have gone vertically up or down. You can utilise this information to keep your speed constant helping you to save energy.
- **Barometer** - Monitor weather changes with barometric pressure and temperature readings. If you remain at the same altitude, changes in barometric pressure can alert you to changing climate conditions.
- **Compass** - For navigating and monitoring the right direction. The digital compass gives the direction value as a cardinal point, as well as in degrees.
- **Polar Fitness Test™ with OwnIndex®** - A fitness test that measures your aerobic/cardiovascular fitness at rest in just five minutes. The result, Polar OwnIndex, predicts your maximal oxygen uptake (VO2max), allowing you to



measure your aerobic fitness by yourself, automatically and without any exertion.

- **Polar OwnCal®** - The Polar OwnCal feature shows the energy expenditure during one exercise session as well as the accumulated kilocalories of several. By setting daily and weekly exercise goals in terms of calorie expenditure, the feature tracks both one exercise session and the accumulated kilocalories during a longer time, helping you achieve both short term and long term goals.
- **IrDA & Mobile Connectivity** - Infrared communication, or IrDa, allows for two-way exchange of settings and exercise data with a PC using infrared connectivity. Similarly, mobile connectivity enables you to send your training data to the Nokia 5140 mobile phone. All you need in addition is the Polar MobileLink™ Application.
- **Polar OwnCode®** - The unique coded technology blocks unwanted signals from other heart rate monitors, ensuring disturbance-free transmission of heart rate data. It also tells the time in two differing time zones plus three alarm clocks with sleep button and of course it is water resistant to 100 metres.

At £239.50, it is a bit on the expensive side but if you take your training seriously – you will not be disappointed.

For more information please visit Polar's new UK specific website at: www.polarelectro.co.uk which also offers a complete training aids or call 01926 310 330. Peter Tranter



LIFA in a bottle

Versa Move T for women Versa Transporter for men

Helly Hansen have launched a limited edition LIFA base layer for the summer. The shirts have the usual high levels of LIFA'S technical performance which are designed to be worn next to the skin on its own or as a base layer.

However, the packaging is very different as the shirts are presented in a very stylish and large water bottle which do highlight Helly Hansen's new found colourful approach to this type of base layer.

Long gone are the days of navy blue, grey or black, though you can have these colours if you wish.

Instead, the women's shirts are coloured in lavender, vibrant yellow, baby blue and jade along with black. For the men it is crimson, vibrant yellow, mandarin, true blue, parakeet, alpine and the usual black.

I've worn this shirt many times in the last six weeks or so in tandem with a Versa V neck I reviewed back in December. The V neck, whilst retaining its great

technical abilities looks a little on the scruffy side now. A lot of this is down to a portaging accident I had a couple of months ago where I ended up dragging my kayak through brambles. These shirts do not take kindly to that type of abuse and the thorns pull out the fibres. Velcro plays havoc with them too!

Having said that, in this type of humid hot weather, if you can find something better then let me know! The sticky hot weather of recent months projects these shirts into a class of their own. Aided by the loose fit, the Lifa Versa fabric gives the usual excellent moisture management with fast drying times. The sandwich construction combines Lifa on the inside with polyester on the outside keeping me dry and cool.

The shirts are designed with reflective logos and HH stripe for increased visibility in the dark.

Great shirts that are unbeatable in terms of comfort and style during these hot months. Both available in sizes S-XXL and retail at £25.

- Lightweight style and relaxed fit
- Reflective logo and print
- Low bulk flat lock seams
- Polypropylene next to the skin and polyester exterior
- Rapid moisture transfer and quick drying

Steve Humphreys

Helly Hansen 0115 960 8797

www.hellyhansen.com



Welsh Sea Kayaking

Fifty Great Sea Kayak Voyages

Authors: Andy Biggs and Jim Krawiecki

ISBN: (Paperback): 0-9547061-8-8

Price: (Paperback): £19-99p

Publisher: Pesda Press

From the Dee Estuary to the Bristol Channel, the Welsh coastline in all its varied guises provides a fantastic playground for the sea kayaker. The fifty journeys selected cover all of the interesting parts of the coast and provide easy sheltered paddles, testing offshore trips for the adventurous and everything in between.

Illustrated with superb colour photographs and useful maps throughout, this book is a practical guide to help you select and plan trips. It will provide inspiration for future voyages and a souvenir of journeys undertaken.

As well as providing essential information on where to start and finish, distances, times and tidal information, the book does much to stimulate and inform our interest in the environment we are passing through. It is full of facts and anecdotes about local history, geology, scenery, seabirds and sea mammals.

A fascinating read and an inspirational book.



Image downloads

All the images used in White Water Safety and Rescue are now available for anyone who wishes to use them in presentations. They have been optimised for use in PowerPoint and can be downloaded from the Pesda Press website. Simply go to www.pesdapress.com, follow the links to the White Water Safety and Rescue page and look for the download symbol in the right-hand column.

www.pesdapress.com

PADDLE THIS

Astral buoyancy aids

System X are pleased to introduce Astral Buoyancy to the European market.

They have CE certified three models - The Newton freestyle vest, the Aquavest 300 river rescue vest and the Temp 200 Touring jacket.

Aquavest 300

A streamlined pullover rescue vest for extreme situations.

- Removable 1.5" Quick release harness.
- Extra Impact protective sides provided with extra HDPE inserts.
- Integrated Spectra® safety loop.
- Shoulder straps, when pulled, create a stronger grip on your torso.
- Front Pocket designed to accommodate our quick throw ropes.
- Built in Tow-System pocket prevents excessive dangling loop common to other Rescue vests.
- Reflective piping and daisy chain webbing loops on shoulders

Sizing: XS/M (30-42 inch chest) L/XL (42-54 inch chest)
RRP £129.95.

www.systemxkayak.co.uk

www.astralbuoyancy.com



Events

Canoe Camping Club

Thames & South East Group.

Sunday 27 August: Kennet and Avon Canal and River Thames, Theale to Tilehurst

Weekend 9-10 September: Chichester Harbour, camping at Cobnor

The group welcomes individuals and families as guest paddlers. Trips are normally 10-12 miles and suitable for open canoe and kayak. A BCU sticker or navigation authority licence is required. **For further details contact: Robin Hickman, Robin@rhickman.freeserve.co.uk Tel: 01403 267244**

Change of date

Chester 2 Marathon (24th Sept) change of date. New date 22nd October starting at 11.00am.

Dave Madeley
(Chester SCC canoe sec)

Lower Bann canoe challenge

23rd September

The first annual Lower Bann canoe challenge will help raise money for the Special Olympics Ulster.

- 50km challenge for the experienced and competitive paddler.
- 10kn mini challenge and relay race.
- A family fun day in Coleraine – including climbing tower, canoe lessons, DJ and much more.
- Prizes for the canoeing events.

Or why not come along and watch? Food is served throughout the day and the family fun day starts at 10am in Christie Park.

For further information or registration form, see www.canj.org.uk or call: 0870 240 5065

Isle of Wight Challenge

Saturday 2nd September

We are looking for adventurous and fun-loving people from all over the Isle of Wight and the UK to take part, and by raising sponsorship, make dreams come true for terminally and seriously ill children.

What: A 29 mile circuit, cycling, running and open canoeing.

How: In teams of three.

Why: To have fun and raise money for Dreams Come True Charity.

Start time: 1pm, and thereafter at one minute intervals
Cycling-19 miles **Running**-7 miles **Open Canoeing**-3 miles. Participants should enter as a team of three, and stay together throughout the event, i.e. every member of the team will participate in all three sections of the challenge. Please give yourselves a team name and identify a team leader.

If you wish to take part in The Wight Challenge but do not have a complete team, please visit www.piratesports.co.uk and visit the forum.

Event organiser

Joanna Minchin (mobile no: 07790 401 036) and Tim Perera of Wight Ventures (mobile no: 07834 773 994).

Minimum sponsorship request

A minimum sponsorship of £100 per team is requested. All the funds raised will go to Dreams Come True.

Dreams Come True Charity

Dreams Come True Charity exists to bring some laughter and happiness into the lives of the terminally and seriously ill children, aged between 2-21 from all over Great Britain.

Some choose to visit Disney World, meet a favourite pop star or buy something to make their life more bearable.

BCU lifeguard champs

9-10th September,

South Cerney, Cotswold

Following a successful 2005 champs last year the committee elected to return to the same venue.

Skills lists and booking forms are available from Phil Quinn the Lifeguard Secretary and should also be available very soon on the web site www.bculifeguards.org.uk

This is a great event for everyone at whatever skill level they are. Remember it also tends to be a brilliant training weekend and social event.

World Cup qualifier No.5

16-17th September

In Costa Rica the suggestion of a World Cup, on the years when there wasn't a World Championships, was raised with the idea of single round qualification at a range of venues on both sides of the Atlantic.

The NI Surf Kayak team jumped at the chance to host an event of this size and quality, citing the perfect unspoilt NW of Ireland as the ideal venue. Magheraroarty unrivalled for its scenic backdrop and perfect reef on the rugged NW coast of Donegal provides the venue for this event. Small islands, long sandy beaches and the local towns not to mention countless deserted surf breaks wait to be discovered.

At the European Championships and it was decided to tie in the British Championships in the form of a British Open with the highest placed British paddler taking the title.

Currently a web page has been developed to allow for online registration which must be pre-event. **For up to the minute info see www.nisurfkayak.com.**

Endeavour canoe challenge

7th October

Thousands of young people across England will benefit from the Endeavour Annual Canoe Challenge. This year marks the 40th year of the event and the action will once again take place on the Shropshire Union and Stafford and Worcester canal.

Last year Endeavour helped hundreds of disadvantaged young people at risk of crime, drug and alcohol abuse, violence and disengagement from main stream education get their life back on track..

Can you raise a team of 10 or more who would welcome a challenge? **Contact: Wendi Cross on 0870 7703250 or email: wendi.cross@endeavour.org.uk**

The 1st UK Storm Gathering sea symposium

7-9th October

For all those paddlers looking for fun and challenge this autumn. Based on the Ross of Mull and around Iona.

The cost for attending the three days will be £95. This includes access to all workshops, evening lectures, ceilidh and a symposium limited edition paddling cap.

The aim of this symposium is to bring together kayakers of all abilities with similar passions and provide a practical programme with an emphasis on preparing for challenging conditions, commitment and open crossings.

BCU/SCA Coach Education and Star Award courses are programmed to run for the rest of the week. The cost of these will be £100 per two day course. Training and assessment options will include Level 3 Coach (Sea) and 4 and 5 Star awards.

The Symposium will be based at Craich Hall, Fionnphort and workshops/ journeys will launch from Bunessan, Kintra, Uisken and Fionnphort. Cailean Macleod has offered to run a pre-symposium workshop on 6th October based at the Falls of Lora. This event will be priced separately.

Contact: mark@edgeofadventure.com

Paddle '06

28-29th October

Reflecting the true spirit of the Scottish paddling scene.

Celebrate the true spirit of paddlesports in Scotland!

Come along to the Scottish Canoe Association's Exhibition in Bell's Sports Centre, Perth. You won't be disappointed as there is plenty on offer:

Trade stands: top manufacturers and retailers; specialist products; non-commercial organisations offering information and advice.

Presentations: (in a first floor studio, accessible only by stairs) – come and hear about the paddling experiences of others, explore other horizons through their stories and film records.

Workshops: 'Hands-on', interactive 30-40 minute sessions for paddlers of all abilities. Advice and information on essential skills. Make your paddling safer and more enjoyable.

Filmfest: Opting for the 'all-comers' approach again this year, there will be a varied programme of both professional and amateur footage covering all the main disciplines.

Saturday night Ceilidh (also in Bell's Centre): Tickets £8 include supper and live Ceilidh Band 'Faer Company'.

Canadian explorer and photographer, Chris Cooper, will be a key guest speaker this year. His presentation and impressive slide show, 'In Search of Wild Places', features an expedition in the Canadian Arctic, exploring the Alaska/British Columbia coast by 42foot Canadian canoe.

More information on www.canoescotland.com

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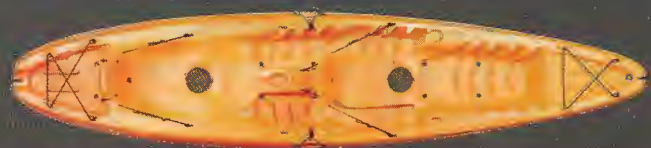


TARPON 130T

IF IT PADDLED LIKE A TANDEM
IT WOULDN'T BE A TARPON.



Just because you want a tandem doesn't mean you have to settle for a barge. At 13-feet the 130T is easy to get from car-top to water. Once on the water it's, well, a Tarpon – smooth, stable, capable, and comfortable with adjustable back rests. Experience the difference at a Wilderness Systems dealer near you.



STANDARD EQUIPMENT: CONTOURED SEATS, ADJUSTABLE BACK RESTS, TWO STORAGE WELLS WITH BUNGIES, AND TWO DAY HATCHES. RUDDER OPTIONAL.

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LIGHT WEIGHT , ROBUST STIFFNESS, RICH COLORS AND A SMOOTH, COMPOSITE-LIKE FINISH — GEN2 IS A QUANTUM LEAP IN PLASTICS. AND IT'S THE ONLY ONE WE USE.



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Tel: 08000 151520 or visit www.wwc.co.uk for more info