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## focus

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## canoe focus

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Above: A jubilant Ed McKeever on winning Olympic gold in the 200m sprint.

# What an incredible couple of months!



An exhausting, sometimes worrying, nail biting, challenging, but exhilarating couple of months that have shown our sport off to its best advantage.

I was privileged to see history made in canoe slalom, as Great Britain won its first Olympic gold medal and the first Olympic medal in the C2 class. It was also the first time GB has won two medals in one class. It may have been day six in the Olympic programme but for canoe slalom it was 'Super Thursday', truly memorable and historic.

Equally, the canoe sprint regatta delivered us good racing, fantastic crowds, and awesome competition. The 12 gold medals available were won across eight nations with 16 nations from four continents coming away with a least one medal, highlighting the competitiveness and global appeal of the sport. This made the fact that Great Britain's gold and bronze, put us fifth in the medal table, an even more spectacular achievement. A personal highlight must be that I was sat next to the Prime Minister at the sprints as we watched our 200m gold.

Many congratulations to all of our GB Canoeing athletes representing us at London 2012 and to our dedicated coaches and amazing teams of volunteers that ran the sites so efficiently. Those medals would not have happened without this powerful combination of dedication and talent.

The Olympics has also inspired the public to paddle. The increased interest in our sport has been fantastic. 35,000 people have now been introduced to canoeing via the Canoe England's Olympic legacy programme - Go Canoeing, and we have also seen substantial increases in club enquiries and website hits.

This issue of Canoe Focus also includes other stories that have hit the canoeing headlines such as Falcon Rowing and Canoe Club in Oxford receiving the Queen's Award for Volunteering, and the gold, silver and bronze medals won for Great Britain in the Junior Men's Freestyle Europeans. There was a royal visit to the Tees redevelopment and a new access statement was added to the Canoe England website in June. Members are also invited to a Waterways and Environment Members Meeting in October. Please keep sending us your stories from around the country via canoeingnews@bcu.org.uk or use our Canoe England Facebook site to share your experiences with us.

Finally, I hope you enjoy this Olympic Special which aims to give our readers an insight into life before, during, and after the Games as we continue in our aim to offer anybody, from any walk of life, the opportunity to take up our sport in any discipline, at any level.

**Paul Owen, BCU Chief Executive**



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## OLYMPICS SPECIAL

- 18 Canoe England's Olympic legacy  
Engaging new fans.
- 19 Bell-boat relay
- 20 Our Olympics - around the country
- 22 Canoe slalom  
The water turned gold for the first time at the canoe slalom.
- 24 Torch relay
- 25 London 2012 photo montage
- 29 Canoe slalom volunteers  
Olympic canoe slalom – the unsung heroes.
- 30 Canoe sprint  
A British bolt of lightning hit the canoe sprint in the shape of McKeever.

## REGULARS

- 3 Comment by CE Paul Owen.
- 6 News
- 12 Regional news  
National and regional news from Team North, Team Central and Team South.
- 32 UK feature  
Mersea Island.
- 34 Paddle-Ability  
Paddle-Ability makes its School Games debut.
- 36 Volunteers  
Volunteer Centres
- 38 Competition  
Wild Water Canoeing World Championships.
- 40 Competition  
Canoe Polo 2012 National Championships.
- 42 Waterways and Environment  
Canoe England: Position Statement.
- 44 Canoe England photo competition  
Winners for May and June.
- 46 Canoe Foundation  
Canoe Foundation supported projects.
- 50 Five minutes with...  
Andy Maddock, Canoe Slalom  
Programme Manager GB Canoeing and  
Jonny Tye, canoe marathon and canoe sprint.

## In brief

### Wild water canoeing ahead

From 1st September, wild water canoeing will become more competitive, more exciting and more accessible.

The new season starts in September and will see the whole system streamlined, with regional and national events replacing the Divisions A and B.

Each year paddlers will take part in local regional events, which will reduce the cost of travel, be more accessible for clubs to race locally and win local leagues. Results in regional races will then qualify paddlers to take part in national events.

Paddlers will not be restricted to only entering in their region. You can race wherever you like, but there will always be races in your region and each region will have a regional champion in each age group.

There will be one national ranking list comparing paddlers from all over Britain, with national events counting double, ensuring those who race the bigger water at the bigger competitions will always come out on top, but it does mean that every person who enters a wild water race will be ranked and will be able to see themselves climb up the national ranking as they improve their performances.

The Perception Wavehopper Challenge will run as an independent league open to all paddlers of all ages, maintaining its current format. For more information, visit: [www.wildwater.org.uk](http://www.wildwater.org.uk).



### Get your McKeever, or Baillie and Stott stamps!

Every Team GB gold medal win, whether by an individual or a team, features on a separate commemorative miniature sheet comprising six special stamps. Names, disciplines and sport details appear in the border, together with the official Team GB logo. Price £3.60. Stamps are available from the Royal Mail website at <http://tinyurl.com/cz726az>.



### GB Canoeing competition calendar

The GB Canoeing competition calendar can be found at <http://www.bcu.org.uk/our-sport/>.

# Queen opens Tees re-development

**Her Majesty The Queen, accompanied by His Royal Highness The Duke of Edinburgh, visited Stockton on 18th July, to officially open the International White Water Course as part of their Diamond Jubilee tour of the UK. They were welcomed by hundreds of school children and thousands of people from across the borough.**

The white water course, which originally opened in 1995, has undergone a £4.6 million re-development, transforming it into a world-class training facility which was one of just a few Olympic standard courses available for competitors to use in the run-up to London 2012. It offers a range of water-based activities including white water rafting and white water kayaking.

After switching on the rapids, Her Majesty The Queen watched as canoeists made their way down the new Diamond and Jubilee courses. The Royal party then met with some of the young academy paddlers.

The day was certainly a real 'Diamond Jubilee' celebration with entertainment throughout the event. Visitors were treated to a whole range of water-based activities and demonstrations including exciting rafting and canoe demonstrations, formations, stunts and various swimming displays compered by legendary BBC Radio Five Live football commentator Stuart Hall. The opening also saw Patrick Parsons Consulting Engineers congratulated by Her Royal Highness Queen Elizabeth II at the relaunch who provided full civil and structural design services in the £4.6 million pound upgrade.



Patrick Parsons MD Peter Stienlet gave a presentation to the Royal Party including the Queen and the Duke of Edinburgh. A major innovation of Patrick Parsons' design is that Archimedes screws are incorporated into the white water course to ensure full functionality no matter what the tidal conditions.

At low tide the screws generate electricity for the national grid, making the course a net exporter of power – a world first.



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Paddlers: Réis Cripps, Ben Brown.  
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## In brief

### The Mersey Descent Race

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On the same day, but don't get in the way, a nine-mile tour. You do not have to stand and watch, you paddle off first and watch the racers go by. First time river paddlers should not go alone but with an instructor or guide.

There are toilets and refreshments at start and finish. Visit [www.madcc.co.uk](http://www.madcc.co.uk) and find event information via the calendar.

Queries to [chcleaver@ntlworld.com](mailto:chcleaver@ntlworld.com)

### South West Canoe Show

**Saturday 6th October, 10am-5pm.**

**Free entry.**

The South West Canoe Show returns to Exeter's busy and historic quayside this October. Hosted by A.S Watersports for the ninth year in a row, the show has become a firm fixture in the UK paddling calendar. Expect to see massive displays of the latest and greatest paddling kit from the world's leading manufacturers and suppliers.

Free demos on the Exeter Canal are one of the popular attractions at the show and it's a great opportunity to meet hundreds of like-minded people. With the new indoor climbing wall, other retail outlets, outdoor education centres, and superb cafes and bars the Canal Basin really is the 'quay to adventure.' Call A.S Watersports on 01392 219600 or see: [www.swcanoeshow.co.uk](http://www.swcanoeshow.co.uk).

### Falcon's Queen's Award

Many congratulations to Falcon Rowing and Canoeing Club, Oxford which has been awarded the most prestigious award in British voluntary service – the Queen's Award for Voluntary Service.

The Queen's Award for Voluntary Service is an annual award made to recognise and reward excellence in voluntary activities carried out by groups in the community. The award was created to mark the Golden Jubilee in 2002, recognising outstanding contributions by groups of volunteers.

### Photo competition winners

We are pleased to announce that the adult winner for May was Sally Shuttleworth and the Under 18 category winner was Sam Lomas. There were joint winners for June – Richard Barker and Chris Redwood and no winner in the Under 18 category.

### GB circumnavigation

We are aware of a number of round GB trips taking place this year. If you are undertaking/have undertaken a trip like this then we would like to have the details/any photos. These may be included (although this cannot be guaranteed) in a possible piece for the magazine. Please send your items to [canoeingnews@bcu.org.uk](mailto:canoeingnews@bcu.org.uk)

# BCU President Albert Woods receives OBE

**The BCU is delighted to announce that its President, Albert Woods has been awarded an Order of the British Empire (OBE) for services to canoeing, in the Queen's Birthday Honours list.**

Albert has been involved in canoeing since 1966, representing GB at the World Championships in 1971 and 1973, before moving on to manage the British slalom team for 14 years from 1973–1986.

In 1976 Albert became a member of the BCU board, seeing his career move into the administration side of the sport, then in 1992 he was elected as BCU President – a position he still holds.

It is not only British canoeing where Albert dedicates his time and passion; he is also the President of the European Canoe Association and member of the ICF Board of Directors.

A delighted Albert Woods commented. "I am flattered and extremely honoured, it is not often I am short of words, but to be award an OBE in the Queens Diamond Jubilee Birthday list, has left me a little lost for some. It is not only a wonderful recognition for me but a fantastic honour for canoeing."



## Chris Hare 1931-2012



**One of life's 'larger than life' characters, when Chris spoke, people listened. He was a man of strong opinions, always based on sound common sense and was always great company.**

Originally from Newcastle, Chris began canoeing in the early 1950s and recalled paddling from Chollerford to Hexham several times in the early part of the decade – quite some undertaking. In 1958 he founded Hartlepool Kayak Club and in 1960,

along with Jack Levison formed the North East Canoeing Association. He was also heavily involved with the production of the early editions of *Canoeing in Britain* – the forerunner of *Canoe Focus*.

A tireless promoter of sea kayaking, Chris's contribution to coaching in the '60s and '70s was also outstanding. National Coach and Area Coaching Organiser for the NE he helped design and promote courses in both sea and inland paddling. He was also one of the first paddlers to introduce and champion courses for the safe use of the traditional open canoe.

Chris was a man of enormous enthusiasm, energy, perseverance and determination who always gave 100% to any undertaking he engaged in. Many great paddlers cut their early paddling teeth on courses run by Chris Hare. He will be greatly missed but never forgotten.

**Martin Meling**



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## In brief

### Father kayaks across the Channel for son's illness

Stuart Littler, is to kayak across the English channel with his two friends, Charlie Brett and Jon Turner to raise funds to find viable treatments for his son, Ben. Ben, who is six, was diagnosed with Duchenne Muscular Dystrophy in December 2009. Since then the family have been working with charity Action Duchenne to raise money to improve awareness and funds for this life limiting condition. The three friends are novice kayakers and have never attempted anything like this before. In the process they have already met their initial target of raising £5,000, and are now aiming for £10,000, to be donated to Action Duchenne. The crossing is set for the week commencing 27th August, and will be dependent on tides and weather.

The idea to cross the channel was thought up by John, after they bought surf kayaks for fun. The team have now been lent sea kayaks by Venture Kayaks, and have received free training and coaching from Liquid Logistics. Southampton Freight Services volunteered to collect the kayaks and deliver them free of charge. The three friends have undertaken long training paddles twice a week and have encountered various adventures along the way, including near misses with container ships, paddling under piers and practicing their capsizing drills.

### Great Glen Canoe Trail

This trail was formally opened on March 23rd 2012 during the first Great Glen Paddlesports Festival, with over 100 paddlers attending to enjoy varied workshops.

All canoeists and kayakers completing the trail are asked to complete a short questionnaire. First results show a 20% increase in use of the trail from the March to May period with 75% of paddlers from England and Wales.

Feedback from the survey showed up issues, many of which have been addressed by the following:

The website ([www.greatglencanoetrail.info](http://www.greatglencanoetrail.info)) has been developed with sections on the local area, safety, planning, equipment etc. There is also a DVD, and the 'Great Glen Canoe Trail book which have been developed to answer visitor requests for more information.

Thanks must go to Scottish Canals, the new Scottish Board members and partner agencies: Scottish Natural Heritage, Forestry Commission Scotland, Highland Council and the Scottish Canoe Association for making this work possible.



# Medallions collection will support Team GB and ParalympicsGB



A collection of 12 medallions made by the Royal Mint will raise funds in support of the home teams at the London 2012 Olympic and Paralympic Games. The collection features some of Britain's greatest Olympians and Paralympians from the past, as well as some of the current athletes hoping to represent Team GB and ParalympicsGB at the Games this year, including: Olympians Sir Steve Redgrave CBE, Sebastian Coe KBE, Dame Kelly Holmes CBE, Sir Matthew Pinsent, Daley Thompson CBE, Denise Lewis OBE, James Cracknell OBE, Sir Chris Hoy, Rebecca Adlington OBE and Ben Ainslie CBE, as well as Paralympians Baroness Tanni Grey-Thompson and Lee Pearson CBE.

The medallions, which depict ten British Olympic and two British Paralympic winning moments from past Games, can be purchased from London 2012 sponsor BP's forecourts across the country. The first medallion is available for £1 together with an official presentation pack and the remaining 11 medallions will cost £2 each. All profits from the sale of the Our Greatest Team

Legends Collection will directly support Team GB and ParalympicsGB to help aspiring athletes deliver their best performance at London 2012 and beyond.

## Our greatest team still needs you



Have you seen supporters with Team GB scarves? it's not too late! The best way to get behind Team GB is with the official Team GB and ParalympicsGB supporters scarf.

Available in NEXT stores, profits from the sale of the scarves will go towards supporting Team GB and ParalympicsGB athletes at London 2012 and beyond. This is the ultimate show of support. The nation covered in a sea of scarves will create a wave of support to help inspire our athletes.

There are two designs available exclusively at NEXT nationwide in store and online at [www.next.co.uk](http://www.next.co.uk). Designed in a choice of two sizes – 50cm (ideal for kids) and 90cm square – priced at £5 and £10 respectively.

So if you wear it or wave it ensure you have this official item to let the athletes know you are part of our greatest team.

## Award for Derek Hutchinson



At the Conex Canoe Race on May Bank Holiday Monday a presentation was made on behalf of the Northern Region BCU and Canoe England to Derek C. Hutchinson. This was to recognise the enormous contribution Derek has made to the development of coaching, from the early years of the Northern Coaching Panel to the amazing impact on the development of sea kayaking through his books, DVDs and personal coaching.

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 Mobile: 07734 453430  
 (For use by individuals wishing to report incidents outside of office hours).

### BCU Child Protection, Vulnerable Adults and Harassment Lead Officer:

Mike Devlin: 0845 370 9514.

### Canoe England Child Protection Support Officer:

Nigel Timmins: 07740 820 113  
 (For BCU individuals who have received an allegation against them with respect to child protection and require support).

### NSPCC Child Protection Helpline

Tel: 0800 800 5000 (24 hour).  
 Childline: 0800 1111.

# Inspired? Go Canoeing!



Following on from Team GB's stunning medal haul at London 2012, why not let our Olympic heroes be your inspiration to get back out on the water? You

might not have the power of Ed McKeever or the technical precision of Etienne Stott and Tim Baillie, but what is achievable is their passion for paddling.

A Go Canoeing guided tour is the perfect way to reinvigorate your love of canoeing or kayaking. Taking place at 13 locations across the country, the tours are designed to help participants discover new places to paddle, meet like-minded people and experience the social side of canoeing. And it's still not too late to get a 25% discount – just book onto a tour before the end of September using discount code Discount29.

### Tours will be held at the following locations:

- Holme Pierrepont White Water Centre to Trent Bridge Tour, Nottingham – September 9th and 30th.
- Brownhills Tour, Walsall – September 29th.
- Burton-on-Trent Tour, Staffordshire – September 12th.
- Norwich City Tour, Norwich – September 23rd.
- Liverpool's Albert Dock Tour, Liverpool – September 16th.
- York City Centre Tour, York – September 16th.
- Salford Quays Tour, Greater Manchester – September 8th and 22nd.
- Windsor to Datchet Tour, Windsor, – September 8th and 30th.
- Exeter Canal Tour, Devon – September 16th.
- Dreadnought to Sonning Loop Tour, Wokingham – September 9th and 29th.

To book a tour or for more information visit [www.gocanoeing.org.uk](http://www.gocanoeing.org.uk) and search for the tour you are interested in using our activity search. More dates will be added in October, so keep checking the website for all the latest tour information.

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CHECK OUT THE GO CANOEING WEBSITE FOR MORE INFORMATION ABOUT WHAT'S GOING ON IN THE UK

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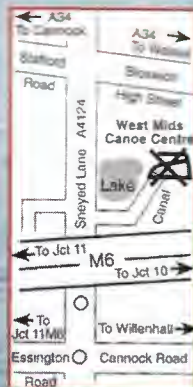
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## In brief

### Leeds Go Canoeing Day

On 8th June, Leeds Sailing and Activity Centre hosted a 'Go Canoeing' day where youngsters were able to try their hand at a range of different watersports.

The activities took place on Yeadon Tarn Lake which provides a dramatic venue right next to the busy Leeds Bradford International Airport, where the task of keeping boats upright on the lake for beginners is made even more challenging by having to overcome the urge to duck every time a plane takes off or lands.

The event was supported by the Yorkshire Paddlesport Development Officer who brought along an ergo machine. Races were held on the ergo to see who could record the fastest times on the day in different age categories, some of the racing got very competitive as individuals tried to beat one another's times especially when the canoeing instructors from the centre challenged each other, creating some excellent viewing for those watching and cheering them on.

### Sea Kayaking 'guru' rewarded

At the Conex Canoe Race on Bank Holiday Monday the BCU North East region and Canoe England made a presentation to Derek C. Hutchinson to recognise the 'outstanding contribution to paddlesport' Derek has made to the development of coaching, from the early years of the Northern Coaching Panel to the amazing impact on the development of sea kayaking through his books, DVDs and personal coaching around the world.

### Go Canoeing with MADCC

Over April and May, Macclesfield and District Canoe Club held two Go Canoeing days. The first event, held at the club's flat water site on the Macclesfield canal in Bollington, was a great success with qualified coaches helping almost 80 people to take their first trip in a kayak or a canoe. The event was supported by Brookbank who provided a small fleet of demo boats such as sit on tops and stand-up paddle boards. They were joined by local MP David Rutley who tried his hand in an open boat.

The event in May was to promote the launch of the Hurdsfield Community Centre Group. The club rented a rodeo bull which attracted the attention of all the senior members! The day also consisted of a band, BBQ and once again Brookbank went along with their demo boats. Dave Cook the Northwest PDO also came to support the event and brought two ergo machines. The aim of this event was to gain the support from the local community as they would like to build a centre on an unused piece of land which runs next to Macclesfield canal. Macclesfield & District CC aims are to build a centre for all the community. The local councillor was there to offer support and many of the local residents turned out. The club is aiming to hold many other events like this to promote the venue.

## Triple success

**After 40 years, The 1972 Munich Olympics GB Canoe Slalom team veterans held a re-union race on the white water legacy course at Lee Valley.**

Keith Wickham benefitted from being coached by local club coach Darren Cresser at the Tees white water facility to make this a three-way winning combination.

Keith said, "I was well pleased with my win, to get one over on my close rivals after all these years was a great feeling. I made the most of Darren's advice and of the excellent course that we now have at Teesside... if only we had those weapons 40 years ago."



## Greater Manchester Run

**A lovely May morning in at Grand Central Manchester. At 7am, the team set up the charity village at the start of the Great Manchester Run. The team set out ergos, TV monitors showing a selection of canoeing DVDs and flyers to showcase our sport to the 40,000 competitors that were running and for the public 'to come and try it' on the ergo machines.**

There was a steady flow of people throughout the day and many came over to the stand wanting to have a try on the ergos. With a bit of coaching, some good techniques developed and quick times were set over the given distances. Many were signposted to local clubs and centres in the area. Even after their run some of the competitors still managed to find enough energy to have a try!

Canoe England would like to thank Greatersport Manchester for providing the opportunity to promote our sport to such a wide audience and congratulations must go to all the runners.

## Once in a lifetime

**Mix one Olympic torch, a midsummer's eve, England's largest lake, a flotilla of boats, a few volunteer coaches, canoes from an adventure centre, a dozen families and support workers from the Rainbow Trust – a children's charity supporting families who have a child with a life threatening or terminal illness. Add help with accessible lake access, some cheerful lake wardens, a window in the weather, the local MP to hand out Paddlepower Start certificates and top off with a picnic, some photos and a paddle into the dusk.**

What you get is a Go Canoeing experience with memories to last a lifetime and a few families bitten with the bug. Looks like the next step might be a summer picnic with a little canoeing thrown in and an introduction to using boats from the National Park facilities and going independent. Family fun

has to be the best way forward for sustainable sporting activities that anyone can enjoy.

Thank you to everyone who helped make it happen. Elspeth Mason, John Mason, Vicky Whibley, Andy Robinson (IOL CEO), Andy Bailey, Keith Morris, Mere Mountains, Dove Nest Group, Denise Hyland (Rainbow Trust co-ordinator), Windermere Lake Wardens, BCU, Tim Farron MP and last but not most important the Rainbow Trust families.



## Paddle to the heart

**On Saturday 9th June, 40 Paddlers from Stourbridge, Leamington Spa, Burton, and Birmingham Canoe Clubs along with other Canoe England members joined one of the advertised canal trails and paddled to the centre (heart) of Birmingham.**

Organised by the West Midlands Regional Development Team, the purpose of the event was to be a fun and inclusive trip for all, while publicising paddlesport and promoting the canal network that runs through Birmingham.

Setting off from four locations around the city, each group took a different route towards Gas Street Basin near Brindley Place in the centre.

West Midlands RDT Chair Clare Morgan was among six other paddlers setting out. Clare said, "I was with another six paddlers, our youngest paddler Cameron (aged 6) accompanied by his dad, left from Shirley Drawbridge on the Worcester and Birmingham Canal for a journey of nine miles to the centre.

"Heading towards King Norton Junction, we passed through Brandwood Tunnel (322m long) like many canal tunnels it has no towpath; horses were walked over the hill and barges were pulled through the tunnel using a handrail on the wall of the tunnel, parts of which can still be seen.

"Near King's Norton Junction there is a disused stop lock, which has two guillotine gates which are made of wood. When operational, they moved vertically in iron frames, and were counter-

balanced by weights, it was quite interesting paddling underneath them both!

"Once past King Norton we progressed past Bourneville and on towards Birmingham University where we picked up another paddler and were joined by Stourbridge Canoe Club!

"As we drew nearer to the University Hospital we passed over the Ariel Aqueduct. There is a fantastic view of the University from the aqueduct; taking in the Aston Webb Buildings around Chancellor's Court and the clock tower 'Old Joe' which could be seen standing proud.

"Our tummies now beginning to rumble we paddled past Five Ways Train Station and knew we were nearing the city centre! We paddled past the Mailbox and the Cube.

"The destination in Birmingham was Gas Street Basin next to Brindley Place. All of the paddlers travelling from the other routes arrived within five minutes of each other, so our suggested timings worked pretty well!"

Many thanks to all of the paddlers for making it such a fun day out, to Handmade Burger Company for their generous discount and to British Waterways for allowing access to their boatyard car park in Edgbaston.

Due to such positive feedback from participants and comments from other paddlers who couldn't join on the day they have provisionally booked Saturday 8th June 2013 for 'Return of Paddle to the Heart'.

## In brief

### 40 hours for 40 years of Dereham Canoe Group

2012 means more to Dereham than it being Olympic year. In 1972 a group of local canoeing enthusiasts officially formed the club. They marked this by a paddling relay lasting 40 hours, raising almost £1,000 for the East Anglian Air Ambulance.

From the River Wensum where the club is based, they battled all kinds of weather. The only bad weather condition missing was snow! Despite this, the club members soldiered on with some heroic stints made overnight by the teenage members of the club. During the last hour, before the 32 paddlers set off from their photo call, the heavens opened, accompanied by claps of thunder.



Visit the Canoe England website for more features and articles



## In brief

### Royal Bath and West Show

Globe 360 has once again run the Canoe Village at the Royal Bath and West Show in partnership with canoe equipment manufacturers and Canoe England. This year the village gave 1,600 people a chance to try canoeing.

Canoe England supported this event, running the ergo challenge and promoting the Go Canoeing project. The ergo machines worked well for those who hadn't built up the courage to get on the water.

Sadly after six years of organising and running the Canoe Village, this was the last time Globe360 will run the Royal Bath and West Show. They are currently looking for the next challenge.

### A club is born – Ventnor Sea Kayaking Club

Ventnor Sea Kayaking is just over three months old! It has been formed to support and develop sporting facilities for deprived areas on the Isle of Wight. The volunteers running the club have already been successful in sourcing a £2,000 grant from Sported – the first successful applicant from the Isle of Wight, £1,000 from the Isle of Wight Community Foundation and are in the process of Sport Matching their successful funding. They had their first taster sessions on 17th June and already have a number of people signed up. Those who are eligible are offered the opportunity to paddle completely free of charge.  
enquiries@ventnorseakayaking.org.uk

### Winchester School Olympic sports day

Over 200 children at Harestock Primary School had a chance to try their hand at a number of Olympic sports on 22nd May. The children had the chance to try paddling on the Kayak Pro ergos and get kitted up in buoyancy aids, dry suits and helmets while sitting in a boat on the school field. Even those as young as four got involved and excited about the Olympics and raced the ergos with their school friends. The day was a huge success and with the assistance of Gareth Bath from Winchester Canoe Club, a number were given the chance to sign up for sessions on the water at the club at River Park.



# A great canoeing fun packed weekend

**Salisbury Canoe Club enjoyed a fun weekend on the River Nadder in Salisbury on 12-13th May. The weekend was aimed at introducing local people to the sport and showing what great fun and exercise it can be.**

Fortunately, the weekend was a window of sunshine surrounded by rainy days.

The set up for the weekend was a number of taster sessions, an option to try a number of different boats, play boat demonstrations and a BBQ and cake sale to finish off.

There was a lot of enthusiasm from everyone involved and a lot of laughter especially from the children seeing mum and dad getting wet! There were a number of games played including rafting up and playing cat and mouse, which as a

beginner is quite daunting and no mean feat for some of the larger participants, climbing on the back of some of the smaller less buoyant boats.

To add a bit of variety, the Canoe England Paddlesport Development Officer provided two ergo paddling machines for some healthy competition and the Go Canoeing info pack which gave an easy to run framework for the event.

over 50 people took part over the weekend and of those, over 20 of those signed up immediately to complete a 1 Star course or Paddlepower Passport.

On the back of this very successful weekend Salisbury Canoe Club plan to hold a couple more of these days during the summer and will be advertising them soon.



## Top Club Gold for Wiltshire Youth Canoe Club

**Wiltshire Youth Canoe Club (WYCC) has achieved Top Club Gold (TCG); the highest Canoe England Club Mark award! They are the first club in Wessex to achieve this award. They are modernising their club facilities and have funding for a new landing stage which will be built later this year.**



WYCC is looking at the Paddleability bolt on, to assist with greater accessibility to their facilities and a greater range of boats.

**Left:** Chairman Andy Lloyd receiving the Canoe England TCG award from Duncan Hames-Chippenham MP.

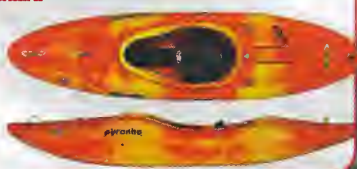


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## Canoe England's Olympic legacy – engaging new fans

In this massive summer of sport the Canoe England Participation Team has been busy making the most of the growing interest in canoeing and encouraging people around the country to give it a try.

As part of our legacy programme Canoe England delivered canoeing at the specially created live site events prior to the start of the Olympics in 11 cities across England as well as the School Games. In addition, the team had a strong presence every day of Olympic competition at Eton Dorney, Lee Valley, and a Go Canoeing event site at Weymouth throughout the whole games; and as a result of these activities 35,000 new people have been introduced into canoeing.

In terms of numbers;

- 4x increase in numbers of people searching for a local canoe clubs.
- 5x increase in website traffic (compared with non Olympic traffic).
- 35,000 new people introduced to canoeing.
- 60,000 spectators attended Lee Valley White Water Centre over five days.
- 100,000 spectators attended Eton Dorney for the canoe sprint over five days.
- 2.9 million people tuned in to watch the 200m finals.
- 4.5 million viewers for canoe slalom repeat of C2 final runs.

Here is a taste of what the Participation Team has been up to.



Above: The big screen in Edinburgh

# Reflections on the Olympic bell-boat relay

The Vale of Evesham School decided to mark Olympic year in a special way. There was never any doubt in my mind that bell-boating would be centre stage.

**Feature by:**  
Andy Train.

[www.valeofevesham.worcs.sch.uk](http://www.valeofevesham.worcs.sch.uk)  
click on the Olympic link to see lots of images.

The full story of this journey can be found on the Canoe England website.



**After working with many Worcestershire schools, we wanted to share an Olympic legacy with Worcestershire children and across the world, particularly in China – hosts of the 2008 Olympics.**

Stoke Mandeville – birthplace of the Paralympics was the logical starting point; it is in Aylesbury, which has its own canal, a six mile arm off the Grand Union Canal.



A successful application to Get Set, the official London 2012 education programme meant we were recognised as a Plan Your 2012 School, along with only 150 others across the country.

On February 20th, The Mayor launched the head of the bell-boat fleet, The Spirit of Penglai and Sustainability. We travelled six miles and 14 locks from Aylesbury to the Grand Union Canal carrying our Mandeville Paralympic mascot, as well as Walter and Winnie the bell-boat mascots symbolising the importance of 'working together' and 'taking part'.

The next leg on 9th March saw us paddle into Birmingham, having journeyed up the Grand Union Canal to Kingswood, then along the Stratford-upon-Avon Canal to King's Norton, joining the Worcester and Birmingham Canal into Gas Street Basin. One boat now became two as The Vale was joined by a second boat paddled by children from Lickey Hills Primary School.

A week earlier, students from The Vale completed the other 'arm' of our relay - Ironbridge to Stourport, designed to include Much Wenlock, the Shropshire village where Dr Brookes planted the seed for the modern Olympic movement.

After Birmingham, the fleet increased to six bell-boats, involving schools in the locality. Sixty children from Greenfield Primary School, Stourbridge completed a stage, followed by schools from Hagley District, Kidderminster and so on.

There are too many stages to the journey to recollect them all. The journey continued right through to the end of June. Ninety Worcestershire schools, around 3,000 children and 500 adults, took part. Along the way, we held six regattas.

One of the key parts of our Get Set project was running helm courses for teachers, around 70 of whom took up the offer. This will also form part of our legacy as more schools will have the capacity to run their own bell-boating clubs.

Our journey made China's national news websites and one of the boats involved is now been in China. Chinese children will paddle from the Eric Liddell (Chariots of Fire) Memorial Garden in Weifang to a new 'water' city site – the 'Venice' of China.

Hopefully, the messages behind the bell-boat, our Olympic legacy, will continue to spread.



## Torch on the ergo

### BP liquids



BP liquids in Swindon hosted an event to bring the Olympics to BP's staff. The ergo challenge was offered to the staff and they showed a real competitive edge (Michael Sims PDO for Wessex is pictured on the ergo with the torch).



## Great Hall—Hants

The two south kayak ergos visited the Leader's School competition in Winchester Great Hall. Huge numbers of people were in town as the Olympic torch was also passing through.

Beth Norman (14) from Wildern School said: "I've never done this before and I admit its much harder than it looks but I'm always up for trying something new. It's a great opportunity to have a taster of canoeing for our school as we don't get out to do it on the river. My friend who's a paddler just told me I've got a good technique and should totally get into paddling."

# Our Olympics are

## Hants County Council

"Just a quick note to thank everyone for their help both in preparation for yesterday's final of the School's Challenge and on the day itself. The feedback I have had from the schools, the young people, the guests and the judges was that they really enjoyed the day and that they found the presentations both challenging and entertaining. I know that some official 'thank you' letters will be sent out in a few day's time, but I just wanted to let you know that your efforts were greatly appreciated and helped make the day a great success."



## Sparks will fly, the Essex Torch Relay event

The Torch Relay arrived in Chelmsford on the 6th July. True to form, the rains continued over Hylands Park as staff to set up the ergo competition stand.

After set up, the sun broke through the gloom, and we had an excellent day in the making. Ian Wyatt and Chris Bunyon (Chelmsford Canoe Club) and Paul Hill and Clive Marfleet (Maldon and Dengie Canoe Club), also manned the stand worked their (wet) socks off. During the day, 148 people of all ages accepted the 20-metre challenge.

The stand was also visited by an Olympian, Paul Ratcliffe, who brought his silver medal from the 2000 Sydney games with him. Although they never saw the torch, the numbers of enthused people packed into the park that night showing the Olympic spirit had definitely passed to all those who attended.



# ound the country

## Olympic Inspiration in Slough!

### Olympic flame celebrations in the North

Canoe England has actively followed the torch celebrations throughout the North East and Cumbria, raising the profile of Go Canoeing. Canoe 2012 sprint events have been held at the Alnwick and Carlisle torch festivals and in Prudhoe.

Tyne Valley Canoe Club held a successful weekend starter activity on the Tyne at Prudhoe, attracting many to try paddlesport for the first time. Carlisle Canoe Club offered ergo challenges in canoe and kayak at Bitt Park as part of the torch festival celebrations.

Members of The Great Britain sprint kayak team were invited to Slough and Eton Church of England Business and Enterprise College to be interviewed by primary and secondary pupils from all over Slough. Pupils were given the chance to ask questions and have their photos taken with six members of the team, four of which will be competing at the Games. Rachel Cawthorn, Ed McKeever, Liam Heath, Jon Schofield, Ed Cox and Andy Daniels took time out of their busy training schedules to inspire the young people into getting into canoeing, sharing their stories and journeys of their own experiences. The pupils also had the chance to experience a land-based kayak machine used by the athletes for training as well as seeing their boats and equipment.



Bitt Park.



Canoeing and Alnwick torch festival.



Rachel Cawthorn above and Ed Cox below.



Durham School Games mascot



PDO Rachel Hudspith - Durham School



Liam Heath (L) and Jon Schofield (R)

# The water turned gold for the first time at the canoe slalom

Back in December 2010 when the GB canoeing slalom team first launched its boats on the water at the Lee Valley White Water Centre, the feeling was that London 2012 was going to be a very special Olympics for the sport. However no one could have quite prepared or imagined quite how spectacular it would be.

**Feature by:** Helen Reeves. **With the event spanning five days of competition and every day a total sell out, 60,000 spectators were lucky enough to witness the action of our awe inspiring sport.**

**Photos by:** Antony Edmonds. **It wasn't a week that unfolded as the Team would have planned but the statement 'saving the best till last' was certainly one that Team GB decided to take on.**

First up for Team GB was world ranked number one, David Florence in the C1 class. As he took to the start line the crowds erupted into applause and cheers louder than anyone could have imagined, sending an electric vibe around the stadium. For the Olympic silver medallist from Beijing disappointment struck in the semi final where after a good start he came into difficulty during the latter stages of the course finishing outside the top eight cut off in tenth.

There was also disappointment for Richard Hounslow in the K1 semi-final, with a penalty and few time losses he found himself on the wrong side of the qualifying line in twelfth.

It was now time for the pair to refocus and join forces for the C2 racing, and the duo was determined to use what they had learnt from their individual competition to their advantage. Storming the semi-final they took the lead into the C2 final, joined by our other British pairing of Tim Baillie and Etienne Stott claiming the last final spot in sixth place.

Lizzie Neave opened her Olympic campaign with a bang, qualifying through to the semi-final in second place, but fell to the same fate as both David and Richard had earlier in the week missing out on finals spot by two places, leaving all British hopes of a medal riding on the C2 final.

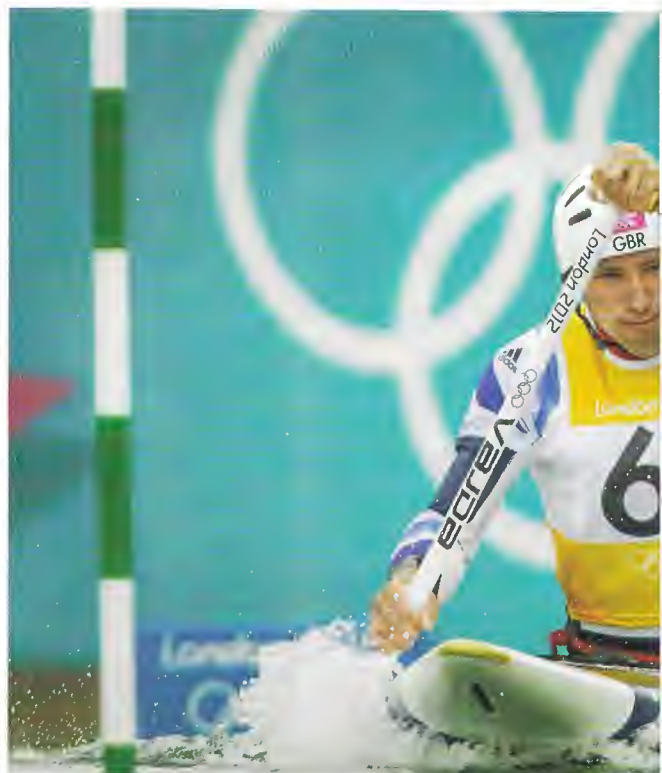
With two boats in the final split by four strong international crews, including the three times Olympic Champions, Slovakia's Hochschorner twins, the odds were looking good for a GB medal.

Tim Baillie and Etienne Stott got proceedings started and using the power of home crowd's almighty roar the pairing stormed down the course getting stronger by the stroke to finish in a time of 106.41 seconds, laying down the marker for the following five boats to beat. A tap on the shoulder from Etienne to Tim and the shaking of hands confirmed the pair were happy with their performance, now all they could do was sit and wait.

With only two boats to go and still in first place, elation lit up the duo's faces as the realisation hit that they would be walking home



Above: Tim Baillie and Etienne Stott.



Above: David Florence and Richard Hounslow.

# or the first m



As the crowds realised what was happening the cheers became deafening, goodness only knows how David Florence and Richard Hounslow could think



Above: Lizzie Neave.



Above: David Florence.



Above: Richard Hounslow.

with an Olympic medal. It was now all about what colour it would be. The Hochschorner twins paddled with their usual grace chasing the time set by Baillie and Stott; looking as if they may clinch their fourth consecutive title but they took a late penalty leaving them chasing to the line which they couldn't quite find in time, leaving the British in the top spot. At this point the dreams of British gold, the first for canoe slalom became reality as the only crew still to go was British too.

As the crowds realised what was happening the cheers became deafening, goodness only knows how David Florence and Richard Hounslow could think. As total professionals they executed the course with flair and style hitting the split times just ahead of their team mates and rivals, but on the final push to line they couldn't quite clinch it, slipping just behind in a time of 106.77 seconds to make it truly historic gold and silver for Great Britain the only one-two finish for Team GB.

The atmosphere was one that had never been seen at a canoe slalom competition as Etienne Stott launched himself into the waters at Lee Valley to be shortly followed by team mates and coaches Nick Smith and Mark Delaney, basking in their Olympic glory.

Through an enormous smile Etienne Stott commented, "It's weird, it doesn't seem real. It's a complete dream" and team mate Tim Baillie added "I just can't believe it. It's hard to believe."

It may have been a slow start for the canoe slalom team but they brought the competition to a thrilling close, one that will go down in history and will be remembered as one of the sport's greatest moments.

## Torch relay

Students pass the flame in college's torch relay as Cornwall College students developed their own torch relay.

As part of the 'Get Set' network; set up to promote Olympic and Paralympic values and inspire students, the Colleges' sports facilities were used to run, swim and row the distance between seven campuses passing their version of the flame to the next site. A range of Olympic sport-themed activities took place, culminating in the annual Beach Games event on 16th May.

The torch passed from Saltash to Duchy College Stoke Climsland, then to the St Austell campus, to Falmouth Marine School, Duchy College and finally Camborne campus for the last leg of 19-miles to Newquay via treadmills in the fitness suite and around the artificial and grass pitches.

After almost 120 miles, the flame finally stopped at Tolcarne Beach, taking pride of place at the Cornwall College Beach Games.



**Above:** Falmouth Marine School with the flame for their water leg of the relay carried by Zachary Franklin.



**Above:** The torch is taken down the course at Lee Valley with the GB rafting team.



**Above:** The torch visited Eton Dorney on 10th July with local clubs taking part.



**Above:** Chester CC was involved as a paddle arch from 6.30am kayaking down to Chester Suspension Bridge. Well done to all members that turned up and to juniors (in pale blue on photo) that gave a Guard of Honour to the torch. Photo: Jean Ashley.

More info on the torch bearers and Olympic stories can be found at:

[www.canoe-england.org.uk](http://www.canoe-england.org.uk)



**Above:** Three times Olympian Laurence Oliver of Lincoln CC, 27 June at Skegness.



**Above:** Amber Owen (centre), Imogen Collins (Right), and Sam Kirstchein (Left) with Rower Sarah Winkless





# London 2012 Olympic sp



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# Olympic canoe slalom – the unsung heroes

The Phoenix Canoe Club, from North London, provided a Young Games Maker Team to print and distribute results as part of the Lee Valley White Water Technology Team. As a club that uses the centre it was really wonderful to see how it had been transformed for the Games.

**In passing, we were also given free tickets to the Opening Ceremony rehearsal. What an amazing evening!**

From our command room we had the perfect view of the course, large video screens and medal podium. When racing was on we had plenty of time to watch. Fellow club members in the stands repeatedly texting that we were obviously slacking and us doing a team Mexican wave in return.

As soon as each heat finished we were in action. What followed was a 20-minute period of full-on stress as we raced to print results for 14 clients, each demanding up to 100 copies and all wanting them instantly. More than that, they wanted theirs first. There is a pecking order to be carefully explored and managed. After copying we were off – delivering around the course. In many cases having to sprint from one end of the site to the other repeatedly.

We were able to visit every single area of the site, including field of play (FOP), VIP lounges (called Olympic Family Lounges, OFL, in the jargon) plus athlete zones. Because everybody wants the official results!

The games competitive spirit even spread behind the scenes with a wonderful atmosphere of shared fun.

On our final day we were all on the finish line to witness the gold and silver runs by our C2 teams. History was made and we were there!

We are pleased to have been part of this historic event. We are proud to have volunteered and feel our small investment of time was paid back many fold in memories and fun.

The full article can be found on the Canoe England website.



**Above:** The Phoenix Canoe Club Young Gamesmakers.



**Above:** Other Gamesmakers at Dorney and Lee Valley sites.

# A British bolt of lightning in the shape of a canoe sprint in the shape of a...

With Team GB in full swing and the medals coming in thick and fast the GB canoe sprint team was itching to get its Olympic campaigns underway. It was the strongest team that GB had sent to the Olympics and with nine out of the ten team members having claimed international medals over the last two years, the week guaranteed to give the British fans something to shout about.

**Feature by:** Helen Reeves. **Taking to the start line first for Team GB was Beijing Olympic Champion Tim Brabants defending his K1 1000m title.**

**Photos by:** Antony Edmonds. **Brabants' preparation had been far from ideal having been struck by serious injury and illness over the past 18 months, but as a true Champion he didn't let his title go easily, eventually finishing eighth in his fourth consecutive K1 1000m Olympic final.**

The five strong women's squad had high hopes for a medal but knew the task was going to be hard up against extremely tough competition. Having qualified well for the final, the K4 of Jess Walker, Rachel Cawthorn, Angela Hannah and Louisa Sawers used the home crowd roars in lane one to drive their boat home to a fifth place, a fantastic achievement securing Great Britain's best ever women's result at an Olympic Games.

It wasn't long before Rachel Cawthorn was back out on the water this time on her own for the final of the K1 500m, where she displayed her strong appetite for competition to get up with the front runner but lost pace in the middle part of the race, finishing sixth amongst a highly competitive field.

Louisa Sawers was also back on the start this time with partner, Abigail Edmonds in the K2 500m and although having paddled together over the last three years in the K4, the K2 was still relatively new for the pairing. This didn't faze them as they finished in a credible 11th place.

The new addition of the 200m to the Olympic programme was always going heat up the back part of the week, but for Great Britain it was certainly eagerly awaited. With three men that hadn't been off the podium in last three years since the distance was introduced, former World and European Champion Ed McKeever in the K1 and three times European Champions Liam Heath and Jon Schofield in the K2, hopes were high for a colourful finish.

For the first time in three Olympiads, GB had a canoe representative in Talent ID athlete Richard Jefferies. Having only been canoeing for four years Jefferies gave it his all but went out in the C1 200m semi-final.



Jess Walker competing in her second Olympics at the age of just 22, was delighted to make her second final of the games in the K1 200m, where she fought hard finishing seventh in an extremely close race.

The phenomenal Ed McKeever led the way through the heats and semi-finals, looking extremely strong as he stamped his authority on the field setting the Olympic best time along the way. Training partners Liam Heath and Jon Schofield demonstrated great composure but struggled to get their usual explosive start to qualify for the final with the fifth fastest time of the day.

The crowds were whipped into a frenzy of excitement in the build up to the K1 200m final as the fastest men in kayaks lined the start just in front of them. Always the cool customer, Ed McKeever took to the start line with a face of focus and control not displaying an ounce of nerves. As the gun was fired McKeever blasted away and as the roars from the crowds increased with every stroke so did his speed, seeing him cross the line with time to spare, confirming why he has been named the Bolt of the water, adding the Olympic crown to his already extensive medal collection.

A relieved Ed McKeever commented, "The crowds were fantastic but I just kept my focus. When I crossed the line I had a quick look

# ing hit the e of McKeeever



Above: Liam Heath and Jon Schofield.



Above: Tim Brabants.



Above: Ed McKeeever.

to my left and right and then realised I had done it. At first I felt relief which was followed by the excitement."

Inspired by their team mates' domination in pursuit of his Olympic title, Liam Heath and Jon Schofield knew what they needed to do to get on the podium; and that was to nail the start. With the strong crews of Belarusians and Russians to their right and the French World Champions to their left they were ideally placed to keep in touch with the race. Conditions weren't ideal for the light pairing extending racing by about two seconds, but with a blistering start they put themselves in a strong position just behind the Russian pairing and held on hard to be just over taken by the Belarusians near the line, securing the Olympic bronze and the second medal for the canoe sprint team.

Liam Heath said, "It's awesome, I can't believe it. After the semi-final where I was frustrated by my slow start, I gave myself a talking to and we came out and nailed it today in what was an extremely hard race. I am just so pleased to be here with a medal round my neck."

The fast and furious 200m racing brought an explosive and dynamic end to a fantastic week of Olympic canoe sprint racing. For Team GB the medals were the icing on the cake following a week of great results which saw our team in six Olympic finals.

Ed McKeeever took to the start line with a face of focus and control not displaying an ounce of nerves



Above: Jess Walker, Rachel Cawthorn, Angela Hannah and Louisa Sawers.



Above: Rachel Cawthorn.



Above: Abigail Edmonds and Louisa Sawers.



Above: Richard Jeffries.

# Mersea Island

The weather forecast for the first day of October was brilliant, wall-to-wall sunshine, and very little wind.

With a mid-afternoon high tide, it was perfect conditions for us to paddle round Mersea Island.

**Feature by:** Mersea Island is located at the mouth of the River Blackwater, facing out towards the North Sea. It's about five miles long, two miles wide and is connected to mainland Essex by a causeway called the Strood, which carries the road onto the Island. The Strood is covered for an hour or so at high water when there are Spring tides, making it a 'real' island.  
Max Brown.

**Photos by:**  
Christine Brown.

Late morning saw us setting off from Brightlingsea. We paddled out of the creek, keeping just outside the deep-water channel, then across the River Colne towards the shore of Mersea Island. The plan was to go round the island clockwise with the flood tide carrying us up the Blackwater. As predicted, it was sunny, still and hot.

The tide was coming in quite fast, covering the exposed expanses of sand and mud which encircle the Island. As we slipped through the shallows, we were surrounded by swirls of water caused by fish moving in over the warm mud and were occasionally rewarded by a flash from their fins as they rolled over. An inquisitive seal popped up beside the kayak to check us out but quickly reverted to the more profitable job of fishing!

Passing several large caravan sites dotted along the shoreline, we got to West Mersea. The noise from the beach was amazing with children laughing, dogs barking and the occasional shriek from a swimmer finding the water colder than it looked. Rounding the end of the Island via Besom Fleet we headed towards Strood Channel. The shore here is lined with houseboats, some beautiful, others less so, but all fascinating in how they have been modified for a change in use.

Further round, the river narrows with a strong tide running and is littered with moored boats. Threading their way through the moorings were a number of sailing dinghies all jockeying for position, waiting for the start of a race. We kept to the shallows at the side of the channel so that we were out of everyone's way and watched the chaos resolve as the race started. Passing the lifeboat station on our starboard side we cleared the moored boats and having made good time, we pulled the kayak onto the bank and sat on top of the sea wall, taking advantage of the cooling sea breeze, admiring the view and eating our lunch.



The tide was now coming in very quickly, so we ate quickly then scrambled back into the kayak and paddled on towards the Strood. This part of the river is the domain of the water skier and three or four speedboats were towing up and down the channel creating lots of wash. Keeping clear water skiers of varying abilities showing us how it should and should not be done entertained us.

## Floated the boats across the road

By the time we got to the Strood, the road was beginning to cover, with water running across the road towards the Pyefleet Channel on the opposite side. Cars were splashing through the water, which was rapidly getting deeper. Having met another round Mersea Island kayaker, we 'man handled' our double and his single kayak over the fence along side the road, then waiting for a break in the traffic we floated the boats across the road and into Pyefleet on the other side. We stood in water just below knee deep and joined other spectators watching as cars disappeared in sheets of spray as they went through the water. Eventually, the inevitable happened and a car conked out in the middle of the flood. This slowed up the traffic for a bit and we decided that it was time to continue our paddle.

The upper reaches of the Pyefleet Channel meander around between low banks covered in grass. Taking advantage of the high tide and our shallow draft, we took a short cut over the top of one of the banks and then followed the more orthodox route. We passed the MOD Fingringhoe Range on our port side but no red flags were flying and all was quiet.

The Colne and Blackwater Rivers were once renowned for their oyster fisheries and all round the island you can see the remains of oyster workings at low water. We passed Pewitt Island with its derelict oyster-packing shed, and then we were into the moorings at the mouth of the channel. Lying here were four of the local fleet of traditional fishing smacks that used to make their living, dredging for oysters. These vessels are now in preservation and make a wonderful sight when sailing.

The tide was now pouring out of the Pyefleet and as we re-joined the river Colne we hit a patch of overfalls, which sent water sluicing over the decks. We were quickly though these and started to retrace our route across the Colne and into Brightlingsea Creek. Once ashore, Max unbolted the two pieces of the kayak (its 22 foot length makes it too long to easily transport on top of the car in one piece) causing amazement to a passer by. Loading the car up, we reflected that our 13-mile round trip had been both entertaining and enjoyable. ♡





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# Paddle-Ability makes its School Games debut

Following a successful year for the GB Paracanoe team, the demand for local competition for young disabled people wanting to get involved with paddlesport has increased.



To support this, Canoe England received funding from Sport England to develop a School Games programme targeting County Sports Partnerships where there had been a particular demand.

The first Paddle-Ability School Games was in Walton on Thames and organised by Active Surrey. Canoe England Paddlesport Development Officer, Chris Edge, and Disability Officer Clarisse Smith attended the event with support from Paracanoe Development Coach, Trevor Wetherall and Surrey Canoe Club's, Panagiota Angelopoulou.

Sixty-seven young people from six schools in Surrey with a range of learning, physical, and sensory impairments attended the games, which also included events in sitting volleyball, cricket, and wheelchair basketball. All those who took part at the event have been invited to a follow up day at Surrey Canoe Club



To support this project, Wey Kayak Club will host a Foundation Paddle-Ability Module primarily for coaches and volunteer workforce from Wey and Surrey Canoe Clubs and both clubs will have access to grants to support the development of coaches wishing to work with disabled paddlers.

## In brief

### Paddle-Ability on-line forum

Canoe England frequently receives enquiries about adaptive equipment, where to obtain specialist equipment, as well as how existing equipment can be adapted to best suit an individual's needs. June's Canoe Focus articles featured a success story about how people have adapted equipment to suit their needs or where they have found specialist equipment that works particularly well for them. To support our members with finding the right piece of equipment for them and to share equipment success stories we have set up an on-line forum. To find out more about the forum visit <http://www.canoe-england.org.uk/our-sport/paddleability/>

### Intermediate Paddle-Ability Module tutor training

We are currently looking for tutors to attend the first tutor training for the new Intermediate Paddle-Ability Module. This new module progresses from the Foundation Paddle-Ability Module and focuses on the coaching styles and techniques required for working with paddlers with a range of impairments. It also investigates specialist equipment available for working with disabled paddlers and how standard equipment can be adapted to suit the needs of the individual.

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

## Burton Paddle-Ability Talent ID



Linked to the Paddle-Ability School Games Project, Canoe England has been working with a number of County Sports Partnerships to deliver Paddle-Ability Talent Identification events. The first of these was at Shobnall Leisure Centre in Burton. Paddlesport Development Officer, Ben Seal, and Paracanoe Development Coach, Colin Radmore, attended the day with Disability Officer Clarisse Smith. Twenty young disabled people from around Staffordshire attended the event where they were taken through their paces on canoe, and kayak ergos. These young people have been signposted to local canoe clubs which have been supported through a coach and workforce development scheme linked to the project.



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## Volunteer Centres

Volunteer Centres are local agencies which promote and develop volunteering. We spoke with Club Secretary - Panagiota Angelopoulou who told us the story their successful partnership with Voluntary Action Centres in Spelthorne and in Elmbridge ensuring the rapid development of Surrey Canoe Club [www.surreycanoeclub.co.uk](http://www.surreycanoeclub.co.uk).

### Did you approach the Volunteer Centres, or did they approach you?

Bob (the first volunteer coordinator) approached the local organisations and registered.

## Awards celebrations for volunteers – buy your tickets now

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

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

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

Purchase a table to share with your fellow club mates or come on your own! Whether you are a shortlisted nominee or would like to help us celebrate your contribution to the sport over the past year, it's a great way for us to say thank you for all of your support! Tickets are limited and will be allocated on a first come, first served basis.

Tickets are now on sale until September 28, e-mail [jacqueline.pearson@bcu.org.uk](mailto:jacqueline.pearson@bcu.org.uk) for more information.



### Where did you get the idea of working with a volunteer organisation to attract volunteers?

Albert Donovan, our chairman suggested we contact volunteer organisations when I volunteered with him at a West London club. Albert persuaded the Surrey committee to support making these new links. With committee support, the relationship quickly became successful.

We got in touch with Voluntary Action Spelthorne, and Voluntary Action Elmbridge soon after starting the club to try to get local volunteers involved, find out what is happening locally and what were the community needs. We also thought it is a good way to get in touch with local community organisations.

### In what ways have you found working with Voluntary Action to be successful?

We have attended many free workshops such as how to fill in fundraising forms and also local events. We have received donations of items like tables and chairs from P&G and storage from Sony.

We were introduced to a local marketing company that designed our initial leaflets for free and we met many other members of local organisations and local Councillors. Discussions with Voluntary Action identified the need in our local community and how to tailor our projects better to specific local groups.

### What does Voluntary Action do for your club to help you recruit volunteers?

There's a form similar to one you complete when looking for staff from an agency. We completed the volunteer job description along with our other requirements and they advertise it. They also add any additional requests to advertise for events etc. to their newsletter.

Sometimes they know of local companies which are looking to get involved with local organisations and projects on a one-off basis and they let us know. In that way volunteers can come along and help, perhaps to move boats from one location to another, or to paint, or any other jobs.

They also promote us in the community with their contacts. A good example is the Help a London Child 'Kayaking Splash' Project. We wanted to approach

the correct police authority for Spelthorne Pool. They gave us details of who would be the best person to approach. It has been very successful with the police now asking us to expand to Stanwell where there is a youth drug problem.

Volunteer Centre Spelthorne suggested we nominate a volunteer for an award for the Volunteers Week Celebration Event at the Council Offices. I think this is also another way to show volunteers how we value them even though they may not get the award. Derek Henzell was awarded the Sports Volunteer Award 2012 presented by the Lord Mayor of Spelthorne.

### How many volunteers have you gained through Voluntary Action?

Overall we had 17 volunteers (we have been operating since July 2010) - two are now in the management committee.

### Would you recommend working with Voluntary Action to other clubs?

Definitely! There is only so much info you can get from Sport England's market segmentation. Local knowledge is the best. It's a great way to get the club involved with the local community, get local people interested in the club and 'own it'.

It was great to see many people at our opening when we moved to our donated container at the marina. Helping out gives them a sense of belonging and many of them do not even paddle!

We found that the role of the volunteer coordinator is important. Len Baker has taken over the role and it does require similar commitment to the club chair, secretary, and treasurer. It is important to be in touch with the volunteers regularly on a one to one basis to make sure they are happy with their role and identify any further training needs. This might be a safeguarding and protecting children course, which is essential for our club working with so many young people, or training for those working with paddlers with physical, or learning disabilities.

If you are inspired by this story and would like to set up a link with a volunteer centre for your own club. Then you can find one by using the Volunteer Centre finder at [www.do-it.org.uk/wanttovolunteer](http://www.do-it.org.uk/wanttovolunteer)

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# Wild Water Canoeing World Championships

La Plagne – France 26th June to 1st July 2012.

The Isere River in the French Alps is a regular training venue for paddlers worldwide, the fast flowing river comes from the snow melt and the glaciers in the surrounding ski resorts, so the hotter it gets the more water you have.

**The classic race course is split into three sections, Bellentre to top of lake straight (five minutes), lake straight (five minutes), Aime (five minutes). It is a very demanding river as you are continually reaccelerating the boat after been**

**stopped by the powerful waves. The sprint course is part of the Aime section, starting just above Le Mouton, racing through rubbish tip bend and finishing half way down the straight before le Desert.**

Wednesday was classic day, the river was at 25 cumecs and it was going to be very hard race, especially through the flatter mid section. Radka Felingerova had a fantastic result in C1W in winning Britain's first bronze medal in this new class. Sandra Hyslop performed very well in WK1 to claim 5th. The boys raced well in this very tight field where each second was a place, Ben Oakley finished a creditable 14th.

Thursday was the classic team event, the atmosphere was electric when the French MK1 team came down the river.

Friday was a rest from racing for the athletes, but was also race day for the Masters. It was great to see so many racing and even Jean-Pierre Burny the winner from 1968 raced. Dave Bradburn and Brian McNulty won a bronze medal in C2.

Saturday was sprint qualification, a combined score of both runs. The top



Ben Oakley and his bronze medal.

15 MK1, top 10 WK1 and WC1 would all go through to the final on Sunday. After both runs Ben Oakley was in 16th place, narrowly missing the cut but a Czech paddler was disqualified for an underweight boat so Ben was in the final on Sunday. Sandra and Radka both qualified in their respective classes.

Sunday's racing at the increased level of 35 cumecs made the sprint course easier as the waves were not so peaky. Ben was first to start in MK1 and he had a very good clean run with minimal mistakes. As each paddler came down after, his time still stood. He was then only beaten by Znidarcic, and Bong, winning an amazing Bronze medal, the first MK1 medal at a World Championships since 1989. Sandra once again had a good race to take 5th, only 1.2 seconds off gold.

The sprint team took place Sunday afternoon a combined two run race which is always drama filled with three boats sprinting down a rough course in close proximity. The British boys finished in 7th with the Slovenian team taking gold.

The team was once again supported by fantastic coaching staff at the event and at home which has contributed to medals at the major championships over the last few years.



Great Britain team after 1st medal ceremony. Photo by Dylan Woodhead.



Above: The team in action. Photos by Dave Bradburn.



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# Canoe Polo 2012 National Championships

Merthyr Valley, Wales – 14-15th July.

Held outside England for the first time, Aberfan Canoe Club hosted the event in the Merthyr Valley, Wales. The competition ran like clockwork thanks to the team led by Peter Lineham, which showed the preparation that they had put in.

**Of 32 competing teams, the majority enjoyed seven games, with a limited crossover system between groups that ran absolutely seamlessly. Even the weather did its best to co-operate.**

With early group stages on Saturday throwing up a combination of closely and not so closely contested games, things drew to a close about 5.00pm, for the Canoe Polo ACM, followed by the customary barbeque.

Sunday's quarter final stages showed teams beginning to find their final placings. The ladies and youth competitions being integrated into the overall standings meant the semi finals and finals could be held on the same pitch, in front of a steadily growing crowd as people finished their own matches.

The final was between Viking A and Meridian C - comfortably the two strongest teams in the country

at the moment. Viking A took an early lead and added a second, and for a period it looked as if they might run away with the game.

Meridian pulled it back to 2-1 but then Viking added a third. Reluctant to chase, Meridian had little choice. As they took more and more risks, they eventually pulled the score to 3-2, before time ran out on them and Viking regained their National Championship crown.

Presentations were introduced by Peter Lineham, and overseen by club Chairman, Colin Fenn, with the local Deputy Mayor giving out the prizes.

The event will be in the same beautiful place next year, doubtless with the same faultless organisation.

Make a note in your diary now... July 20-21st 2013.



## Results:

### Open:

1. Viking A,
2. Meridian C,
3. Meridian B,
4. Aberfan

### Ladies:

1. Aberfan

### Youth:

1. Meridian

## Sunrise to sunset: 12-hour charity canoe polo marathon

On 23 June thirty avid paddlers took on the ultimate canoe polo challenge – sunrise to sunset.

They organised and participated in a 12-hour canoe polo marathon that demonstrated some fantastic polo, great coaching of the younger players and amazing endurance, raising over £1,000 for charity.

Paddlers of all ages and abilities came from clubs around London to Herts Young Mariners Base, Cheshunt to play from 9am to 9pm in the longest match of their lives. A normal game lasts between 14 and 20 continuous minutes!

The chosen charity was Leonard Cheshire Disability, an organisation that is close to the hearts of the organisers. Coupled with profits made from selling cakes over £1,200 was raised for the cause.

The organisers would like to thank everyone involved and look out for next year's event if you think you're up for the challenge!





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# Canoe England: Position

## Access Arrangements for the shared use of non-tidal

In June 2012 – a new access statement was added to the Canoe England website which can be seen below. For further information, please visit [www.canoe-england.org.uk/waterways-and-environment/](http://www.canoe-england.org.uk/waterways-and-environment/) or contact [access@canoe-england.org.uk](mailto:access@canoe-england.org.uk)

### 1. Access to Water

Canoe England fundamentally believes in the principle for access to and along unregulated (1) non-tidal waters and does not subscribe to the present assumption by some for these waters to be deemed private. Recently published research contests this assumption (2).

Canoe England also takes a pragmatic view and believes that where Access Arrangements (3) are a means for shared use, they shall be on a joint local management basis that helps to protect the environment and respect the rights of other user interests.

The legal situation in England and environmental use of the waterways is detailed in the Canoe England Waterways and Environment Charter (4) and document 'You, your canoe and the environment' (5).

From this position Canoe England will endeavour to:

- 1.1 Work constructively with partners, agencies, the local community, interest groups and the 'Big Society' concept to support and develop the shared use of physically usable waters when environmental conditions (especially water levels) are suitable.
- 1.2 Develop acceptable management measures with partners to protect the environment and enable the wider use of waterways at all times as

per the benchmark set by the government access feasibility studies (2004): River Waveney – agreed minimum water levels and no permit requirements; River Mersey – based on Dedication (6) for using waters.

- 1.3 Dispense with formal signed documentation, and for Access Arrangements (AAs) to be based on statements/memorandums of understanding and/or dedication.
- 1.4 Make these arrangements publicly available to all canoeists for self regulation.
- 1.5 Encourage canoeists to follow the guidelines of such arrangements.
- 1.6 Promote best environmental practice and responsible use and consideration for others on all waters.

Canoe England cannot regulate or police AAs or grant access to any waters with or without an AA and will advise canoeists to only canoe when conditions are suitable (5). The decision whether or not to canoe is the responsibility of the individual canoeist(s).

Canoe England acknowledges the different opinions on the legal position where public rights are not recognised. An AA shall be without prejudice to the views of the legal position of either Canoe England or the riparian owners and other interests. An AA shall neither confirm nor reject any parties views or interpretation of the legal situation.



# on Statement

## cal waters by manually powered craft



## 2 Public Rights

An AA shall not invalidate public rights to non-tidal waters physically usable by manually powered craft, to include canoes, should it be subsequently established:

- 2.1 Such rights have not been extinguished.
- 2.2 The historic use of usable waters is recognised to provide that right.

## References

1. Use of non-tidal waters  
The position of public rights and the use of non-tidal waters in England are not straightforward:  
Where there is an active navigation authority or where historic rights are recognised, rights are defined.  
Where there is not an active navigation authority, waters are classified as unregulated and include abandoned navigations and other waterways on which there is a public right of navigation.  
There is an assumption by some that many unregulated waters are private and use is resisted or shall be by way of a structured AA.  
There is an overall lack of clarity for the shared use of non-tidal waters.
2. River Transport 1189-1600, February 2011; The Rev'd Dr Douglas Caffyn, [www.caffynonrivers.co.uk](http://www.caffynonrivers.co.uk)
3. In the absence of a recognised public right to a waterway, the previous and present government's policy in England are for Voluntary Access Agreements (VAAs). These can have conditions of use independently set by third parties, rather than being mutually agreed. Canoe England uses the terminology Access Arrangements (AAs) rather than agreement.

Historically VAAs are without rights, insecure, being subject to termination at short notice. When arranged, the periods of use imposed can be limited to a few days or weeks per annum and make some provision for those requiring a greater certainty of access at particular times. VAAs are few in number due to the difficulties as highlighted by the government sponsored demonstration access feasibility projects (2004). The project schemes on the Rivers Teme and Wear were unsuccessful.

The policy for VAAs has been shown to have failed to meet an unmet demand when Canoe England has a remit to promote canoeing on all suitable waters in England. They may work well for some individuals or small organisations, however, they cannot be used for securing public access.

4. Canoe England Waterways & Environment Charter – [www.canoe-england.org.uk/waterways-and-environment/policies/](http://www.canoe-england.org.uk/waterways-and-environment/policies/)  
The Charter takes into account the recently published research (2) that has established a strength of evidence for a historic public right of navigation to exist on all non-tidal waters that are physically usable. Canoe England believes the lack of certainty for public rights and the law has created tensions between user groups that can be resolved by a presumption in favour of a right of access; supported by appropriate local management measures.
5. You, your canoe and the environment: [www.canoe-england.org.uk/waterways-and-environment/environment](http://www.canoe-england.org.uk/waterways-and-environment/environment)
6. Dedication – leads to a public right of access. The Countryside & Rights of Way Act 2000 has provisions for Dedication by landowners and relaxing specific restrictions in the Act.

**Invite to Members Meeting**  
Waterways and Environment  
Members Meeting

Saturday 13th October

Reading Canoe Club, The Warren, Caversham, Reading, Berkshire, RG4 7TH

The Waterways and Environment Team would cordially like to invite Canoe England members to a meeting on 13th October to help us with planning and promoting future actions as well as finding out about what we do.

The day will commence at 10am for coffee with the meeting starting at 10.30 and finishing at 15.30. The topics covered will be areas of our work including environmental work, plans for the future, and the Rivers Access Campaign. There will be plenty of opportunity for questions and open discussions, we want to meet you and hear your thoughts too.

Please note:

**Numbers are limited so you need to apply to [access@canoe-england.org.uk](mailto:access@canoe-england.org.uk) to book your place. This is a members' only event and due to numbers only pre-booked members will be able to attend.**

**Reading Canoe Club is next to the Thames so please bring your canoe if you want a paddle afterwards.**

**Once you have booked you will receive further joining instructions.**

# Photo competi

## Send us your photos!

Send in your canoeing photos and you could win a £20 voucher for Cotswold or WHSmith! Simply send a large photo (at least 5 megapixels) on a CD along with your contact details and a few words about the photo to: Donna Marshall, British Canoe Union, 18 Market Place, Bingham, Nottingham, NG1 8AP or you can e-mail your entry to [donna.marshall@canoe-england.org.uk](mailto:donna.marshall@canoe-england.org.uk)

More information along with the terms and conditions is available at [www.canoe-england.org.uk/about/photo-competition](http://www.canoe-england.org.uk/about/photo-competition). The winners are announced on page 8.

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You can see all the entries for May and June at:  
[www.facebook.com/canoeengland](http://www.facebook.com/canoeengland)



Above: David Steen – the joy of paddling.



Above May adult winner: Sally Shuttleworth – Lake Semerwater.



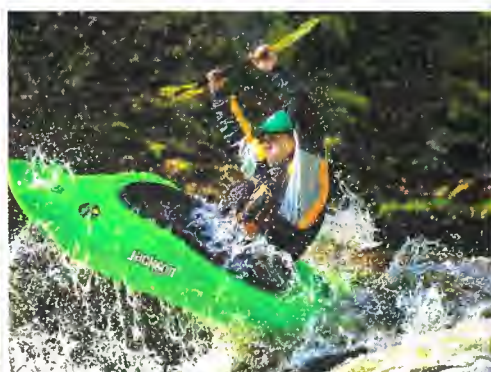
Above: Phil Hadley – Gondola, Venice.



Above: Kyle Fayers – Andy McMahon on the Upper Dart.



Above: Liz Witherford – Emma @ Nene WWC.



Above: Robin Edwards – Tryweryrn, Wales.



Above May U18 winner: Sam Lomas – evening surf on the Nile special wave.

# ition



Above: Adrian Trendall – Triple Falls, Etive.



Above June adult winner: Chris Redwood – near Loch Coruisk, Skye.



Above: Barry Shaw – Beagle Channel in Patagonia, paddle around Tierra del Fuego.



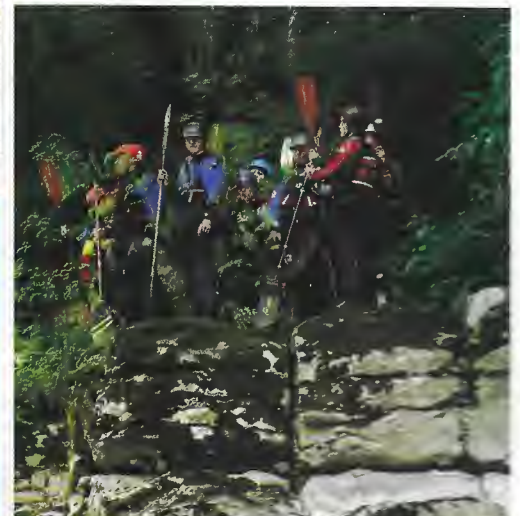
June adult winner: Richard Barker - L'Argentiere la Bessee.



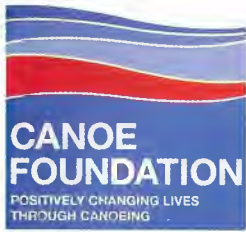
Above: Dave Wilding-Glendye - Great Ouse, Earith Cambs.



Above: Martin Dyke - Solent off Yarmouth Isle of Wight.



Above: Brian Saxton - The Tees is around here somewhere!



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BCU President Albert Woods carrying the flame.



Lord Coe with the flame at St Pancras station.

A full breakdown can be found at [www.canoe.foundation.org.uk](http://www.canoe.foundation.org.uk)

# Canoe Foundation

## 'Positively changing lives through canoeing'

The Olympic Flame covered thousands of miles, carried by 8,000 Torchbearers over 70 days. During this time The Canoe Foundation highlighted projects it has supported that were also along the route. A selection is listed here.

Live-Trail 2012 Olympic Torch relay route



### Days 1 to 10:

	Amount awarded	Year
South Devon College (Devon)	£1,000	2009
Plymouth & Devon Schools Sailing Association (Devon)	£2,000	2011
Bradford-On-Avon Canoe Club (Wilts)	£850	2010
Cheltenham Sea Cadet Unit (Gloucs)	£1,000	2011
Cardiff Canoe Club (Wales)	£750	2010
Anglesea Outdoor Partnership (Wales)	£1,000	2010

### Days 11 to 20:

Bollington & Macclesfield Sea Cadets (Cheshire)	£1,000	2010
Cheshire East Council Children's Services (Cheshire)	£1,450	2009
Peninsula Canoe Club (Wirrel)	£990	2009
Belfast Kayak Club (Northern Ireland)	£250	2003

### Days 21 to 30:

Teen Ranch (Scotland)	£1,000	2007
Fife Canoeing Activities Group (Scotland)	£1,000	2006
Grangemouth School, Falkirk (Scotland)	£2,000	2012
Wansbeck Paddle Sport Club (Tyne and Wear)	£1,500	2009

### Days 31 to 40:

Bendrigg Trust (Cumbria)	£1,985	2012
Salford Wildcatz Canoe Polo Club (Greater Manchester)	£1,000	2011
Rochdale Disability (Greater Manchester)	£2,000	2007
Oldham & District Canoe Club (Greater Manchester)	£1,200	2011
Greenbank Primary School, Rochdale (Greater Manchester)	£1,000	2012
Linnet Clough Scout Camp (Greater Manchester)	£1,245	2010
Low Mill Outdoor Centre (Yorkshire)	£1,800	2011
Bradford & Bingley Canoe Club (Yorkshire)	£1,000	2008

### Days 41 to 50\*:

Nottinghamshire YMCA (Nottinghamshire)	£909	2011
Endeavour Training, Chesterfield (Derbyshire)	£1,262	2011
Breakout Canoe Club (Leicestershire)	£1,372	2010
1st Waltham on the Wolds Scouts (Leicestershire)	£1,500	2011
Nulli Sea Explorer Unit (Cambridge)	£2,000	2011
Whitlingham Boathouses Foundation (Norfolk)	£2,000	2011
Dereham Canoe Club (Norfolk)	£1,500	2009
Chelmsford Canoe Club (Essex)	£2,000	2009

\* This period saw the Olympic Flame carried through Mansfield by Canoe Foundation Trustee and British Olympic Association Vice Chair, Albert Woods.

### Days 51 to 60:

Falcon Rowing & Canoe Club (Oxfordshire)	£1,000	2012
Mary Hare School for profoundly deaf children (Berkshire)	£2,000	2012
Poulner Scout Group (Hampshire)	£2,000	2011
Hastings & District Canoe Club (East Sussex)	£2,000	2008

### Days 61 to 70:

Canterbury Sea Cadets (Kent)	£1,635	2011
Greater London & Middlesex West Scouts (London)	£1,734	2012
Phoenix Canoe Club, Barnet (London)	£1,000	2012
Docklands Sailing & Watersports Centre (London)	£1,500	2012
The Pirate Castle, Camden (London)	£1,750	2010

In nine years, the Canoe Foundation has awarded over £175,000 to 160 projects, benefitting the lives of 30,000 plus individuals throughout the home nations and overseas.

Don't forget that we rely on your generous donations and fundraising efforts, so we would love to hear from clubs, centres or individuals who can help

On behalf of the Canoe Foundation, we would like to congratulate all the Team GB athletes on their wonderful performances at London 2012 Olympic Games

Many thanks for your support and happy paddling!



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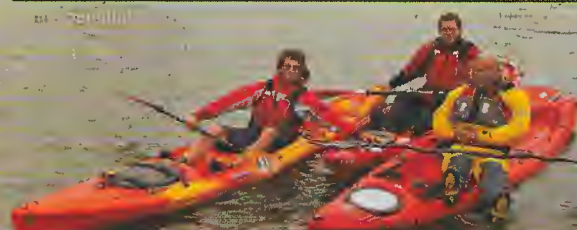
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## Andy Maddock, Canoe Slalom Programme Manager GB Canoeing

**My varied role can involve direct athlete support at races, Olympic Development Programme delivery, athlete management, budgets, negotiating access to facilities, and future planning. I often work years ahead on projects to ensure we keep up with the developmental needs and growth of the sport.**



**Recent projects** included the moving the Canoe Slalom Podium Programme from Nottingham to Lee Valley. In 2010, I organised the 2012 Canoe Slalom Olympic Selection Trials.

I am heavily involved in our project Rio/Vision 2020 team, securing funding, and making sure our structure meets the future needs of the sport. I'm also working on the building of a GB Canoeing performance centre and club base – maximising opportunities to canoe at the Lee Valley Whitewater Centre.

**The most challenging aspect** of my role is keeping on top of all the different responsibilities, juggling all the balls without dropping any. I'm 'Mr fix it' so if something needs doing it ends up on my desk! This is also my favourite part of the role as there is always a different project or challenge to deliver. I'm fortunate to work in a team with such a talented group of athletes and colleagues.

**I first got into canoeing** when I was seven on a local school holiday scheme and soon got involved regularly through the Scouts at Godalming. A few years later I found my real passion for whitewater, and in particular canoe slalom.

**A typical day, for me,** difficult to describe as my job is so varied. I operate between Holme Pierrepont in Nottingham, Lee Valley, central London and with various agencies.

**My best canoeing moment ever** was being one of the first two paddlers on the Olympic course at Lee Valley. This was very special after four years working with the design team. However, it wasn't the crystal clear water you see now; it was more like pea soup before the filtration plant was completed. The configuration ensured a very challenging paddle in places, fun nonetheless.

**When I'm not working,** I'm with my wife Jo and children Ben (7) and Lucy (4). These days I put in more miles on a bike than a canoe but I still enjoy a paddle on good whitewater.

**I'm most looking forward to** seeing the Olympic legacy for our sport as a whole. 2012 provides a fantastic opportunity with unprecedented media exposure. Lee Valley will help develop all aspects of paddlesport in London and the South East. The 2015 world championships is another great legacy opportunity already secured as a result of the Lee Valley facility.



## Jonny Tye, canoe marathon and canoe sprint

**I first got into canoeing...** at the age of seven or eight following in the footsteps of my dad and loved the sport from day one.

**A typical day, for me, is...** I normally start with training at 6.30am or 7.00am followed by breakfast at a café with the boys. Off to lectures at Surrey University where I am studying Mechanical Engineering, usually a coffee or two in Starbucks and then training in the evening.

**My best canoeing moment ever...** winning two silver medals at the World Marathon Championships in central Singapore was special and winning a European bronze medal at 16 in K2 with James Webster was amazing.

**My real guilty pleasure is...** puddings. I'm scared of... hospitals. Luckily I have never been in hospital myself but hate to see family or friends ill.

**My ultimate goal in life is...** to be the best athlete I can be and hopefully win

some things along the way. I also need to find myself a nice wife, have a couple of kids and live in a big house with a springer spaniel! Ideal.

**An ideal night out for me is...** Preferably after a year's hard graft training and a big win (so I feel I have earned it) I like to spend time with my team mates and good friends I have made through racing abroad; never an uneventful night!

**This year I'm most looking forward to...** being a spectator at the canoeing Olympic finals and watching the world's best race it out. I would love to see some of our own athletes on the podium.

**Follow Jonny on twitter at** [@jonnytye1](http://www.twitter.com/jonnytye1)  
Photos by Caroline Cooper of Jonny Tye in action at World Championships for Marathon in Singapore 2011, celebrating his second place on the finish line in the K2 and the first portage in his individual race where he also got a silver.





# The Paddler

Online digital magazine for the recreational paddler .co.uk

**First issue published September 20th**

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Know a country where it's cold and wet in May, has green mountains, good rivers and the inhabitants speak a strange language and are fervently defiant about their larger neighbouring countries?

**Montenegro**

**Certainly sounds like Wales**

but the title is a giveaway. Montenegro is a small country formed out of part of the old Yugoslavia in that bit of Europe above Greece known as the Balkans. Balkanic sounds like Serbia, Sarajevo, Kosovo and wars and that's certainly part of the area's history, but Montenegro isn't like that. Thought of as one of the Balkans' top 10 world-wide destinations. It gets that accolade because of its white beaches, undeveloped mountains and deep canyons. Add to that a friendly population of only 670,000 and the fact they have only been independent since 2006 and you've got an exciting and relatively unknown destination.

For us the deep canyons had been on the kayaking radar for a while. We 3 kayak voyagers from North Wales, had paddled some great rivers in Europe and further afield and had heard mentions of 'the second deepest canyon in the world'. It sounded unlikely but had the smell of 'backwater' delights just above the standard block, but a new Slovenian flight from Manchester to Dubrovnik (in Croatia but close to the MS border) opened the door. Internet research produced a kayak guide, and the ubiquitous Deb Patisier (thanks Deb!) gave concrete advice... so we booked for the 12th May to commence snow melt.

The Paddler | 17

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