

canoe focus

August 2013 £4.0
www.bcu.org.uk

COMPETITION

Canoe Slalom, Marathon
& Sprint Euro Champs

SAFETY FIRST

Broad Concepts for
White Water rescue



FOCUS ON SEA KAYAKING



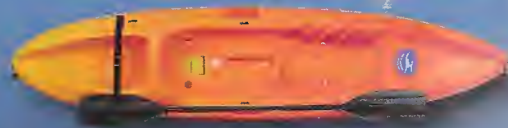
GUIDE TO KAYAK-FRIENDLY BEACHES

OCEAN KAYAK

SMG
WATERCRAFT
National Distribution

Kea

Length 2.5m Width 0.62m Weight 13.6 kg



Tetra 12

Length 3.7m Width 0.71m Weight 25 kg
Also available : 3.25m version



Trident Ultra 4.1 Angler

Length 4.1m Width 0.71m Weight 28.5 kg
Also available in 4.3m and 4.7m lengths



Old Town

Twin Otter

Length 4.3m Width 0.79m Weight 30.8 kg



Penobscot 164

Length 5m Width 0.95m Weight 34 kg
Also available : 5.3m version



SSP Inc VAT
£189.99

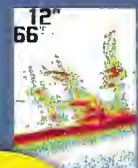
PiranhaMAX
176xi

HUMMINBIRD
Plotter / Fishfinders for Kayaks



SSP Inc VAT
£289.99

PiranhaMAX
196cxi



The Family Adventure Store
01225 768630
www.familyadventurestore.co.uk

Canoe Shops Group (National)
01752 892672
www.canoe-shops.co.uk

Herefordshire & Borders
Canoes & Kayaks 01981 580555
www.hbcanoekayak.co.uk

Robin Hood Watersports
01924 444888
www.roho.co.uk

www.oceankayak.com

www.oldtowncanoe.com

www.humminbird.com

Welcome

to the August issue of Canoe Focus

We're now in the throes of the 'finally sunny' British summer and really I hope that you're taking every opportunity to enjoy the outdoors, and of course, a spot of canoeing and kayaking too!

With this in mind then, I hope you'll also enjoy this issue's feature on the best British beaches to go paddling at and our must-have list of everything you'll need to go sit-on-top paddling, during the warmer months.

If you're out and about this summer, don't forget to put pen to paper and send us your stories. We always enjoy reading through your submissions and, of course, sharing them with our readers, so don't forget to let us know where you've been and what you've been doing. (email your stories to canoeingnews@bcu.org.uk)

Also in this issue, we're looking at the success of GB Canoeing so far this year, including Fiona Pennie's European gold medal, Louisa Sawers' European silver medal and a fantastic eight medals from our GB Paracanoe team at their European Championships in Portugal. Cardiff International White Water also hosted the first ICF Canoe Slalom World Cup of the series at the end of June and it was great to see so many of you there, cheering on our Team GB paddlers.

The season isn't over yet though and I hope we'll have lots more success stories in the next issue, as the teams embark on the World Championship campaigns soon.

Just before I sign off, I have some important information about the restructuring of the BCU Board that I'd like to share with you.

For some time, the BCU has been looking to modernise its current governance structure and plans are in place to introduce three independent directors to the Board.



"I hope you enjoy this issue of the magazine, along with the last few weeks of light nights and summer paddling."

The new Board structure, which will be proposed to the next general meeting, demonstrates an ongoing desire to bring new skills to

the organisation's governance, whilst retaining the important element of representation across all four home nations. I hope to be able to give you some more information soon.

Until then, I hope you enjoy this issue of the magazine, along with the last few weeks of light nights and summer paddling.

Paul

Paul Owen, Chief Executive.

TELL US WHAT YOU THINK

Please also use this e-mail address as a way to submit feedback on how we're doing. We are really committed to reflecting the views of our members, so we welcome all of your comments. You can also use the Canoe England Facebook page - www.facebook.com/canoeengland

HOW CAN I GET INVOLVED?

We are very keen to receive contributions from our readers. We'd love to see articles and ideas flooding in and these should be submitted via canoeingnews@bcu.org.uk.

Even if it's just an idea – drop us a line and we'll give you some advice.

THE OFFICIAL MAGAZINE OF THE BRITISH CANOE UNION

18 Market Place, Bingham, NG13 8AP

T: 0845 370 9500 / 0300 011 9500

F: 0845 370 9501

E: Info@bcu.org.uk

W: www.bcu.org.uk

ISBN: 0953 010X

canoe
focus

PRESIDENT: ALBERT WOODS

CHIEF EXECUTIVE: PAUL OWEN

EDITORIAL INQUIRIES: CORAL JACKSON

E: coral.jackson@bcu.org.uk

DESIGN: DEAN COLE

ADVERTISING SALES: PHILIPPA EDIS

T: 01778 391164 E: philippae@warnersgroup.co.uk

COPY CONTACT: SUE WARD

T: 01778 392405 E: production@warnersgroup.co.uk

PUBLISHERS: WARNERS GROUP PUBLICATIONS PLC

The Maltings, West Street, Bourne, Lincolnshire, PE10 9PH

ANNUAL SUBSCRIPTION RATES: UK inland: £24.00. Free to BCU members. Overseas subscriptions inquire to info@bcu.org.uk

Your contributions make Canoe Focus happen. The quality and variety of news, articles, reports and photographs depend on the submission of material from you. Very few contributors are professional writers and photographers, so don't be put off writing because you have no experience! Canoe Focus is all about canoeists to canoeist dialogue, a paddler's magazine written by paddlers. Technical information: Contributions preferably as a Microsoft Word file, which can be emailed to coral.jackson@bcu.org.uk. All material is accepted on the understanding that the BCU and its agents cannot be held liable or responsible for loss or damage, although every care and effort is taken to safeguard material. Next copy date is 08/07/13. Material arriving after this date cannot be included in the April 2013 issue. Canoe Focus encourages contributions of any nature but reserve the right to edit and condense to fill the space available and unless otherwise stated unfortunately cannot reply to submissions or return any articles or images that are submitted to the magazine. Opinions expressed in this magazine are not necessarily those of the BCU, its committees or members. The printing and advertisements in Canoe Focus does not necessarily mean that the BCU endorse the company, items or services advertised. All material in Canoe Focus is strictly copyright and all rights are reserved. Reproduction without prior permission from the editor is forbidden.

REGULARS

- 06 In-Focus**
News and events from your region
-
- 14 What Gear**
Everything you need to go sit-on-top kayaking
-
- 16 GO Canoeing**
Latest news on GO Tours & the GO Canoeing Photo Comp
-
- 38 FOCUS On**
The freedom and exhilaration of sea Kayaking
-
- 42 Your BCU**



-
- 52 Into FOCUS Photo Competition**
The latest entries in our popular photo-competition
-

FEATURES

- 20 Safety First**
Level 5 Coach Tom Parker takes a look at some broad concepts for white Water rescue...



-
- 26 Powering to Victory**
All the racing action from the Canoe Slalom & Sprint European Championships
-

- 32 FOCUS Guide to Kayak Friendly Beaches**
Sun, sea, sand and surfing. The beach is a fantastically fun place to go kayaking
-

- 48 A Golden Hat trick**
An impressive medal haul for Team GB at the Marathon European Champs
-

Front Cover
A coastal kayaking trip is the perfect summer adventure. Image by i-stock

26



16



IMPROVING RIVER HEALTH AND WATER QUALITY

A new £1.6million project to improve river health and water quality in England has been launched by the Government today. The new partnership scheme, called the Catchment Based Approach, will encourage local communities and environmental groups to take on more responsibility for improving the health of their local rivers, as well as the surrounding natural environment and wildlife. This follows a series of successful regional pilots, which took place across the country, including the Norfolk Coast, Bristol Avon and Poole. In Bristol, for instance, local authorities worked together to introduce new measures to reduce the need for dredging the River Avon and save taxpayers' money.

THE SOURCE

The rather excellent article in June's issue of Canoe FOCUS called 'Source to Sea' was by Adam Robson.



HANNAH BROWN WORLD CHAMPION

A huge congratulations from all at Canoe FOCUS to Hannah Brown who became World Champion in the sprint wild water canoeing at The ICF World Championships, which took place earlier this summer in Solkan, Slovenia.



10% OFF NEILSON HOLIDAYS!

Neilson Holidays are leading specialists in activity holidays. They are offering a 10% discount off their Beachclub, Ski & Snowboard and Sailing holiday to all Canoe England Members. Log onto the Members Area of the Canoe England website for further information.

GO THE EXTRA MILE

MAKE A SPLASH AND RAISE CASH AT THE ECOVER BLUE MILE

It's not too late to sign up and take part in the 2013 Ecover Blue Mile - Race For The Environment, which is being held off the historic Barbican in Plymouth over the weekend of 14-15 September.

The event features mile-long open class kayak and SUP races, a timed one mile swim, an Aquatriathlon combining all three disciplines and a corporate team challenge for teams of three to tackle one leg each of the Aquatriathlon.

The Ecover Blue Mile, which is raising money for the Marine Conservation Society, is organised by Sport Environment with the help of event sponsors Ecover, Fatyak, Naish and Aqua Sphere. Last year, four Olympic gold medallists took part - canoe slalom C2 winners Tim Baillee and Etienne Stott, double rowing gold medallist Andy Triggs Hodge and Plymouth-based Lithuanian swimming sensation Ruta Meilutyte.

Conrad Humphreys from Sport Environment told FOCUS, "The aim of the event is to get people involved with the marine environment. It's great fun and it's for a brilliant cause."

Sign up to take part at www.thebluemile.org



IMPORTANT DISCLOSURE AND BARRING SERVICES (DBS) CHANGES

There are important changes regarding who will be eligible to have a DBS check for England, Wales and N. Ireland. Many people who would have previously required a CRB/ DBS check may no longer be eligible under the new criteria, therefore it is important to read the information and guidance notes provided on the safeguarding pages of your home nation website.

From the 22nd July Canoe England has been implementing a new online process for DBS applications (formally CRB).

Further information can be found on the Canoe England website <http://bit.ly/17yqE6n>

CHRIS WRIGHT, EAGLE CANOE CLUB, NORWICH

By Tim Wilby

With regret we have to announce the passing of Chris Wright a long serving member, committee member and instructor of Eagle Canoe Club, Norwich and BCU Access Officer for the Broads. The canoeing fraternity were well represented at Chris's funeral and on a memorial paddle from Wroxham to Coltishall held in the spring, which enabled his family to paddle with many of those who knew him.

Many will have come into contact with Chris through his 30-years of canoeing and will have benefited from this thoughtful, considerate and patient coaching style. His gentle but knowledgeable encouragement to all he paddled with will be greatly missed. Chris was one of the organisers of the mega successful Open Canoeing Association (OCA) rally held in Norwich in 1999, still talked about in canoeing circles. Chris's powers of observation, especially in relation to freestyle canoeing were remarkable as was his ability to translate those moves into small logically bite-size steps for those attempting to follow in his paddle strokes.

Chris started his paddling as very much a lone canoeist among a sea of kayakers. Its a testament to his years of enthusing over the canoe that he would have smiled at, during his memorial paddle, many canoeists were out in force alongside only a few kayakers.

Chris will be greatly missed by family, friends, members of Eagle Canoe Club and canoeists in Norfolk. Our thoughts are with his wife, Christine and children, Dan and Becky.

FREE KAYAK SAFETY CLASSES ARE A HIT

Safety at sea is vital. To improve the safety of sea kayakers around our coastline Derek Hairon of Jersey Kayak Adventures Ltd is running a series of free two-hour kayak safety classes.

The free safety class are designed for people who already own their own kayak and equipment and recognise the importance to learn essential safety skills. Anyone without a kayak, or those who are considering buying one, will be able to hire all equipment.

Derek spoke to FOCUS about the ideas behind the classes, "Over the last few years we've come across quite a few kayakers, who would benefit from practising a few essential skills such as how to deal with a capsized. This class came about as part of our desire to increase awareness and safety around our fantastic coastline".

As well as covering basic forward paddling techniques and dealing with a capsized, the class will also focus on essential safety equipment, trip planning and top tips from Jersey Kayak Adventures' nationally qualified instructors. This initiative has already generated considerable interest with extra classes being added and the local Channel TV has run a feature on keeping safe at sea.

More information can be obtained on the Jersey Kayak Adventures Special Offers page on their website www.jerseykayakadventures.co.uk or by calling : 07797853033



shock deck
Easy to put on or take off with knee release system.

absolute deck
The favourite for running rivers and the big falls for over five years!

cinch deck
Intermediate deck for all kayaks and disciplines.

surf skirt
Bomb proof deck tested in the heaviest surf around the world. Used by the best surf kayakers, including World Champion, Chris Hobson.

nookie
THE PADDLING COMPANY
nookie.co.uk/spraydecks

All available in the Nookie Online Store at
www.thepaddlingcompany.com

nookie • unit 1 delaware ind. est. • delaware road • gunnislake • cornwall • PL18 9AR • UK
tel: +44 (0) 1822 832 333 • email: info@nookie.co.uk

rider: Josh Coaling | photos: Bill Haines

rider: Alex Ro | photo: Daniel Blum



DVD REVIEW EXPEDITION SKILLS

Nige Robinson and Olly Sanders are two highly respected BCU sea kayak coaches with a wealth of expedition experience. Following on from other sea-kayak related DVDs and books, they have teamed up to produce an instructional DVD focused purely on expedition paddling in sea kayaks...

The DVD has an immense running time of 3-hours and 49-minutes, which has to be the longest running time of any sea kayaking DVD on the market! As well as Nige and Olly the cast list reads like a 'Who's Who' of sea kayakers, coaches and expedition paddlers. A rough count of around 20 'guest appearances' means that the content of this DVD draws on a huge base of experience and, importantly, a broad range of views and opinions.

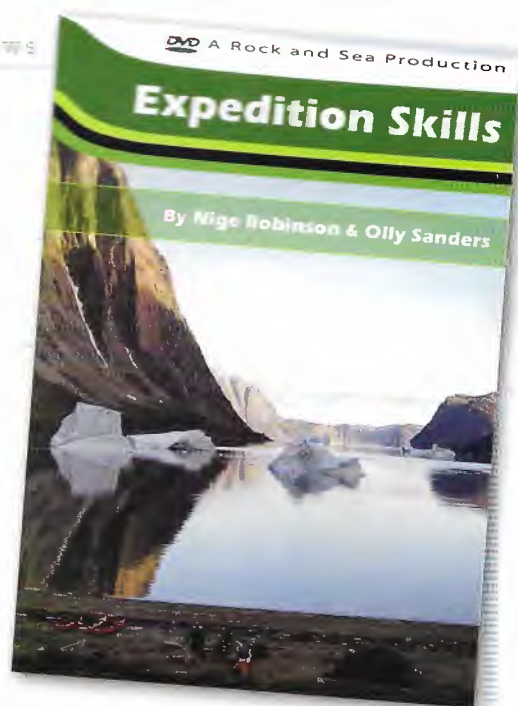
The DVD can be watched in its entirety, or you can dip into any of the seven main chapters: Introduction; Planning; Expedition Kit; Food, Fuel Fluids; Looking After Yourself; and Safety and Communications; and Appendices.

The introductory chapter begins with an overview of the DVD from Olly Sanders followed by a vast array of short clips from a huge range of well-known expedition paddlers.

From here on, each chapter/subchapter examines a different aspect of expeditions in a relatively systematic approach from planning and preparation to undertaking the actual trip. What's impressive is the sheer breadth of topics covered. From picking the team to insurance, repair kits to boat choice, communication devices to carrying firearms. The list goes on and on and the more unusual topics that are discussed serve to demonstrate the practical experience of the various presenters.

The footage for the DVD has been collected over a long period of time and includes footage filmed on a range of different quality cameras and in different formats. Olly does explain this at the start of the DVD and, quite rightly, justifies their desire to include footage from a range of trips and locations. This means that at times the DVD does not feature beautiful high-definition widescreen imagery with perfect sound, but instead makes use of wobbly standard-definition film with plenty of background noise (predominantly high winds)! This adds to the flavour of the Expedition Skills DVD and gives a more homemade and gritty feel, which suits the subject matter.

The target audience for this DVD could be wide ranging in terms of experience. To that end, the presenters do not shy away from starting with absolute basics. For example, a discussion on clothing starts with the layering principle which, for most paddlers, is simple stuff. However, what they do well is to ensure that most of the time they add extra snippets of information to give an expedition-specific slant to the discussion.



THE VERDICT

Expedition Skills covers such a vast range of topics that it is not just for paddlers looking to undertake extreme expeditions to extreme locations. There is as much useful content for paddlers looking to progress from day paddles to 2-3 day trips as for those thinking about extended trips in more remote locations. Not all the content will be relevant to all paddlers, but what Nige and Olly have done is cover all bases in a style that is easily accessible. Add to that the opportunity to hear from such an array of experienced paddlers and the sheer quantity of material included, Expedition Skills presents excellent value for money.

For more info visit
www.rockandseaproductions.com

CANOE ENGLAND LICENCE FOR RIVER CAM FROM CAMBRIDGE

A new block licensing agreement has commenced between Canoe England and the Conservators of the River Cam. Canoe England members are now able to visit this world-famous river within the Cam Conservancy Area that extends for 9-miles between Cambridge and Bottisham Lock and replaces the need for a separate annual licence from the Conservators.

The new arrangement, with this independent navigation authority, connects Cambridge with the section of the river managed by the Environment Agency at Bottisham Lock where the Canoe England licence also applies. Canoe England members must carry their membership cards with them as proof of registration.

When planning a visit to these waters it is advisable to check the events calendar for the numerous rowing races in the reaches between Cambridge and Baits Bite Lock. Temporary navigation restrictions can be encountered at events for short periods. Events and other details for this waterway are posted at www.camconservators.co.uk

For more information about the Canoe England membership waterway licence visit: /waterways-and-environment/waterways-information-service/rivers-covered-by-ce-licensing-agreement- / or email: access@canoe-england.org.uk

SLAP AND GO

The 'Once a Day' protector of active people in the sun P20 have just launched an extended range, making it even easier

for the whole family to stay protected no matter what the day holds! After over three decades of success, the new range, which has just been announced as the Official Sun Protection Supplier to British Triathlon, will comprise of three new products. SPFs (Sun Protection Factors) 15, 30 and 50+ will be joining the iconic SPF20, which will remain unchanged providing long-lasting protection for all skin types and the whole family. Active 15 minutes after application, P20 contains both UVA and UVB filters, providing broad spectrum sun protection for up to 10-hours and uses a unique, alcohol-based formula that sets it apart from traditional cream-type sun products. The very water resistant formula is clear, non-greasy, fragrance and paraben free, to provide the ultimate coverage, in and out of the water.

The RRP of P20 is 100ml £13.29 and 200ml £24.49. For more info go to www.p20.co.uk



BE SOCIAL, KEEP IN TOUCH!

Don't forget, you can get all the latest news and keep in touch with us and each other on our Facebook & Twitter Pages. Like 'Canoe England' on Facebook and follow '@Canoe_England' on Twitter.



MEMBERS PRICE INCREASES

From the 1st July, Canoe England individual membership prices have increased by an average £2 per year. For adult members this means a total annual cost of £39.75. We have frozen costs for the past two years and, despite continuous efforts to reduce our costs, we haven't been able to mitigate a general rise beyond our control.

We want to continue to provide members with the same level of benefits and that's why we've raised the price.

The cost of your Canoe England membership is going up, but you're still getting fantastic value for money, working out at just 10 pence per day!

5 REASONS TO BE A CANOE ENGLAND MEMBER:

1. A license to 4,500km of waterways
2. Civil Liability insurance up to £10million of cover
3. Six free Canoe FOCUS magazines a year
4. Great rates on boat insurance
5. Up to 20% discount at Cotswold Outdoor

Your Canoe England membership saves you pounds compared with buying these benefits independently. In addition to the above by being a member of Canoe England, you not only save money, you help support our brilliant sport of canoeing too!

NATIONAL GO CANOEING WEEK BOOSTS PARTICIPATION

Canoe England's annual festival of paddling fun, National Go Canoeing Week, has been hailed a great success after giving new and experienced paddlers across the country the chance to get out on the water.

The nine-day event was backed up by a promotional campaign that drove record numbers of people to the Go Canoeing website, enabling hundreds of participants to try the sport for the first time.

The success of National Go Canoeing Week is likely to provide a welcome boost to participation figures, which have seen a downturn over the last six months. Poor weather over the winter and the worst spring in 50-years are likely to have played a significant role in the fall of weekly participation figures, revealed in a report published today by Sport England.

The quarterly Active People Survey showed that once-a-week participation now sits at 38,500, having fallen over the last six months. Despite the fall, however, the annual participation figure (from April 2012 to April 2013) has shown no significant change from the first year in the reporting period, October 2007 to October 2008. Participation figures remained fairly constant across age groups and among female paddlers, with the only significant fall in participation amongst men aged 35-54. Sue Hornby, Canoe England Development Director, said, "We are delighted with the response to our Go Canoeing Week, which has shown a big surge in numbers from last year. Whilst the APS figures

are disappointing we are not surprised and have been working hard to expand on our efforts to increase regular participation.

"Feedback from our providers reflects the downturn over the last six months, which they have attributed to bad weather and the impact of a lengthy depression on both time and money."



READY FOR ACTION

Kayaks to take you from introduction to expert - The Dagger Action series

MX
£599.95



AXIOM
£599.95



GT
£499.95



YOUR NECK OF THE WOODS

News From Your Region

NORTH



**NORTH EAST REGION
PADDLE-ABILITY EVENT**

A festival of Paddlesport was offered in brilliant sunshine to people with a range of abilities living in the Blyth, Morpeth and Ashington area of Northumberland at the QE2 Country Park Lake in Ashington. A wide variety of craft was made available to the people registered on the Go Canoeing Paddle-Ability Starter event as part of the National Go Canoeing Week activities. This was led by over 20 coaches and volunteers from Blyth, Coquet, Morpeth and Wansbeck canoe clubs, who all attended a full day of training delivered by Calvert Trust, Keswick. The coaches and volunteer helpers all attended a Canoe England Paddle-Ability CPD module followed by a practical workshop as part of a coach update, subsidised by and held in the North East region.

Blyth Valley Arts and Leisure 'Ability 2 Play' Leisure Inclusion team promoted and organised the logistics on the day for group's families and individuals to take part.

The event was a huge success and no doubt will be repeated in the future.

DERWENTWATER TIGER BOATING

Crews from many of the Cumbrian canoe clubs competed in a fun packed evening of racing on Derwentwater, near Keswick, in the annual Tiger Boat Race organised by West Cumbria Canoe Club. Surprisingly the novice crews showed some of the veterans how it should be done. Newly formed, polo playing, 'Penrith Canoe Club' were the eventual winners, taking home with them the silver cup, much to the surprise of the racing clubs. Pete Knowles, one of the organisers of this popular event said: "It was a fantastic and successful evening of fun races and socialising whilst eating burger."

For information about other events organised by Cumbria Canoeists go to www.canoe-england-cumbria.org.uk

GO CANOEING WEEK AT REASEHEATH COLLEGE

Reaseheath College in Nantwich recently offered its students the chance to participate on Indoor Kayak machines as part of National Go Canoeing week. With support from Dave Cook, the students had the opportunity to try canoeing and race against their friends and fellow students (with a few members of staff having a go as well!).

Around 30 students attended, from a range of courses, to have a go at the 50m ergo challenge with the vast majority having very little/no experience in canoeing and kayaking. The fastest time posted was a very impressive 9.9 seconds with the next fastest time being 10.9 seconds. Feedback received from students was that they really enjoyed having a go at canoeing and it was nice to do something different. They would also like the opportunity to participate in this type of session again and as a college we are looking at organising an ergo championships.

As a College Sports Maker it was great to offer the students the opportunity to participate in a different sport and try something that they may not have tried before. Our aim is to develop links with a local canoe club in order to improve the offer of canoeing at the college as well as continuing to work with Canoe England.

**COQUET CANOE CLUB
'ROUND THE ISLAND RACE' 2013**

In the midst of this year's cycle of storm and sun, the organisers were lucky to hit a lovely, calm sunny day for the race. And it brought out a big fleet of paddlers, with 60 people making it round the whole course. It was nice to see that a third of these were female, and ages ranged from 14 to 81. As usual, there was a keen fight at the head of the race. Paul Hobrough, in a racing sea kayak, took the lead and Andy Morton in his sea-modified Marlin WWR wash-hung him all the way out to the island, but lost him on the way round. Paul's time of 42-minutes 35-seconds is a record for the course. Battling it out for third place, in standard sea kayaks, were Nicky Cresser and Brian Turnbull. Nicky just won it by a few seconds in 45-minutes 6-seconds, another record time for a non-specialist sea kayak. Kate Duffus, first lady home, came in 9th place, a minute ahead of Roswitha Wagenknecht. 24 boats took less than an hour, including Peter Roscoe, now in the Ancient Mariner age category.

In the Junior short course race Erin Turner put in a fast time of 25-mins 55-sec to take first prize in her slalom boat.

Next year's race is on Sunday June 8th so pop this fantastic event in your paddling diary now.

HOLLINGWORTH LAKE LITTER PICK

Earlier this summer members of the Hollingworth Lake Activity Club took part in a litter pick from their canoes and kayaks. Six members of the club are enrolled on the BCU Cadet Leader scheme and Matthew Roberts organised the event to complete the project section for his Cadet Leader logbook. He designed a poster to let all the group members know, gave the group a thorough briefing about the event and supplied prizes for the boat that collected the most litter.

About ten bin bags of litter were collected and separated into recyclable and non-recyclable items. Following the success of the event all of the other Cadet Leaders are planning to organise similar events in the future.



LET THERE BE SUN

At the Deva Canoe Club Committee meeting at the beginning of the year, someone suggested that the club should run an Open Day for members of the local community to come and have a go at canoeing. Apart from doing their 'community' bit, the club were also hoping that it might also attract some new members to the club. The wise ones suggested that it would be good to run it at the beginning of the season and that in early April the weather would be quite reasonable.

Following Canoe England's Go Canoeing format, the club registered the event on the Go Canoeing website. This proved really beneficial as they had people who had seen the event on the Go Canoeing website ringing up to book onto the sessions who came across our event on the GC website, with this in mind they then produced posters and handout leaflets were also prepared. With the publicity taken care of and volunteers from the club persuaded to offer their services to help on the day, all was set.

Everything was beautifully organised except no one thought to factor in the coming of the Second Ice Age. As all committed paddlers will know, the weather early in the spring was 'slightly chilly'. Brass monkeys were nowhere to be seen!

The club were slightly concerned that the people who had signed up might have second thoughts, as they had no proper kit, never been in a boat before and were fully expecting to spend some of the 'Taster Session' in the water!

But they needn't have worried. The great 'Paddler in the Sky' obviously looks down on mere mortal paddlers with kindness and made sure that the day in question was the best day of the year so far and the sun shone beautifully all day long! Deva were only able to run a three hour session, so they were pleasantly surprised that 24 people turned up to have a go, the majority of whom had never been in a kayak before. A willing team of club members were on hand to greet the first two groups of six participants and get them kitted out. It was then time to get on the water, which was met with trepidation by some. However, after some coaching everyone started to relax and enjoy themselves, despite finding that their kayaks did not always go in the direction they were hoping!

When they first signed in, some of the participants said that they were really only there to support their friends in the club and didn't really have any intention of getting into a canoe after the day, but feedback from all the participants was extremely positive, with all expressing a wish to try some more canoeing and many planning to come along to the next club evening session.

The club members even managed to persuade some people to sit on an iron frame and waft a pole about (Ergo Machine) and convince them that it was just like canoeing only drier. The general feeling among the club members and the visitors was that it had been a very successful afternoon and had exceeded everyone's expectations.

For more info on Deva Canoe Club head to www.devacanoecub.org.uk



KOOL RUNNING

During July the Kool Kayakers ran a 'Go Canoeing' Starter Session on the lake in Askern. The event was run as part of the activities taking place at the annual Askern Town Gala, which has numerous events and activities happening throughout the day, all centred around Askern Lake.

The day started with a raft race for which the canoe club helped with safety cover as well as getting into the spirit of things on the day by entering two rafts themselves, one of which finished in a creditable third place.

The lake was then open for people to try their hand at canoeing by taking a trip around the lake, or for those who didn't wish to take to the water there was the opportunity to try to post the quickest time possible over 100m on the kayak ergo machine. With chocolate medals to be won for the fastest times by members of the public and pride at stake for the club members who had a go as well, this proved to be a very popular attraction.

With 43 volunteers helping on the day there were plenty of club members to offer support and safety cover and even Leo the dog took to the water to help with keeping an eye out. The volunteers also managed to run a popular tombola and cake stall, which helped to boost club funds.

The sun shone for most of the day, which brought the crowds to the gala and the canoeing proved to be a popular attraction for everyone that gave it go on the day and even for those in the crowd that just watched.

Lots of money was raised on the day and 53 people tried canoeing on the lake, but just as importantly, all involved had a really great time, and the club's profile within the community has been improved enormously.

For more info on Kool Kayakers go to www.koolkayakers.co.uk

NATIONAL AND YORKSHIRE REGIONAL YOUTH POLO DEVELOPMENT DAY

Kingston Kayak Club hosted a National and Yorkshire Region Youth Polo Development Day at their outdoor pool earlier this year. The event was organised by Lesley Medina who is the Kingston Youth Polo Coach and the new Humberside Local Coaching Organiser.

Sixteen players came from across the Yorkshire Region and one from Lancashire. They took part in a variety of wet and dry-side activities including: warm-ups; ergo; basic rules; attack; defence and sprinting. These activities were followed by a series of games with the coaches taking part in each team. The feedback from participants and mums and dads has been very positive.

Many thanks to all the volunteers from the Kingston Kayak, White Rose and Glanford and District clubs. They provided excellent quality coaching, catering and other essential support on the day.



KESLEY GARDENS EAST YORKSHIRE SPRINT AND GO CANOE DAY

Report by Julian Medina

Despite the rain and hail stones of the previous few days the weather cleared up, the sun came out and the wind slowly died away. It was proper East Yorkshire weather.

This was the second year the East Yorkshire Sprint had been held at Kelsey Gardens and it was linked with two other events: A 'Go Canoe' event to attract people to the sport and a Coaches' Revalidation Event. A wide range of people attended on the day some who were complete novices and others who were very experienced. In total 41 paddlers got out on the water, many of them young people.

The structure was very informal with people racing as and when they desired using everything from sit-on-top kayaks, GP's, racing K1's (Ancient and modern) and Hody K2's.

The emphasis for the day was fun and giving people the opportunity to try out the different boats in the sport. Timings were taken but not split to fractions of the second in the spirit of the day. There was rivalry between competitors but it was really about personal achievement. The overall senior winner was John Bates from White Rose. Jack Burrows from KKC and Blake Mawson-Burren from Manvers shared the junior honours.

Thanks are due to many people for helping make the day happen: To Ian and his staff at Kelsey Gardens for the use of his excellent facility and for providing catering and local publicity; to Phil Scowcroft from Canoe England for multi-tasking with the Coach Revalidation event and demonstrating his skill with the GPS in placing the marker buoys; to Ken Oliver and Steve Soul and their families from KKC for helping with the trailer and coaching; to Lesley and Claire Medina for admin, starting, coaching and getting me organised and keeping me calm. Thanks are also due to everyone who took the opportunity to come and we hope that they all enjoyed themselves.

BIRMINGHAM RESIDENTS ENCOURAGED TO GO CANOEING!

A project at Edgbaston Reservoir in the centre of Birmingham has recently been given the green light to go ahead and get more people active in the city. The Be Active Parks programme at Edgbaston gives Birmingham residents the chance to try Canoeing, Rowing, Cycling and Running all for free on Sunday mornings as part of the scheme.

The project, which is being delivered by Edgbaston Watersports has benefited from Sport England funding as part of its Community Activation fund of over £60,000 for a three-year pilot. It has also brought together a variety of partners from National Governing bodies of Sport, to Birmingham City Council and the Canal & Rivers Trust.

Project Activator Craig Girling has been tasked with the job of engaging with the local communities and encouraging people to come along and get involved.

“Traditionally these sports have been seen as quite inaccessible to the local community, but this project gives us the chance to break down those boundaries and get people having fun in their local park”.



The Canoe England Development team have been facilitating additional activity on site to complement the offer, including starter sessions, a new trail and guided tour as part of Go Canoeing.

Why not visit the Edgbaston Reservoir Be Active Parks Facebook page for more info, or see the Go Canoeing website for details of other way to get involved in Canoeing in Birmingham!

LRS WORKPLACE CHALLENGE & BUSINESS GAMES

Earlier this summer teams from across Leicestershire and Rutland battled it out at the 2013 Business Games event. 160 people from 16 workplace teams across the county took part in an event, which included canoeing for the first time facilitated by the Canoe England Development Officer, Ben Seal. The games were inspired by the 2012 Olympics as a way to get workplaces fit, active and healthy.

On the evening of the main event individuals competed for their team on a 30 second challenge on Canoe England ergos, with the winning distance finishing just shy of 160m! Other sports on the night included Volleyball, Rounders, Dodgeball and Golf.

Proceeding this event, Leicester Outdoor Pursuits Centre (LOPC) had played host to seven of the workplace teams for an evening of wet and wild competitions. The teams took on a mini sprint, a mini slalom, and a polo tournament, all of which were organised by the staff and volunteers at the centre and PaddlePlus Canoe Club.

Organiser Kim Lille was really pleased with the inclusion of canoeing as a new sport into the games:



“Canoeing has been a really great inclusion into our Workplace Challenge this year, everyone who took part got really involved and hopefully it might inspire some of them to come back and keep participating with their work colleagues”.

The LRS workplace games will be back next year when hopefully more workplaces will take up the challenge. LOPC have offered opportunities for participants to continue participating and is one of the latest venues to be hosting Go Canoeing Guided Tours.

OLYMPIAN INSPIRES YOUNG PADDLER

GB Canoeing's Olympic Legacy Project is now a massive part of 14-year old Fraser Smalley's life. Fraser has been an active member of Huntingdon Canoe Club for the past two years and since February 2013, along with his Brother Alex, and Dad Robert, the family make the regular three-hour round trip from their home in Cambridgeshire down to the Lee Valley Whitewater Centre in Waltham Cross to take part.

Fraser follows the progress of many of the top canoeists on Twitter and explained that he contacted Olympic Champion Etienne Stott, asking him how he could get involved with canoe slalom, and to his amazement Etienne tweeted back that he should contact the Legacy Project and get involved.

This Fraser did, and early in February this year and armed with a K1 Slalom boat loaned from Canoe England, during the coldest spell for many years, the project took off. Fraser's skills have improved dramatically since starting the coaching and his 17-year old brother Alex, who is a Level 1 coach, is gaining valuable experience as a volunteer. Fraser says that being trained by the very best coaches in the country is an amazing experience and the encouragement and positive motivation he has received is incredible.

Armed with the techniques and skills he has learned on the Project, Fraser is hoping to start competing on the canoe slalom circuit in the summer.

OVER 35'S LEGACY PROGRESSION COURSE AT LEE VALLEY

Report by Barbara Stewart

What would be on your list for the perfect learning environment for a white water beginner or improver? Warm water; warm weather; plentiful white water; accessible location; frequent regular sessions, rather than tiring day long stretches; quality coaches who know your weaknesses, understand your fears and recognise your potential; affordable; being part of a group that's keen to learn and support each other? WOW!

This was my wish list when, at the Hertfordshire Canoe Club forum at the white water centre in October, I asked whether this was achievable. Up stepped Deb Pinniger (then LVWWC Chief Coach), Sam Brearley (Lee Valley Regional Park) and Jeff Toser (CE- to contact possible participants) immediately, to help make it happen.

And so, this spring, the Progression course started; unfortunately the warm water and warm weather could not be arranged until later, but this did nothing to dampen the enthusiasm of the 25, or so, participants.

We are now on our third block of six sessions, we have warm water, warm weather, a new Chief Coach in Dan 'if he says you can do it, you can' Daley and his team of committed coaches; but best of all we are surfing waves, which once terrified us, doing drops which once engulfed us and paddling assertively and confidently.

This course, with its accessibility, has also brought older adult beginners into the sport for the first time, broadening the community involvement in LVWWC- so come and join us!

60 YEARS ON THE SEVERN

Worcester Canoe Club celebrates its 60th birthday this year. Formed in 1953 by group of paddlers who kept meeting on the River Severn and decided to start the club.

The first clubhouse was close to the present site in a concrete building, formerly used as changing rooms for people swimming in the river. After a move to the opposite side of the river on Hylton Road, the club moved to its purpose built clubhouse in Grandstand Road in 1981.

Over the years club members have represented Great Britain at many Olympic and International events and these achievements continue today with the club's Junior and senior paddlers. Worcester has hosted the National Marathon Racing Championships on numerous occasions.

To commemorate their 60th, Worcester Canoe Club held a Funday on Saturday 6th of July including a kayak slide, a cardboard canoe race, all sorts of crazy races and a very enjoyable pig roast. Later in the year, on Saturday 23rd of November a gala dinner will be held at the Pear Tree Inn at Smite, near Worcester. The club continues to be a huge source of enjoyment for all its members and new paddlers are always welcome.

NATIONAL WATERSPORTS FESTIVAL

The excitement is building ahead of the National Watersport's Festival on Hayling Island on the 30th August to 1st September. Not only will there be Go Canoeing Starter sessions running all weekend long but there will be a Go Canoeing Tour on the Friday along Hayling Beachfront. For more advanced paddlers there is opportunity to strut their stuff as part of local club and university polo matches under floodlights, fun slalom competitions in fancy dress, and led freestyle sessions for adults and children. The on-land side will also see a Watersports Festival trade tent bursting with goodies a party and expert clinics.

For more information and online entry visit <http://nationalwatersportsfestival.com/participate/kayak/>

BATH AND WEST SHOW

The 150th Royal Bath and West Show hosted the Go Canoeing Village for the seventh year in a row. The free on the water 'starter sessions' continue to be one of the shows most popular attractions. This year's show was highly successful with many new watercraft on the water for people to try out for free. Members of the public and local volunteers had lots of fun on Stand up Paddle Boards (SUP's) and six man KataKanus; as well as the popular canoes and kayaks.

The volunteer support from local canoe clubs, (Bath, Frome, Wiltshire Youth and Thamesway) was forthcoming and positive, engaging with members of the public, assisting them on and off the water, telling them their own experiences of Paddlesport and encouraging them to get more involved.

This year's show saw the continued support from the Family Adventure Store and boat manufactures Perception and Dagger; providing paddling equipment and a local open day for interested members of the public. The Family Adventure Store put on a free open day at the start of July. Ecover Blue Mile kindly brought along the SUP's and encouraged participants to sign up to the Weymouth and Plymouth Blue Mile event. They also assisted the running of the 100m kayak ergo challenge.

Throughout the four days of the show the Go Canoeing Village put 2500 eager members of the public and ten excited dogs onto the water. It is hoped that many of those participants explore the exciting new Go Canoeing tours and trails soon!



NORTHMOOR PAGEANT A HUGE SUCCESS!

A procession of canoes and kayaks made its way along the Thames near Northmoor, in Oxfordshire, as part of the village's first river pageant. Hundreds of villagers flocked to their first May pageant in half a century. Organisers revived a number of traditional May celebrations as part of the event on Bank Holiday Monday, 27th May 2013. The waterborne procession, led by the May King and Queen, made its way along the river at The Ferryman Inn, at Bablock Hythe.

Activities started with canoe races from 10.30am, with other activities running from noon to 5pm at the pub, including May pole dancing, a plastic duck derby race, country market and charity stalls, as well as the chance to have a go at Go Canoeing Starter Sessions provided by Pathfinders Canoe Club and Indoor Kayak Racing.

The event raised money and awareness for Northmoor's youth club – the Venturers – the village hall and St Denys Church.

Organiser Chris Blakey said: "We reinstated several of the old traditional village events. We had a May King and Queen, a Maypole and all those old-fashioned festivities. It's nice to try to do something that used to be done, with people working together and helping each other."

The May King and Queen were elected by members of the youth club. Adam Blackwell, 12, was elected as the king and 10-year-old Ellie Douglas as the event's queen – the first in over 50 years.



SURREY PARAGAMES 2013

Canoe England and Surrey Canoe Club recently supported the 2013 Surrey Paragames. The Para Games is a multi sports event for students from School Years 7-9 (Key Stage 3) with physical and intellectual impairments, from special and mainstream schools. This year over 125 young people took part where they were split into groups on the day and rotated around 4 different sports at one central venue, The Elmbridge Xcel Leisure Centre. Using the Olympic values to award medals for the top three places in each sport, the indoor kayaking was another big favourite with future links made by the club and some of the schools competing.

SIT-ON-TOP KAYAK PADDLING

WHAT GEAR?

The FOCUS guide to the kit needed for safe and fun Sit-On-Top Kayak paddling this summer

Article & Image
by Derek Hairon

WHY USE A SIT-ON-TOP KAYAK?

It's pretty simple. They are great fun and superb confidence boosters. Forget the worry about a wet exit from an upturned sit-inside style kayak, instead you just fall off! Do it with style and you can capsize and keep your hair dry! Sit-on-tops are user friendly and great to explore the coast and fish from. If you have children or just love the water - they are great jumping off platforms.

WHAT SIT-ON-TOP KAYAK?

Take a look in any kayak store and you quickly realise that there is a very large choice of products and designs on the market. That super deal might be great for the occasional family wet session, but rubbish the moment you decide to go a little further to explore the coast. In general short boats are more manoeuvrable, longer ones run straighter and faster. Wider designs tend to be

more stable and slower. One size of kayak does not suit all heights and weights.

Consider what sort of kayaking you plan to do. Remember, that super deal may be a result of costs being shaved to the bone. Check fittings, thickness of plastic, quality of seams and general build quality. It's therefore a good idea to buy from a specialist kayak retailer. Ask to try before you buy and learn to know what to look for.

GET SOME TRAINING

so you learn enough to select a kayak and also to get the most fun from it. If you only plan to paddle a few days every year, a better option may be to go on tours or courses organised by one of the many BCU Approved Paddle Sport Providers. Or buy a copy of my book *Sit-on-top Kayak* (pub Pesda Press).



"Sit-on-tops are user friendly and great to explore the coast and to fish from. If you have children - or just love the water - they are great for jumping off platforms."



AIR BAGS

Few kayakers or canoeists would consider going afloat without air bags installed. However, many sit-on-top (and sea) kayakers fail to install them. Instead they assume the void within the kayak will keep the craft afloat. Forget to fit a drain plug or develop a leak and the craft will begin to fill and even a small amount of water will make you unstable. Install air bags and you maximise the chance of keeping the kayak afloat and will be easier to locate, if you need rescuing. If your sit-on-top does not have any means of inserting air bags, I'd either not buy it or ensure I check it very carefully for any cracks or loose fittings before every trip.

SEATS

Even if you only plan to paddle a short distance, a seat will improve your paddle technique and make it more comfortable.

TROLLEYS

They save your back and make getting to your put-in much easier. I prefer cradle style trolleys rather than those with posts that go through the drain holes which, if fitted incorrectly, can damage the seams around these holes.

DRESS FOR IMMERSION

Even on a warm day the water can be cool. Long-John-style wetsuits are a good option. Add a thermal or fleece top and paddling top (Cag) with footwear and you'll be well set up. If it is a bit cooler, add a pair of over-trousers to reduce the wind chilling your legs, even when wearing a wetsuit. Full length wetsuits with rear zips are usually cut for surfing. The rear zip may, if fully zipped up, make it feel a bit tight and restrictive.

WEAR SUNSCREEN AND A HAT

I use a minimum SPF35 nowadays. Even on dull days UV levels present a risk.

WEAR SUNGLASSES OR EYE PROTECTION WHEN FISHING

This reduces glare and the risk of eye injury, if a snagged hook comes flying back at you.

PADDLES

If you buy asymmetric ones, know how to use them the correct way around. Sit-on-top paddles might sometimes be a little longer, if you paddle a very wide kayak. Get the best you can afford, as they are your engines.

ALWAYS WEAR A BUOYANCY AID (PFD)

Avoid filling pockets up with lots of gear because the pockets can snag on deck lines and fittings, as you try to clamber on board after a dunking. If you fish or have a kayak with deck lines, ropes or anchor lines entanglements may happen, so carry a small knife too.

CARRY A MEANS OF COMMUNICATION

A mobile phone is useful, but coverage around the coast may vary or be non-existent. In an emergency, even with no signal showing- your call may get through. Make sure someone knows where you are going, how many are afloat, your return time and who to call, if you are overdue.

WEAR AND USE CORRECTLY SIZED KIT

You'll be more comfortable and paddle better. One size does not suit all and this includes sit-on-top kayak designs.

USEFUL INFO

Derek Hairon runs Jersey Kayak Adventures. He is a BCU Level 5 coach and author of Sit-on-top Kayak: A Beginner's Manual. Published by Pesda Press. www.jerseykayakadventures.co.uk/

On Tour

After successfully launching our Guided Tours last year, Go Canoeing has branched out in 2013 and we are now working with a number of high quality canoe providers that will be delivering Go Canoeing tours.

The aim is to build a network of different providers at locations across the country meaning that wherever you are based, there is a Go Canoeing Guided Tour happening somewhere near you. This also allows for a greater variety in the type of tours we can offer, meaning there really will be something for everyone.

At the time of going to press, eight providers were already advertising tours on the Go Canoeing website, with many more close to completing the Quality Mark assessment process.

“The aim is to build a network of different providers at locations across the country meaning that wherever you are based, there is a Go Canoeing Guided Tour happening somewhere near you.”





OUR CURRENT GUIDED TOURS INCLUDE:

York City Centre Tour, York

AM Saturday August 17th
PM Saturday August 17th

**River Stour Safaris, Dorset
Sturminster via Hinton St Mary**

Tours available any day or time of week –
visit website for booking details

**Canoe Kayak Trader, Leamington Spa
Leamington to Warwick Castle Tour**

AM Saturday August 3rd
AM Sunday September 15th

**Engage Watersports Ltd, Maidenhead
Cliveden Reach Tour (Cookham)**

Check website for availability

The Sounding Arch Tour (Bray)

Check website for availability

Thames Riviera Pub Tour (Bray)

PM Saturday August 10th
PM Saturday August 24th

The Jubilee Tour (Dorney)

Check website for availability

The Castle and College Tour (Windsor)

Check website for availability

The Ferry Pub Tour (Cookham)

PM Saturday 3rd August
PM Sunday 18th August

Pineapple Pub Tour (Dorney)

PM Saturday 17th August

Mount Batten Centre, Plymouth

Batten Bay Go Canoeing Tour

Check website for availability

Saltram Estuary Tour

AM Saturday August 17th

Elemental UK, Falmouth

Maenporth Tour

Tours can run any day of the week at any time –
visit website for booking details

Kayaking London

Big Ben and Back

AM Sunday 11th August

Families Afloat

Check website for availability

Discover London

AM Sunday 11th August

Elemental UK, Falmouth

Check website for availability

River Stour Safaris, Dorset

Check website for availability

Ackers Adventure, Birmingham

Check website for availability

Since going to press a whole host of new Guided Tour dates and providers will have been added to the Go Canoeing website, so why not check out our Activity Search and see what's going on near you?
Visit www.gocanoeing.org.uk for more information. ▶

Photo Competition

Go Canoeing has joined forces with Ecover, makers of ecologically sound cleaning products, to launch a special photo competition to inspire budding snappers to capture some pukka paddling pics.

The competition has two themes: You, Your Canoe & the Environment, aimed at capturing the beautiful sights a canoeing trip can provide, and View from a Canoe focussing on interesting or unusual boat-eye-view images.

As well as the main prizes of a £100 Cotswold Outdoors voucher and a kayak, we also had some bonus prizes on offer for photos submitted during National Go Canoeing Week. The photos below were selected by our judges as the five National Go Canoeing Week winners, who will each receive an Ecover t-shirt and hoody. The winners will also be entered into the main competition, which will run until the end of September.

To enter the Go Canoeing Photo Competition, email your photo to jonathan.schofield@gocanoeing.org.uk, clearly stating which category you would like your photo entered into. Entries will be added to our Facebook page and to the Go Canoeing Photo Competition gallery. **CF**



WINNER - Pete Rojerts - Mind the gap! Anglesey

WINNER - James Carnegie - The River Wye back in 2011 eps

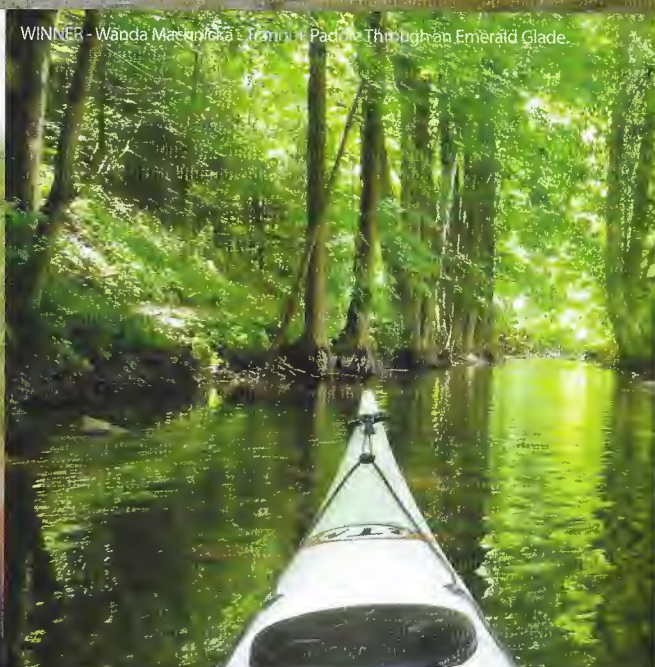


WINNER - Lee Molloy - A recent trip down the Medway in Kent



WINNER - Ian Harris - Backseat Snapper on the Wye

WINNER - Wanda Mackay - Paddling Through an Emerald Glade



introducing
the new

PENTAX K-50



THE COMPLETE OUTDOOR SLR

Weather-resistant DSLR for solid performance in demanding outdoor conditions

Performs dependably and brilliantly
in a wide variety of demanding
outdoor scenes.



Pentax SR (Shake Reduction)
delivers sharp images
on the move

Watertight!

Heavy-duty
construction for
outdoor situations



With 81 seals set
in its compact, lightweight,
portable body, the K-50 is
built to be weather-resistant,
dustproof and cold-resistant,
as well as proven functionality
in temperature as low as -10°C.



True to life image
reproduction

K-50

- ▶ High-resolution, 16.28 effective megapixels
- ▶ Super-high-sensitivity shooting
- ▶ Innovative Shake Reduction mechanism
- ▶ High-precision autofocus

Also features: Full HD video
High-speed continuous shooting
Optical finder with approximately 100% field of view
Effortless, user-friendly Auto Picture and Scene modes



Available in
3 Colours



- K-50 Body Only ~~Our Price £529.00~~ or £22.04 per month
- K-50 + DAL 18-55WR ~~Our Price £599.00~~ or £24.95 per month
- K-50 DAL + 18-55WR + DAL 50-200WR ~~£749.00~~ or £31.20 per month
- K-50 + DA 18-135WR ~~Our Price £649.00~~ or £35.37 p/m



Powered by
Get credit at the checkout
Get an instant decision
Pay just 10% deposit today



Order yours today and claim a free 16gb SD card worth £30 use promo code AT444 in checkout



cliftoncameras.co.uk

email: sales@cliftoncameras.co.uk

E&OE Prices correct at time of print but are subject to change

28 Parsonage Street
Dursley
Gloucestershire
GL11 4AA

tel: 01453 548 128

OPENING HOURS
MON - SAT 10AM - 5:30PM





Photo: Rachel Dance



“Successful rescues are based on sound judgement calls. It’s going to be far easier to assess the situation and make a sound judgement call if your upper lip is stiff.”

Safety First

(Safe. Tea first) **LOOKING AT SOME BROAD CONCEPTS FOR WHITE WATER RESCUE...**

As a Level 5 BCU Coach I spend a lot of time helping people develop their approach to rescues. It’s understandable really. A rescue tends to be a high- pressure situation where mistakes can be costly. No wonder people stress about them. Which is precisely why, in this article, I’m not going to look at specifically how to rescue someone. There are about 1001 ways to do this, ultimately all variations of a few simple tools that aren’t rocket science to use. Instead, I’m going to look at some broad, underpinning concepts to a rescue to help you ensure that the wheels stay on and everyone gets to go to the pub rather than A+E at the end of the paddling trip... ▶

Article by Tom Parker



Photo: Rachel Dance

1 – KEEP CALM AND CARRY ON

Successful rescues are based on sound judgement calls. It's going to be far easier to assess the situation and make a sound judgement call if your upper lip is stiff. Panic is contagious and leads to things becoming even more skew-whiff very quickly indeed. Assess the situation, come up with a plan and get on with it.

2 – STAY ADAPTABLE

Napoleon once said; 'No plan ever survived contact with the enemy'. Actually, he didn't say that, but he said something similar in French and the overall point still stands. The environment we work in is dynamic, ever changing. When dealing with a rescue, we have to constantly be watching the situation and the environment, assessing how our plan is working the whole time. If the environment or situation changes, we need to be ready to change our plan accordingly.

This is critical. The environment is vastly more powerful than we are. Any approach we adopt must work with the environment to succeed, not in spite of it.

3 – SELF. TEAM. SWIMMER

As they say in *The Italian Job*, 'this is the self preservation society...'. During a rescue, your priority is to yourself. This one is easy to grasp in theory, tricky in practice. After all, it's probably a friend or loved one in there. It's easy to fall into the trap of risking your life to save them. Sure, do everything reasonable that you can to help them but make sure any risk is measured and acceptable.

4 – HELP THE SWIMMER TO HELP THEMSELVES

You'll notice I've talked about 'self team swimmer', as opposed to 'self team victim', which is the more common way of framing the concept. When someone falls out of their boat, are they a victim? Not normally. They're just as knowledgeable and capable as before, only without a boat. They're not a helpless victim, in fact the best person to rescue them is... them! So help them to help themselves. Shout directions of which way to swim, keep their morale high. They're still a part of the team, so make sure they act that way.

“When someone falls out of their boat, are they a victim? Not normally. They're just as knowledgeable and capable as before, only without a boat. They're not a helpless victim, in fact the best person to rescue them is... them!”



Photo: Rachel Dance



Photo: Ed Waters

5 - RESCUE IS WHEN SAFETY HAS GONE WRONG

I'm pretty sure it was experienced expedition paddler, and bona fide white water legend, Dave Manby who coined this and I agree. We focus on rescue because it's sexy. Everyone loves throwing ropes about and jumping in. It's easy to teach how to rescue but tricky how to teach people how to be safe. Being safe is what we need to focus on though and here are some key areas to work on:

Know thyself. By that, I mean understand why you do the sport and what you want from it. If you know that, you can tailor everything you do within the sport to achieve your aims. It'll also make you far less likely to be pressured into a situation you don't want to be in.

As part of this, you have to be honest with yourself as to whether what you want from the sport is realistic for you. For example, I'd love to be world Downhill MTB champion. I know that given time constraints, it isn't realistic for me, so I've reframed what I want from Downhill MTB and I'm happy charging down my local tracks.

I love it when a plan comes together. Once you know what you want and what is achievable for you, you can come up with plans that reflect that. You can pick destinations that will allow you to get what you want, with people that will help you get what you want. Remember to be willing to adapt the plan according to the environment. Some day's you boat, some days, you go for tea and cake...

What's the best way to Carnegie Hall? Practice man, practice. There is a simple, irrefutable fact to most activities. The more time you spend doing them, the better you tend to be at them. That's it. There's no coaching magic bullet that makes you better overnight, effort in equals performance out. Therefore, it's logical to conclude that the more time spent practising your boating, the less mistakes you'll make and the safer you will be. ►



Photo: Rachel Dance

Get fit, stay alive. People who are really good at a particular sport tend to train so they are fit, as well as technically excellent. Therefore, if you can improve your fitness, your technical improvement will be swifter, you will suffer less injuries and you will paddle better and safer.

Now, I'm not going to get all evangelical about fitness programmes here or suggest anything ridiculous like giving up fine ale, quality tobacco or bacon sandwiches. They've done studies and 100% of non-drinking, non-smoking triathletes still die. We do this sport for fun and the social side for many, me included, is a huge part of that. All I'm advocating is a little bit of extra work on strength and stamina and the results will be awesome.

Be sensible. Whatever you do has to work for you. If you can't stand running, go for a swim or ride a bike instead. If you find gymnasias repugnant, there are a growing number of 'outdoor gyms' where kayaking, wild swimming and biking replace the torturous ephemera of the local leisure centre. Whatever, it has to be something that you like doing and that fits with your life.

The glass is half full. Back to the watery environment now. No matter how fit, how toned or how technically expert we may be, if we tell ourselves that we are going to muck something up, that's exactly what we'll do. Once you decide that you are going to do something, focus purely on what you are going to do, as opposed to what happens if it goes wrong.

Now obviously, we could delve far deeper into the dualities of safety and rescue, but here is not the place (I know a chap who can help you delve further, more on him in a minute). I do feel that if you develop a reasonable level of fitness, develop your skills and keep a chipper, positive outlook, all within the context of knowing what you want from the sport, you'll have a whale of a time, with nothing more than the occasional humorous mishap. **CF**



TOM PARKER

One of the UK's leading White Water coaches with over 20-years experience of mucking about in boats. He's kayaked in loads of countries where you can't drink the tap water and shouldn't trust the police. And Devon. He runs Tom Parker Coaching, purveyors of tip-top coaching courses, trips and adventures. To find out more, head to www.tomparkercoaching.co.uk



Photo: Dave Hollins

“Remember to be willing to adapt the plan according to the environment. Some day's you boat, some days, you go for tea and cake...”

BCU Student Safety Seminar 2013



 **BRITISH
CANOE
UNION**
26-27 October

2 days of subsidised workshops and coaching for only £65

Join us for the 19th annual BCU student safety seminar. A weekend designed for student club committee members and those organising student club trips.

The main focus of the weekend is to help your club to get out paddling more, take steps to reduce the various types of risks you face and increase the skill and knowledge available within your club.

Get yourself and your club up to date now. Visit www.pyb.co.uk for full details.



www.pyb.co.uk

Plas y Brenin, The National Mountain Centre, Capel Curig, Conwy LL24 0ET Tel: 01690 720214 Email: info@pyb.co.uk



www.linkedin.com/company/plas-y-brenin



www.facebook.com/plasybrenin



www.twitter.com/plasybrenin



Reports by Rob Eyton-Jones (slalom) & Katriona Bush (Sprint).
All images by Balint Vekassy

Powering to Victory

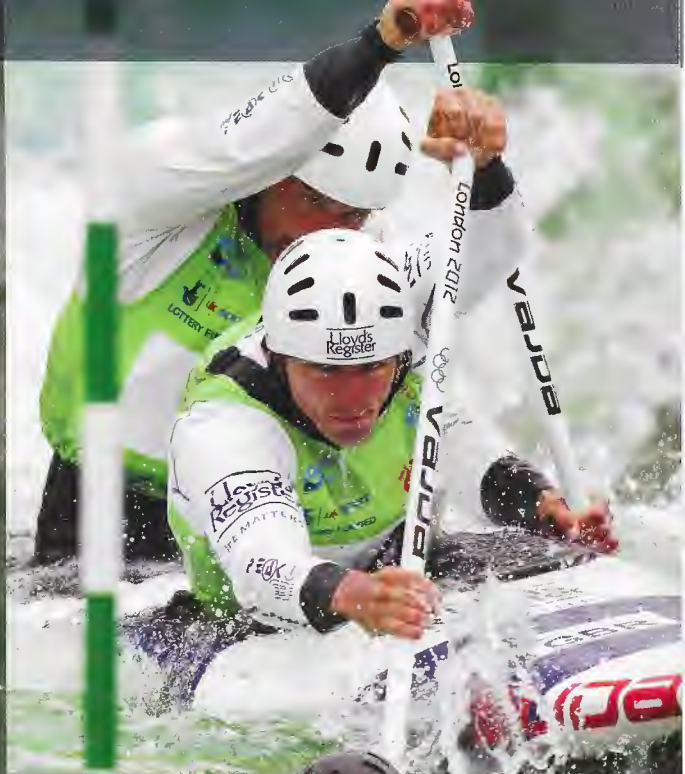
Pride, professionalism, precision and not shying away from attacking are the simple philosophies slalom legend and former Olympian Paul Ratcliffe has been instilling in the Great Britain team since being appointed GB Canoeing's Slalom Head Coach in March this year. And his paddlers are clearly listening. In a two-week period in June, three British women won first time individual gold medals in major internationals.

For two of them the gold medals were long overdue. Fiona Pennie from Crieff in Scotland had suffered a serious blow in not making the 2012 London Olympic team, but she bounced back in the first international of the season, the European Championships in Krakow, displaying passion, skill and all the qualities that Ratcliffe was looking for on her way to winning the gold in the Women's K1.

Fiona kept cool through flooding disruptions, rapidly changing water conditions and a condensed racing schedule, winning the final by a huge 3.5 seconds margin!

A fortnight later at the season's opening World Cup in Cardiff, it was the turn of Newcastle-under-Lyme's Lizzie Neave, who had finished 12th at the London Games in K1, to follow her teammates lead and win her first individual gold.

Fiona's is the first European Championship gold medal that GB has ever won in the Women's K1 and the first Women's K1 gold in any major international competition since Helen Reeves won a World Cup in 2004, which just highlights the magnitude of their achievements further.



“Fiona kept cool through flooding disruptions, rapidly changing water conditions and a condensed racing schedule, winning the final by a huge 3.5 seconds margin!”

THE WAITING GAME

Pennie gives an insight into the waiting game for that first major win and how overcoming that barrier should now help her, “Winning the silver medal at the World Championships in 2006 seemed so long ago. I have had a few World Cup medals and a bronze at the Europeans last year. But it’s been a medal here and there without being consistent”.

“People had been saying to me it’s not a question of if you will win some day it’s when you will win. But it’s been a long time coming and it had become a case of me constantly asking myself, when will I win?”

“So to have eventually taken the gold at the Euros and come out on top at the start of this season has given me the confidence to know that I can do it.” ▶



Whilst the waiting game for a long awaited gold medal victory is now over for two highly experienced paddlers, Great Britain's Kimberley Woods, 13-years Pennie's junior and nine years younger than Neave, won her first gold in the C1, with Windsor's Mallory Franklin sharing the podium with her after taking the bronze.

YOUNG BLOOD

The 17-year old from Rugby's best senior result to date had been a fourth at Cardiff a year ago. But she returned to the Welsh capital this year to face a stronger field than in 2012, but as a vastly improved athlete.

"What's made the difference is I have a new boat, which I fit into much better than my old one, and because I'm a lot stronger now I'm chucking the boat around more and I'm a lot more confident," said Woods who was first down the course in the final and was only seriously challenged by Australian Junior World Champion, Jessica Fox.

"Having gone off first it was really nerve wracking having to sit watching the TV screen and seeing everyone else go down."

"It was really close but I managed to just scrape it. I was just speechless and I'm over the moon to win my first senior individual medal and I'm confident there is a lot more to come."

THE SPRINT TO RIO BEGINS

For the senior Canoe Sprint team there have been some mixed fortunes so far this season. There was early success at World Cups 1 and 2 for the 200m men and a bronze for the new women's K4 crew, as well as some strong performances by those athletes stepping up to senior international duty for the first time.

However the European Championships in Portugal brought disappointment despite some quality racing, with only a silver medal for Louisa Sawers in the K1 5000m to add to the gold she won at World Cup 1. This highlights the vagaries of the post-Olympic year and the re-building phase, as the squad embarks on the three-year journey to Rio 2016.

John Anderson, GB Canoeing Performance Director explained, "Individually a number of our athletes will be disappointed because they are fiercely



competitive and they won't like missing out on the podium, but I take a much broader view. They produced fantastic results at London 2012, we took a long time out after the Games and we're at the start of the campaign for Rio.

"This is the first major championships of the new cycle, we are building the athlete and coaching teams, with two significant changes on the coaching staff, and we have quite a number of changes to our athlete group and crew combinations. The team now has nine weeks of intensive training leading into the World Championships in Duisburg, Germany, which is the key event of the year." ▶



"Having gone off first it was really nerve wracking having to sit watching the TV screen and seeing everyone else go down."





“More GB athletes have risen to meet the selection standards and they went on to win an impressive medal haul of five gold, two silver and a bronze, to retain their status as Europe’s number one Paracanoe nation.”

GB PARACANOE DOMINATE EUROS

The World Championships are also the main focus for the GB Paracanoe team, which celebrated its most successful European Championship success in Portugal.

The standard, and number of competitors, in the sport internationally has grown over recent years with news of its inclusion in the 2016 Paralympic Games. However Great Britain continues to be at the forefront of its development and this year entered ten boats compared to three in 2012.

More GB athletes have risen to meet the selection standards and they went on to win an impressive medal haul of five gold, two silver and a bronze, to retain their status as Europe’s number one Paracanoe nation.

“It was a good weekend for results, but ultimately I was more pleased with the performances,” said GB Paracanoe Programme Manager, Steve Harris.

He continued, “With the standard across the board much higher, we are pleased to have still come out on top of the medal table. Paracanoe is now an integrated part of the GB Canoe Sprint programme and thanks to Lottery funding from UK Sport we have been able to employ coaching and support staff and put the structures in place to enable us to have a professional programme, which is fantastic. We are also attracting a number of new, quality athletes into the sport.”

“Our focus is now on the World Championships, where we know we will be up against some strong nations who are trying to do exactly the same as we are. But our goal is to repeat the success we had last year and come home as the number one nation.” **CF**



CONGRATULATIONS TO OUR PARACANOE EUROPEAN CHAMPIONSHIP MEDALLISTS:

- Men’s V1 TA – Nick Heald – 1st
- Men’s V1 LTA Martin Tweedy - 1st
- Men’s V1 A – Daniel Hopwood – 2nd
- Men’s K1 A – Ian Marsden – 2nd
- Men’s K1 LTA Robert Oliver – 3rd
- Women’s V1 LTA – Jeanette Chippington – 1st
- Women’s K1 TA – Emma Wiggs – 1st
- Women’s K1 LTA Anne Dickens – 1st

For more info on how to get involved with canoe slalom or sprint racing go to www.bcu.org.uk

Want to keep up with the GB Canoeing action as it happens?
Follow GB Canoeing on Facebook at <http://on.fb.me/12fFDJ>

facebook

Explore

Jersey's beautiful coastline by sea kayak.

Guided tours, courses, offshore trips and BCU star tests 1-4

Sea kayak and sit-on-tops available.

Tel. 01534 853138

www.jerseykayakadventures.co.uk



- BCU Instruction & Star awards
- Moving water skills
- Rolling sessions
- Guided river trips
- Classic Welsh White Water
- Bushcraft skills
- Latest kit and hottest boats
- Demo fleet

Expert advice, Canoes, Kayaks, Sit on tops, Paddles & Accessories.
Camping equipment. Well stocked outdoor store.

7 Castle St, Hay on Wye, HR3 5DF

www.psmoutdoors.co.uk **01497 820022**



Canoe England Coaching Conference 2013

Attract- Retain- Develop

Nurturing lasting involvement in Paddlesport

Seminars, workshops and training courses delivered by leading presenters from around the country, supported by a range of exhibitors.

Bookings Open September

**23rd & 24th
Nov 2013**
Alexandra House
Swindon




Canoe England
Something for Everyone
www.canoe-england.org.uk

BURTECH Trailers...

Trailers for outdoor pursuits



C6 Low-Line Canoe/Kayak Trailer



C8 Multi Canoe/Kayak Trailer



Cub.8 Bike Pro Trailer

Tel: 01492 641905

www.burtechtrailers.co.uk

CanoeWales
CanoeWales

Plas Menai NATIONAL WATERSPORTS CENTRE

BEST KAYAKING LOCATIONS IN THE UK

North Wales is renowned for having some of the best kayaking locations anywhere in the UK. From the lakes and rivers of Snowdonia to the coastal waters surrounding Anglesey and the North Wales coastline, there really is no better place in the UK to come kayaking.

At Plas Menai we run a wide range of kayaking courses suitable for the complete novice right through to advanced paddlers and those wishing to get qualified as instructors.

We also run a number of sea kayak expeditions each year.

Full details of all our kayak courses and expeditions can be found online
www.plasmenai.co.uk

BOOK ONLINE NOW!

Sailing | Kayaking | Powerboating | Windsurfing | Cruising | Sea Kayak Expeditions | Schools | Youth Activity Holidays | Family Fun | Groups | Watersports Instructor Training | Corporate

www.plasmenai.co.uk

Plas Menai National Watersports Centre,
Caernarfon, Gwynedd LL55 1UE

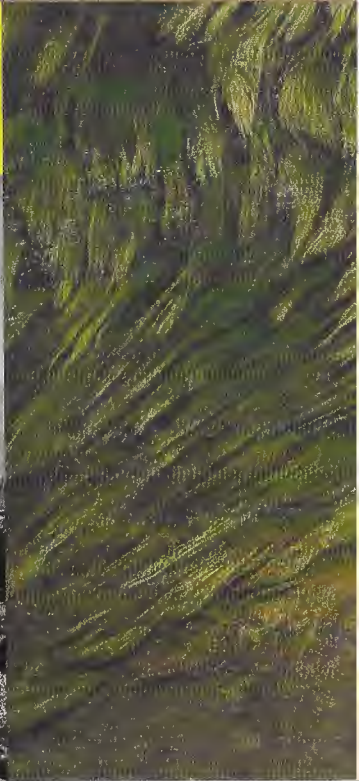
01248 670964

A FOCUS Guide to

Kayak-Friendly Beaches



“The North East is all about wild expansive sandy beaches and castles. The ancient land of the Prince Bishops is a fantastic destination for a kayaking holiday.”





Heading to the beach for a paddle is particularly satisfying, and fun, thing to do. Whether it's catching a few waves in a surf kayak, heading out on a longer journey in a sea kayak or bimbbling about exploring coves and caves on a sit-on-top there are loads of great beach based paddling experiences just waiting to be enjoyed this summer. So gather up the family, strap your fleet of sit-on-tops or sea kayaks to the car and head down to the coast for some classy coastal paddling. The UK, being an island and all, certainly has no shortage of places for you to soak up some sun, sand and surf at the plentiful kayak-friendly beaches in and around mainland Britain...

BEACHES IN THE NORTH WEST

There's more to the north west coast than the donkey rides and illuminations of Blackpool. The region boasts sandy beaches, estuaries and coastline all crying out to be enjoyed with a kayak. Morecambe Bay's and Blackpool's sandy beaches, ideal for a day of kayaking fun (take care with Morecombe's extreme tides and quick sands though), the quieter, and more rural Formby and Bootle with its sea gazing statues are all fantastic Lancastrian paddling destinations. Moving up in to Cumbria, the West Shore of Walney Island, Seascale, Whitehaven and Silloth, (all the way up on the Solway Firth) all offer potential for coastal kayaking adventure.

BEACHES IN THE NORTH EAST

The north east is all about wild expansive sandy beaches and castles. The ancient land of the Prince Bishops is a fantastic destination for a kayaking holiday. Bamburgh is stunning with a magnificent castle that towers 150-feet above the beach. This enormous beach goes on for miles and with trips to the Farne Island group so close at hand from nearby Seahouses. Cullercoats is another favourite and when the sun shines hundreds of families bring their buckets, spades, beach towels, picnics and sit-on-tops here to enjoy a day out in the sun. Small piers, creating a fantastic environment for families, enclose the sandy bay. The cliffs with geological features also provide a dramatic backdrop to the beach. We'd also commend exploring the colourful and dramatic landscape of Durham's Heritage Coast. Its beaches, rugged cliffs and imposing headlands make it a truly stunning location for paddling.

BEACHES IN SOUTH WALES

South Wales is a part of the UK where you will inevitably share the beaches with holidaymakers and surfers; the Gower Peninsula is a deserving favourite amongst summer sun-seekers and surf kayaking swell chasers. Rhossili Bay at the western end of the peninsular is absolutely unmissable with its endless miles of golden sandy beach looking out over the Atlantic, and its wildly rugged sand dunes. Also important to any itinerary in this area is Oxwich Bay, around to the south, which offers sheltered conditions for beginners; also some kayak rock hopping off Three Cliffs Bay makes for a very diverting day or half day. Making the journey up the coast towards Pembrokeshire will reward you with yet more beaches – from the huge and often pleasingly empty Newgale to the fantastic Whitesands, near St David's – the UK's smallest city. ▶

BEACHES IN NORTH WALES

If it's sheltered coastal exploration in the form of SOT or sea kayak rock hopping that you're after, then a weekend spent on Anglesey, North Wales could be just the ticket. Rhosnegir offers some excellent beach-based fun in this respect, and although not strictly a beach the tidal flows in the Menai Straights can be lively and good fun if experienced. Bear in mind, though, don't expect a whole lot of swell to reach North Wales' shores, because Ireland's in the way!

BEACHES IN SCOTLAND

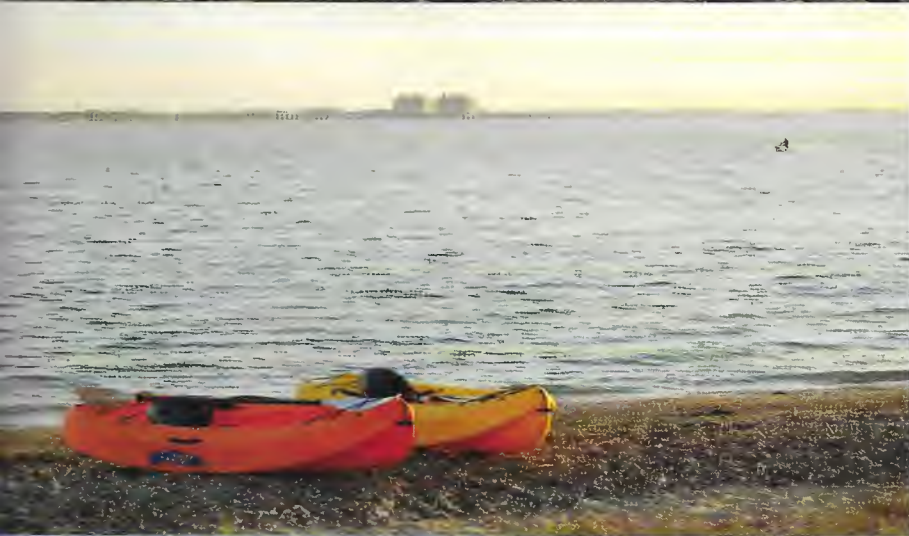
It's fair to say that outside of its borders Scotland is probably better known for its mountains than its beaches but with a coastline estimated at 8197 miles long, there is plenty of stunning beaches just perfect for Scottish kayaking beachcombing fun! The east coast has plenty of unspoilt stretches of sands, with places like Dunbar, St Andrews, Montrose, Aberdeen, Fraserburgh, Lossiemouth, Nairn, and Dornoch just some of the towns and cities close to superb stretches of beach. The more rugged north and west coasts also have beautiful sands, and also offer the coastal kayak adventurer magical coves set amongst magnificent cliff scenery. For a truly wild kayaking experience a visit to the dazzling white beaches of the Hebrides are a never to be forgotten experience.

BEACHES IN NORTHERN IRELAND

Northern Ireland boasts some of the most spectacular beaches in Europe, making it a great place to paddle your kayak. The naturally stunning formations of the coastline provide long stretches of golden sand and impressive sand dunes. West Strand Beach at Portrush is a long sandy beach close to all the amenities of Portrush and offering striking coastal views. Portstewart Strand and Barmouth are also well worthy of a visit. Downhill Beach, Castlerock, Coleraine is an excellent, award winning beach of golden sands stretching from Downhill Cliffs towards Magilligan Point. It is overlooked by one of Northern Ireland's leading landmarks, the Mussenden Temple and treats visiting paddlers to classic views of Donegal Coast and beyond.

Benone Beach is a must-see for SOT paddling families visiting the area. With seven miles of golden sand and a magnificent back drop of mountain and cliff scenery and stunning views across to Donegal its one not to miss.





BEACHES IN DEVON

Devon is a positive Mecca for those in search of sun and surf during the summer months, and justly so. There are four main beaches we think are worthy of note from a kayaking perspective; Saunton Sands and Woolacombe Bay (can produce some lively surf with a big swell), as well as the nearby Westward Ho! (The only place in the whole UK with an exclamation mark in its moniker don't you know). The latter is not so well known for its waves, but is a fantastic, more sheltered and generally less crowded area for the entire family to explore by kayak, safe in the knowledge that the whole stretch is patrolled by a team of lifeguards throughout the summer months. Having said this, all of the other three beaches are well-worth putting up with the throngs they attract, with plenty of fun waves to keep you entertained while exploring their seemingly endless golden expanse. There are B&Bs and hotels a plenty in the area and a couple of great, family friendly, and very popular, campsites up the hill from Woolacombe near the village of Morthoe. This is an incredibly popular area; mind, so expect to be disappointed unless you've booked ahead! ▶

“For a truly wild kayaking experience a visit to the dazzling white beaches of the Hebrides are a never to be forgotten experience.”



"The huge concentration of beautiful beaches along this truly stunning stretch of coast will provide any holidaying family of kayakers the perfect spot for anything from splashing around in a sheltered bay or estuary to some more adventurous coastal exploration and touring."

BEACHES IN CORNWALL

If (board) surfing has a capital in the UK, then Newquay in Cornwall must be it. Fistral Beach, best left to the hardcore surfers, is famous for its fearsome break when it's going off; and a plethora of surf shops, schools and surfer-dominated cafes serve a large surfing population, which has a long stretch of coastline with literally dozens of beaches to choose from. Despite this surf-centric reputation, though, Cornwall has loads to offer to a family in search of some kayak exploration, as gentle and sheltered or wave filled as you like: there are beaches and coves that face in almost every direction, so you should be able to find just what you're looking for. For the beginners, why not sample the very long Watergate Beach on a sit-on-top, flush with campsites to suit all tastes and budgets. For a tiny more swell, head north to Polzeath Beach, great for beginners to start surfing if they so wish. Continuing in this northerly direction you will come across Widemouth and Bude. Excellent beaches both, although as with all beaches care needs to be taken with under currents and rip tides at certain levels of the tide, for surf kayaking action, with plenty of space, and a wilder feel.

BEACHES ON THE SOUTH COAST

You're statistically far less likely to encounter board surfers in search of powerful breaks on beaches on the south coast, although places such as Kimmeridge Bay in Dorset have been known to throw up some quite impressive waves given the right conditions.





Other than that, the huge concentration of beautiful beaches along this truly stunning stretch of coast will provide any holidaying family of kayakers the perfect spot for anything from splashing around in a sheltered bay or estuary to some more adventurous coastal exploration and touring. Amongst the likes of the seaside towns and beaches of Weymouth, Poole, Bournemouth, Littlehampton, Worthing, Brighton, Rye, Camber Sands and all the way round to Hastings, there's undoubtedly a beach or two out there for you!

BEACHES ON JERSEY

Kayakers looking for beautiful stretches of sunny coastline should definitely not overlook Jersey, the largest of the Channel Islands. There is coast, sun and sea aplenty, with beaches to suit every taste, from those who want to surf, to those in search of a gentler explorative paddle. Jersey does have some pretty extreme tidal flows though, so make sure you consult the tide times, or maybe benefit from booking a local guide. **CF**

USEFUL INFO

Whilst embarking upon any trip, it's important to stay safe. To begin with, the BCU recommend that you should be a confident swimmer, who can swim at least 50m and have completed suitable training familiarising yourself with good paddling practice and safety awareness.

Before setting off, you should conduct a thorough check of your kayak and equipment, including the hatches, drain-plugs, paddle, seat and safety kit. Ensure you are able to use all your equipment correctly and familiarise yourself with techniques for getting back onboard, following capsizes.

Take a drink & snack (energy bars, dried fruit, nuts, chocolate) with you and tell someone that isn't going on the trip, where you are planning to paddle.

Whilst paddling, wear suitable clothing (wetsuit or dry-suit, layered clothing) & buoyancy aid, with a whistle attached by a suitable length of cord. Paddle in a group, whenever possible.

Before going anywhere, please read our Safe Sit on Top Paddling leaflet, which is available to download for free from the BCU Website at <http://bit.ly/18jvCrj>





Sea Kayaking

ALL YOU NEED TO KNOW ABOUT PADDLING ON THE OCEAN

Here in the UK we are blessed with a breathtakingly diverse and staggeringly scenic coastline, so it's no wonder that the discipline of sea kayaking is growing ever more popular and armadas of new sea paddlers are taking to the sea to get closer to this diverse, dynamic and beautiful environment...

The humble sea kayak, unchanged in many ways from the original Inuit hunting boats, offers up so much more than the sum of its parts. Maybe it's because we're a nation of island dwellers and the call of the sea is ingrained upon our very psyches. It also helps that no matter where you are in the UK you are never more than eighty miles from a stretch of coastline! A more likely explanation is that the sleek lines of a sea kayak offer us a very special kind of freedom. Launch on to the briny and you are instantly master of your own destiny and have unlimited access to a very different perspective on the nature and wild environment that now surrounds you, and the array of islands, shores and coastlines that present themselves before your bow.

GETTING STARTED

Whatever your motivation to get out in a sea kayak, the sea is a changeable and dynamic environment, so

you'll need to be fully prepared. Part of the excitement of the sea is just how quickly it can change from a dead-calm millpond to a raging, rough maelstrom, so good planning, knowing your limits and a solid understanding of the weather and environment is key. Even if you're just heading out for a short paddle around a sheltered bay it's still a wise move to get in to the habit of checking the weather reports and tide times beforehand. It's a really good idea to attend a basic sea kayaking course and there are a great many specialist sea kayaking schools around the UK that provide courses in navigation, the effects of weather and how to counteract them, and how to interpret tides and plan a trip to fit around them. Once you've added these to your bag of sea kayaking paddling skills you'll be set to start exploring the sea to your heart's content.

SEA KAYAK CLUBS

Another great way to get started is to join a club. Most clubs will contain at least a couple of salty sea dogs who can take you on trips that you couldn't plan yourself, there may also be kayaks that you can try out, and there will be lots of people eager to share their enthusiasm for this very special branch of the sport.

“The humble sea kayak, unchanged in many ways from the original Inuit hunting boats, offers up so much more than the sum of its parts. Maybe it’s because we’re a nation of island dwellers and the call of the sea is ingrained upon our very psyches”



SEA SAFETY – PLANNING YOUR TRIP

A sea kayak can take you to the most remote corners of the earth, or it can take you a few miles up an estuary or along a beach, while the family look on. You can gently slice through mirror flat water, or surf on crashing standing waves in a tidal race! You don’t need to be able to plan a crossing of the English Channel to enjoy a paddle along a sheltered coastline, but whatever you do, be sensible and safe. A calm day can change into a full-blown storm in a few hours, and an offshore wind can carry the unwary paddler far out to sea. Around some headlands or along certain narrow channels, currents can travel faster than any kayaker can paddle, and the sea can whip up into a frenzy similar to a gushing river. The BCU recommends that you always paddle in a group of at least three people, so that if someone gets injured, they are never left alone. Make sure that you know how to take your spray-deck off and get out of your kayak under water, and that you know how to put a swimmer back into their kayak.

As we’ve already mentioned you should find out the weather forecast and the tidal currents in any area that you plan to paddle and if the conditions aren’t right go somewhere else, or cancel your trip. A local outdoor shop

or centre should be able to give you advice on where to paddle. It’s also a good idea to tell the coastguard where you’re going, but don’t forget to let them know when you get back safely. As a minimum you should at least carry water, a set of split paddles, spare warm clothes, a hot drink, emergency food, a first aid kit, a torch and a whistle. Be aware that it’s easier to paddle into wind than it is to have the wind behind you. Don’t set off with the wind in your face if you’re not confident of paddling back with a following sea. Look out for other boats and ferries – they often can’t stop if you are in the way. Please don’t let these considerations put you off trying though, because in the right conditions sea kayaking is a fantastic experience that will have you developing a taste for salt and coming back for more time and time again. There are plenty of experienced coaches or clubs that can introduce you to it safely.

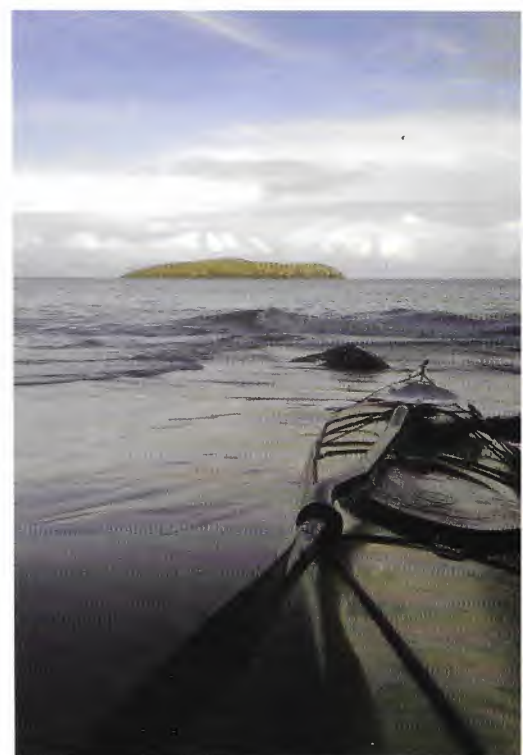
CHOOSING A SEA KAYAK

At their origin sea kayaks were made of a wooden frame covered with animal skin, and used mainly for hunting by Inuit people (they were often stitched in, so bombproof rolling was essential). These days most are made of composite materials or plastic. Even the choice of colours available can be overwhelming let alone design styles. The best thing to do is ask advice from several different people, but here are a few pointers.

As a beginner, your ideal kayak will depend on whether you want to go on day trips or expeditions. Important considerations are: is the kayak safe for use on the sea? Do you feel comfortable in it? Is it easy to control? And, of course, is it priced within your budget? The modern day sea kayaking beginner has a multitude of stable, user-friendly sea kayaks to choose from, so there will be the perfect boat for your shape, size and needs out there somewhere.

As a rule, the longer and narrower the kayak, the faster it will travel, and the easier it will be to paddle in a straight line. A long, fast kayak will often be a bit more wobbly, or as paddlers say, ‘tippy’, and harder to turn, but this does depend on the shape of the hull, and even the size of the paddler. Sometimes loading your kayak with kit can stop the wobbles, but make sure you balance the weight evenly between the front and back. Try looking for a kayak with a low seat because the lower your centre of gravity is, the more secure you will feel. If the backrest or the back of the cockpit rim is too high, this can also make rolling more difficult if you’ve mastered that skill.

For more experienced paddlers, speed and, depending on the kind of sea paddling you enjoy, manoeuvrability are the key factors. Expedition style craft can stow tons of kit but still keep up the pace banging out plenty of miles each day. There are now a few ‘sea play’ boats on the market, these are shorter and designed for shorter trips where the fun will be from rock hopping and surfing on tidal races. ▶



BELOW DECKS

A sea kayak should normally have separate sealed compartments at the front and back called bulkheads. By opening a hatch on the deck of the kayak, you can store your kit in the boat. This can be anything from a couple of sandwiches and a flask of tea, to a tent, stove and food for a fortnight long expedition. Most importantly, the bulkheads mean that if you capsize, water can only fill up your cockpit, making rescuing the kayak much easier and safer. You could also make some journeys on the sea in a relatively long river kayak, but if you don't have bulkheads then you should definitely use airbags to fill up the spaces behind your seat and footrests. Any kayak used on the sea should also have deck-lines, which make rescues safer and easier.

COMPOSITE OR PLASTIC?

Composite kayaks (carbon, Kevlar or fibreglass) are generally a little faster than plastic kayaks. Of course weights vary but a composite expedition kayak usually weighs less than a similar plastic kayak. Then again, glass boats are more expensive and more easily damaged on sharp rocks and the designs available in plastic have come a very long way in recent years. If you think you might have steering problems, or want to spend time 'rock hopping' close in to the shore then a plastic kayak might be a more sensible start.

SEA KAYAKING PADDLES

As a general rule, most people use a longer paddle for sea kayaking than for river paddling or surfing. The best length of paddle and size of blade for you depends on your size and strength. A good canoe shop should be able to advise you on what suits you best but, if you can, try out a few different paddles before you buy one. Generally, the taller you are the longer your paddle should be, and the more powerful you are the bigger blade area you can paddle with. Other factors you might want to consider are the weight of your paddle, the angle of feather and whether you want modified cranks. If you don't know what we're talking about then maybe you shouldn't worry about it just yet! Lots of modern paddles come with an adjustable joint, so you can adjust the length and feather of your paddle to your need on the day. Many sea kayakers also choose to take a spare pair of split paddles with them just in case and paddle leashes are also popular so keep this essential bit of kit close at hand while you're at sea.

SEA KAYAKING GEAR

What kit you wear depends on how much of the time you are likely to be kayaking, and how long you expect to spend swimming! If you think you might capsize and fall in the water a lot (a possibility if you're learning), then it's probably best to wear a long-john wetsuit with a thermal top and a cagoule. Avoid sleeved wetsuits because they can chaff under your arms and restrict your movement when you're paddling. A more expensive alternative is to opt for one of the kayaking-specific dry-suits that are now very popular. Your thermal can be thick or thin, depending on the time of year and the weather. Wetsuit boots, sandals or old trainers will work on your feet, but be



careful that any laces or straps don't get caught in the footrests. Sea kayakers often don't wear helmets, but if you are kayaking close to rocks or surfing then you should definitely protect your head. Many sea kayaking buoyancy aids have lots of big pockets for safety equipment, sun lotion and, of course, chocolate and snacks! If you're confident that you won't be swimming then you could try dry trousers and a cag, or again a dry suit. Neck rashes and uncomfortable wrists are optional in sea kayaking, as most manufacturers make specially designed open necked cags with looser wrist seals!

BON VOYAGE

We could speculate forever about how and what kit to use, but at the end of the day, there is no substitute for actually getting out there and having a go. So, what are you waiting for? Go find your nearest kayaking club, book yourself onto a course, head to the coast and immerse yourself in the rather wonderful world of sea kayaking! **CF**

USEFUL INFO

BCU Sea Touring Committee - www.seakayaking.org.uk
www.ukseakayakguidebook.co.uk
www.metcheck.com
www.bbc.co.uk/weather/coast/tides
www.easytide.ukho.gov.uk/Easytide/EasyTide/SelectPort.asp
www.rnli.org.uk
www.rnliseasafety.org.uk

Canoe and Kayak Insurance

Only available for members of Canoe England

Prices from
£27.50*

- Choice of cover level to suit how you use your canoe or kayak
- Cover for your canoe, kayak, paddle, helmets and buoyancy aids
- Cover for accidental loss or damage
- Up to 30 days in Europe at any one time
- Cover for all canoeing activities, including competitions

*Price relates to Explorer level cover and craft value up to £750

Visit www.canoe-engand.org.uk/insurance
or call **0845 370 9500**



Insurers terms and conditions apply. Policies exclusions include cover for loss or damage caused by wear and tear and loss of value because of age and use.

Towergate Insurance is a trading name of Towergate Underwriting Group Limited. Authorised and regulated by the Financial Services Authority. Registered address: Towergate House, Eclipse Park, Sittingbourne, Maidstone, Kent, ME14 3EN.

insurance arranged by



Zet Raptor: Still the fastest, toughest, lightest, most responsive creekboat around

Fastest hull in its class
(won Teva Freeride World
Champs 2012)

Closed cell foam seat
= a warm bum and no
private puddle

Front and rear buoyancy
retention pillars – so
foam cannot slip out

Smaller version
also now available
(called the Veloc)

Bigger version
out NOW

No holes drilled
around the cockpit

Bomber
plastic

2 year warranty
on the outfitting

303L volume but it
feels like about 250L

4 year warranty
on the hull



Displacement hull with
just enough edge

Free
airbags

Variable hull thickness
so it weights only 19Kg



01985 60 60 75
www.zet-kayaks.co.uk

New boats and Demo boats available at:
CIWW, Tees & Sues Canoes.

WATERWAYS & ENVIRONMENT

OUR WATERWAYS ADVISORS – WE NEED YOUR HELP!

The Waterways and Environment Dept is one of the smallest teams in Canoe England. The team rely on a number of volunteers Regional and catchment based waterways advisors who are our 'eyes and ears' at a local level. Many of our advisors are involved in a diverse range of projects to assist us to form partnerships with others and help deliver our aims of more places to paddle.

Pete Thorn is our Regional Waterways Advisor (RWA) working in the South West and has been paddling the inland and coastal waters of the UK and Europe for many years. Pete is also the Chairman of Bideford Canoe Club as well as a Level 3 coach.

We asked Pete for his views about his volunteer role and responsibilities:

Can you tell us why you became a Waterways Advisor?

I was paddling local rivers locally and was aware existing advisers could not give time to the role. As I was just retired from work in local government I was used to getting into long drawn out discussions!

What are you currently doing in your role?

I am building relationships with other river users and interests with the aim of reducing objections and lessening tensions. This is not the same as seeking old style 'agreements' on access as we are not convinced we need anyone's 'permission' to paddle down rivers. This process can take time and very long term. I have worked on the East Lyn over the last five years and is only now resulting in friendly conversations, rather than 'megaphone' exchanges.

What are the main challenges you face as a Regional Waterways Advisor?

One of the main challenges is the deeply held view by our 'opponents' that rivers are 'private'. There are vested interests of some other water users and landowners, which expect exclusive use of rivers by the privileged few. However, many owners of riverbanks and fishing rights are reasonable people and most are coming to accept that kayaking on rivers is not damaging and that they have no easy means of stopping it.

Why do you enjoy being a Waterways Advisor?

It can be a very long-term process but there is benefit in talking to people who seek to obstruct kayaking and improving understanding on both sides. This can be very difficult if people choose not to talk to you at all. They don't follow the government's position on 'voluntary agreements' for the shared use of watercourses. Some recent work with the Duchy of Cornwall has clarified what caused local anger about the West Dart and we now have a clearer protocol, which gives paddlers the knowledge about how to avoid creating such anger unwittingly. The other area of progress has been work with Natural England and the Environment Agency. They have few concerns about canoeing, provided there is sufficient water so as not to damage or disturb wildlife, which may include fish spawning beds. This has nullified the arguments of many vested interests of those who oppose canoeing.

Do you feel supported by the Waterways and Environment Team and can they do anything different to assist you?

Very much so! The use of tools like Skype allows regular discussion. The Access Arrangement Position Statement for the Shared use of Unregulated Water created by the Team a year ago has drawn much support from paddlers and given us a sound platform to negotiate from. I think one challenge ahead is preparing thoroughly for an inevitable court case on access, for which funds need to be ready. I have also worked with the Team with major partners like National Trust, Water Companies and National Parks Authorities and this has led to them becoming positively supportive of responsible river paddling. These organisation's policies should be to welcome canoeing, unless there are environmental reasons not to. Currently they tend to sit on the fence, for fear of upsetting anyone. The world has moved on and the numbers of paddlers steadily increases. We are an important contributor to local rural economies in winter. On popular rivers in the southwest, much more income is derived from canoeing than from, say, angling. The Team have a vital role in influencing national policy of big organisations, plus trying to influence politicians. Government will only take notice when they see significant numbers of voters want change. So the more paddlers the better!

If you would like to consider helping the Waterways and Environment Team as volunteering as a Waterways Advisor, please contact access@canoe-england.org.uk



FEMALE FOCUS

LADIES CANOE POLO

Photos by Glen Summerbell

In 2009 the GB Ladies Canoe Polo team won the World Games in Taiwan. Following their success, the team has continued to dominate on the international stage and win the European championships in 2009 and 2011 and retain the World Championships in 2010. They narrowly missed out on a third consecutive Worlds title in 2012 finishing second.

At the time of print, the 2013 World Games are currently being held in Cali, Columbia. The World Games is a multi-sporting event held under the banner of international Olympic Committee for non-Olympic disciplines and held every four years. The top six teams qualified from the 2012 World Championships. GB will face Germany, France, New Zealand, Australia and USA in a hope to retain their title as World Games champions.

The 2013 season has so far seen mixed results for the team throughout competitions in Europe, but given there has been significant changes since the last championships in 2009, the team are developing through the season and are hopeful of a medal.

Representing Great Britain in Columbia are #1 Aimee Robson (Meridian) #2 Pru Blyth (Friends of Allonby & Meridian) #3 Ginny Coyles (Friends of Allonby) #4 Charlotte Lister (Friends of Allonby) #5 Chaz Cheung (Tees Tigers & Aberfan) #6 Kathryn Moffit (Friends of Allonby) #7 Clare Mitchell (Viking & St Albans). Coached by Paul Brain and with thanks to Reed Chillcheater for their continued support of the GB women's team and squad and Peak UK.



f /SCAPaddleShowTayDescent

@scottishcanoe #paddle2013

PADDLE 2013

SCOTLAND'S ANNUAL CANOE & KAYAK SHOW

Sat 26 and Sun 27 October

Bell's Sports Centre, Perth, PH1 5HS

canoescotland.org

Includes Talks & Workshops Retailers

Manufacturers Course Providers

Prize Draw and Saturday Evening Ceilidh

Saturday 10am to 6pm (Ceilidh 8pm to midnight)

Sunday 10am to 4pm Tickets available from canoescotland.org



Same weekend as



TAY DESCENT

2013

Sat 26 October

Two distances, starting in Dunkeld (23 miles) and Stanley Mills (7 miles) finishing in Perth

All classes of canoe and kayak welcome

Entry includes:

- Admission to **Paddle 2013**
- Refreshments after the Descent
- **Tay Descent 2013** t-shirt

More info and booking at

taydescent.org

f /SCAPaddleShowTayDescent

@scottishcanoe #taydescent



[RIVERS ACCESS CAMPAIGN]

MPS TAKE ON THE THAMES IN KAYAKING ADVENTURE



A group of MPs exchanged their order papers for paddles and spend the morning kayaking on the River Thames tidal section from Chelsea to Shadwell Basing near Wapping. The urban adventure is part of a wider initiative to encourage more of the UK population to get active outdoors. Led by David Rutley MP, they took to the water in double sea kayaks to show yet another of the wide range of outdoor activities that can easily be enjoyed by the public.

The MPs taking part were:

Penny Mordaunt – Conservative, Portsmouth North
Rory Stewart – Conservative, Penrith and the Border
Margot James – Conservative, Stourbridge
David Rutley – Conservative, Macclesfield
Tobias Elwood – Conservative, Bournemouth East
Angus MacNeil – Scottish National Party, Na h-Eileanan an Iar.
Jonathon Ward (the researcher of Stephen Lloyd Lib Dems, Eastbourne and Willingdon)

The group started at the Cremorne Riverside Centre in Chelsea, and were guided to Shadwell Basin Activity Centre in E1 by coaches from Plas Y Brenin (Sport England's National Mountain Sports Centre); Harry Whelan from Kayaking London, team GB Canoeist, Mallory Franklin and Tamsin Phipps BCU Government & Public Affairs Manager.

Canoeing is the most popular watersport in the UK and is one of many activities that not only play an important role in the nation's health and wellbeing agenda, but also boost tourism and the country's expanding outdoor economy. Getting people active outdoors has become a focus on the national agenda during 2013 and is the subject of several major publicity campaigns: The 'Britain is GREAT for Adventure' campaign by the Number 10 communications team; an outdoor themed strand to the NHS Change4Life programme; and Britain on Foot, a long term campaign that aims to encourage at least one million more people in the UK to engage in outdoor activities.

Martin Chester, Director of Training at Plas Y Brenin told FOCUS, "The UK has a wonderful network of inland and coastal waters that is among the best in Europe. We wanted to get the message across that these are very accessible activities and canoeing itself is a really healthy low impact exercise for people to enjoy for the rest of their lives. I am sure that the MPs will be impressed by both their own experience on the water, by the enthusiasm for boating shown by the children they meet in Shadwell, and will encourage others to Go Canoeing."

The journey down took the group past some very familiar sights and even under Tower Bridge. The MPs stopped outside the House of Parliament to have their photographs taken as well as hoping that some of their colleagues saw them!

The water was busy with river traffic and quite choppy but that really added to a most enjoyable experience. David Rutley MP commented before the event, "We are looking forward to having a water based adventure literally on our doorstep and to seeing some of the iconic London landmarks from a totally different perspective. But most importantly, the event provides an opportunity to promote important messages about the health and wellbeing benefits of outdoor activities like canoeing. As well as being available in big cities, activities like this attract large numbers of people to rural areas, where adventure tourism forms a crucial part of the local economy. We want to encourage more people to try out some of these activities, which are invariably great value for money, offer really compelling health benefits and show off some of the most attractive parts of the UK in the process."





GRANT APPLICATIONS UPDATE

Throughout this year, the Canoe Foundation has continued to grow, receiving more applications and awarding more grants than ever before!

At the latest Small Grants Panel meeting the Charity awarded a further £8,052.55 to 11 different projects, across the UK. This takes the total funding awarded in the past ten years to in excess of £214,000 to some 182 different projects.

The Canoe Foundation is certainly working hard in our mission of 'positively changing lives through canoeing'; and during this time the monies awarded by the Charity have benefited over 50,000 individuals!

On our website www.canoefoundation.org.uk you will find a variety of case studies from some of the projects we have previously supported and further details about our Grants, as well as all the latest news and details of how you can support the work of the Canoe Foundation.

SUMMER OF SPORT, SUMMER OF FUNDRAISING

Last year we had a number of people raising money for the Canoe Foundation through various sporting (and non-sporting) methods, such as Half Marathons, Devizes to Westminster and DVD sales. We have already got one individual taking on the Bristol Half Marathon to fundraise for the Canoe Foundation, so why not make the most of summer and set yourself a challenge, have some fun and raise some money for a good cause at the same time!

Whatever you are planning, whether you need our help or would like to discuss any events you are putting on as an individual, club, region or discipline, we would love to hear from you...

Get in touch: e-mail: info@canoefoundation.org.uk phone: 0845 370 9547 or at our postal address: Canoe Foundation, 18 Market Place, Bingham, Nottinghamshire, NG13 8AP.

For those regular users of social media, you can connect with us and stay up to date with all the latest news through our Facebook and Twitter accounts.

Until next time happy paddling!

pull on a pull-over

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



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

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



The South West
Canoe Show
Sat 12th Oct 2013
The Quay, Exeter, Devon
www.swcanoeshow.co.uk
AS WATERSPORTS
Haven Road, Exeter, EX2 8DP
01392 219600 sales@aswatersports.co.uk
Free Entry!
The UK's biggest free entry paddle sports show!



COTSWOLD
outdoor

**THE UK'S
WIDEST RANGE OF
OUTDOOR
CLOTHING
AND EQUIPMENT**

**20% DISCOUNT
WEEKEND***

24 - 27 AUGUST 2013
FOR ALL MEMBERS OF



**STORES NATIONWIDE
COTSWOLDOUTDOOR.COM**

*Not to be used in conjunction with any other offer or discount. Only valid upon production of a valid BCU membership card at till point or discount code online. 20% discount valid 24th - 27th August 2013 inclusive.

Article by James Smythe, GBR Team Leader European Marathon Championships 2013

A Golden Hat trick

THREE EUROPEAN MARATHON TITLES GIVE GB WOMEN SUPREMACY

Images by Andrew Hicks and Carolyn Cooper

The GB canoe marathon team has had it's fair share of world and European medals in recent years, but this is only the third time that the national anthem has been played three times in a single world or continental championships. For marathon historians, it also marks a turning point in British women's marathon racing success: that the number of world or European titles won by British women now stands at 18, compared to 17 for men.

The start lists of this Premier European Marathon event had very few differences to a world championships, the obvious absence of South Africa for instance, but other nations were present in full force, with Spain and Hungary sending two boats for almost every race, as well as strong contingents from all the other successful marathon nations.

JUDGMENT CALLS

Rule amendments introduced for these championships caused controversy before the event, with an ICF guidelines document suggesting a major review of what constitutes fair racing. In particular, the tactic of 'squeezing', where a paddler improves their position in a group by pulling ahead of a competitor on a side wash and moving in to take their place appeared to have been banned. A new penalty box system was introduced, where paddlers guilty of minor rule infringements would be held for up to 30-seconds.

At the event, the ICF were quick to reassure and clarify that racing rules hadn't changed, and that only unfair contact would be punished. However, the guidelines remained on the record, and there was a fear that judges inexperienced in racing themselves would sanction perfectly normal, robust racing. As it happened, the penalty box was only used once in the men's C1, with no impact on the medals, and the judges decided not to sanction some very robust tactics in the senior women's K2 race.

JUNIOR GOLD

Championship marathons now last three days, and racing began early on Friday morning with the junior singles races. Elbridge's Bruce Jones was first off, getting an excellent early start, but the excellent Dane Kasper Pretzmann blew the race apart, in just a few hundred metres. Having finished a close second to Rene Poulsen at the Danish assessment race, Pretzmann proved he can race at least as fast as the senior men, and by half way through the race only one other Danish paddler was still with him. He went on to win by a large margin, while Bruce took the sprint in the third group to finish 10th.

At the same time, Elbridge's Amy Ward was stamping her authority on the junior women's race. She managed to avoid a collision between the fast Hungarian and Danish paddlers after the start, giving an early opportunity to put them under pressure. After the first lap of four, only the German Alina Gieres stayed with her, and Amy showed tactical patience to wait until the final portage before paddling away for the gold medal.

"They pulled out of the turn with only the Spanish on their wash, and proceeded to build a lead of over a minute at half way."





UNDER 23

Next up was Runcorn's Jenny Illidge in the under 23 women's race. The under 23 races are a little shorter than the senior equivalents, but always see the same sort of pace. A very strong top three of world medallists broke away, followed by a large group, which Jenny found herself just behind. She was able to match their pace but wasn't quite able to get up onto the washes, and quickly passed anyone dropped by the group in front. By the end of an hour and forty-five minutes of racing, Jenny was less than three minutes behind the winner in sixth place.

Norwich's Albert Hicks was our representative in the under 23 men's K1, where a very talented group of five broke away. Albert's second group was always close, with the top group lead staying about a minute ahead. He has developed a reputation for last-lap charges, reasoning that it's better to try and win a medal than to settle for no better than fifth. Albert pulled his group up to only 20 seconds off gold, claiming a seventh place that belied his efforts.

GOLD RUSH CONTINUES

Saturday's racing started with the junior K2s, Amy Ward pairing up with B3C's Sam Rees-Clark. These two had won international sprint medals already this season, and their marathon pedigree made them hot favourites for the title. Wey KC's Ed Haws and Jack Childerstone, and the K2 of Sam Plummer (Leighton Buzzard) and Nick Romain (Richmond) raced the junior men's race.

These races panned out in much the same way as their K1 equivalents. Denmark's Pretzmann and Graversen paddled away at the start and time trialled to a dominant win, while Sam and Amy did much the same in the junior women's race. Amy already had a world

bronze in K2 from last year, but the pairing with Sam delivered GB's first clean sweep in the junior women's category since Louisa Sawers' double in 2006.

In the main group of eight junior men's crews, Sam and Nick joined Ed and Jack for half of the race, before the group split in two. Ed and Jack were tactically strong, but up against it in a group of Hungarian and Spanish crews, eventually having to settle for fifth, 20 seconds from a medal. Nick and Sam won the next group to claim sixth.

RETURN TO RACING

Ben Brown of Elmbridge and Keith Moule of Chelmsford CC were both returning to international marathons after some time off - a season or so in the case of Ben, while Keith's last marathon international had been the 2003 world championships. Off the start, a large group raced down to the first turn with all the top paddlers at its core. Four broke away on the turn: Spain's World Champion Alonso, multiple champion Merchan, European Champion Ramalho from Portugal, and the world medallist Petrovics from Hungary. Ben was left with some work to do, with a 20 second deficit after lap one, while Keith was in the fourth group. Ben pulled the chasing group back, and rejoined the top paddlers approaching the bottom turn for the second time. Coming straight past, he split the group and dropped Merchan, taking his place in the top four. This group remained intact for the rest of the race, and while Ben was able to match their pace, his recent absence from racing at this level meant he had to settle for fourth after the final portage and sprint for the medals. Keith raced well in a group contesting 13th, and dropped them with a lap to go to claim the place. ▶

HARD FOUGHT HAT TRICK

Sunday morning started with the senior women's K2. The GB pair of Wey KC's Fay Lamph and Richmond CC's Lizzie Broughton have been an established crew for nearly a decade, collecting national titles and good international results along the way, the best being a fourth place in senior women's K2 at the world championships in Singapore. As a light crew, the ability to start at the same speed as the top Hungarian, Danish and Spanish crews would be critical to their result - once they get into a top group, they rarely get dropped. Fay had been working on this all winter, while Lizzie took the alternative approach of racing DW non-stop in sub-zero temperatures only two months ago.

The Hungarian crew of Kiszli and Bara, the former a K2 bronze medallist from Rome and the latter K1 women's champion from the previous day, pulled out a powerful start. Fay and Lizzie had to move around the back of them to take a front side wash in a group of six boats. Joining them were the Swedish boat of Lindblad (silver medal in the U23 K1) and Andersson, the Spanish Villace and Carbajo (bronze in U23 K1), a Danish and Russian crew.

The far turn of the race was approached at a sharp angle, so the first buoy offered an opportunity to attack the group and Fay and Lizzie obliged. They pulled out of the turn with only the Spanish on their wash, and proceeded to build a lead of over a minute at half way. From there it was more a matter of working out how to beat the Spanish. Plan A of 'run away at the second to last portage' was somewhat hindered by Spain's own Plan A - hit Fay in the face with a K2!

Nobody likes to win because of a judges decision, but from the GB team's perspective this behaviour merited a trip to the new penalty box. What we most feared was that the Spanish would come back from the final lap on their own after leaving our crew up the bank or in the water. But the umpires preferred to leave it to the race and no penalty was given. Fay and Lizzie weren't going to leave it to chance however, and led out a kilometre from the portage to put the Spanish under maximum pressure. The British crew had enough of a lead through the portage to run unhindered, and pulled away for the gold medal.

SENIORS

The last race of the championships with a GB entry was the senior men's K2, where Norwich's Tim Pendle and Wey's Jon Simmons were to test out their renewed racing partnership. This race was also packed with champions, and Spain's world champion pairing of Alonso and Merchan established a front group of five with the second Spanish boat, the Czechs, Hungarians and French. The British crew were established in the second group, unable to bridge the thirty-second gap to the front.

The front group dropped a Spanish and French crew who were rapidly overtaken by the second group, but held onto their lead with Spain finishing ahead of the Czechs and Hungarians. Tim and Jon were dominating the second group by the later stages, but had to settle for a sprint for fourth, which they took comfortably, to record our best men's K2 finish in three years.

STRENGTH IN NUMBERS

This group of athletes demonstrated that Great Britain is once again strong across the board in marathon racing - despite the disappointing shortage of top canoe class athletes willing to race. They took third in the medals table behind Spain and Hungary, despite not fielding an entry in six of the fifteen races.

Marathon racing is no barrier to sprint success - Tim Brabants and Erik Larsen have both won marathon medals two years before Olympic medals. Paul Wycherley, Louisa Sawers, Ed Rutherford and Jess Walker have all won junior marathon world titles. So if you dream of standing on the podium and hearing the national anthem one day, put some of those dreams into action by dipping a paddle in to marathon racing. **CF**

"This group of athletes demonstrated that Great Britain is once again strong across the board in marathon racing."





Tim Baillie & Etienne Stal Olympic Gold 2012
Image: Peter Asplies

CUSTOM GEAR

YOU DESIGN IT. WE MAKE IT.
PHOTOS, LOGOS, FLAGS, ANIMAL PRINTS
 CLUBS - TEAMS - INDIVIDUALS
anything is possible...

Contact us for a quote.



USEFUL INFO

Check out for info on how to get involved go to
www.marathon-canoeing.org.uk

44 (0) 1629 732611 E: info@peakuk.com W: www.peakuk.com

CHECK OUT THE BEST CANOEING & KAYAKING IMAGES FROM THE JUNE AND JULY ENTRIES IN TO OUR REGULAR PHOTO-COMPETITION...

Photo Competition

We're constantly amazed at the beautiful photos that you submit each month, from the inspiring images that flood into the FOCUS office and inbox it's pretty clear that, not only are you paddling in some fantastic locations, but you have a great eye for capturing the spirit of our brilliant sport.



Have You Got a Cracking Canoeing or Kayaking Shot?

Send us your best canoeing or kayaking photos and you could win a £20 voucher for Cotswold or WHSmith! To enter 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 Josephine McEnaney, British Canoe Union, 18 Market Place, Bingham, Nottingham, NG1 8AP or you can email your entry to Josephine.McEnaney@canoe-england.org.uk Please note we can only allow one entry per person per month.



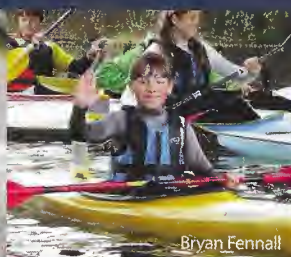
Winifred Basing



Alan Pinnington



Alex Nicol



Bryan Fennell



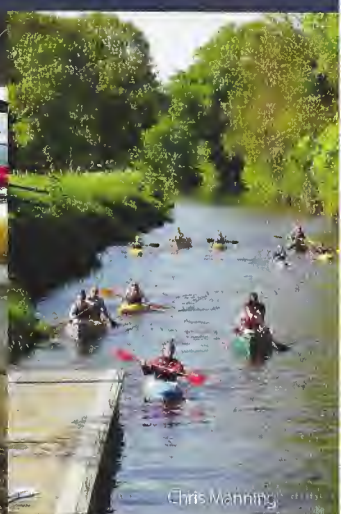
Andrew Gough



Anita Jenkins



Chris & Jill Ingham



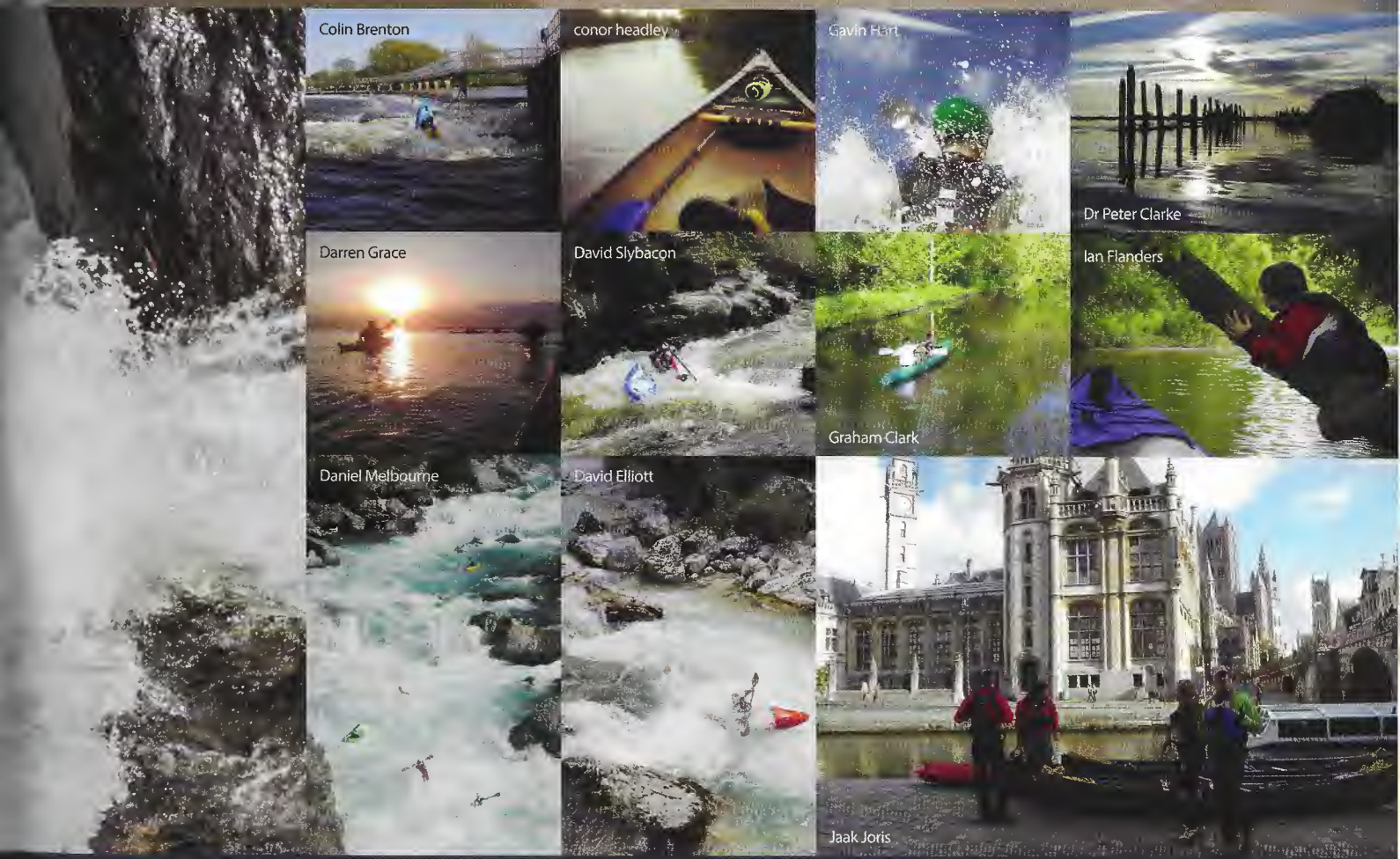
Chris Manning

WINNER - Tom Laws





WINNER - Harvey Merrifield



Colin Brenton

conor headley

Gavin Hart

Dr Peter Clarke

Darren Grace

David Slybacon

Graham Clark

Ian Flanders

Daniel Melbourne

David Elliott

Jaak Joris



Jonathan whetton



Ken Oliver



Jennie Small

Catherine Crave



Jack Burrow



Jon Søper-Dyer

Kingston Slalom Team



Kevin Foynes



Julian Knight



Märk Gledhill



Märk Eastman



Matt Ellis



Mark Widdowson



Mark Walters



Mike Bennett



Milton Cadman



Matt Godfrey



Neal Underwood



Nick Dennis



Olivier Michelin



Nick Wright



Mike Dunne

Patrizia Guasti



Paul Bennett



Paul Bramble



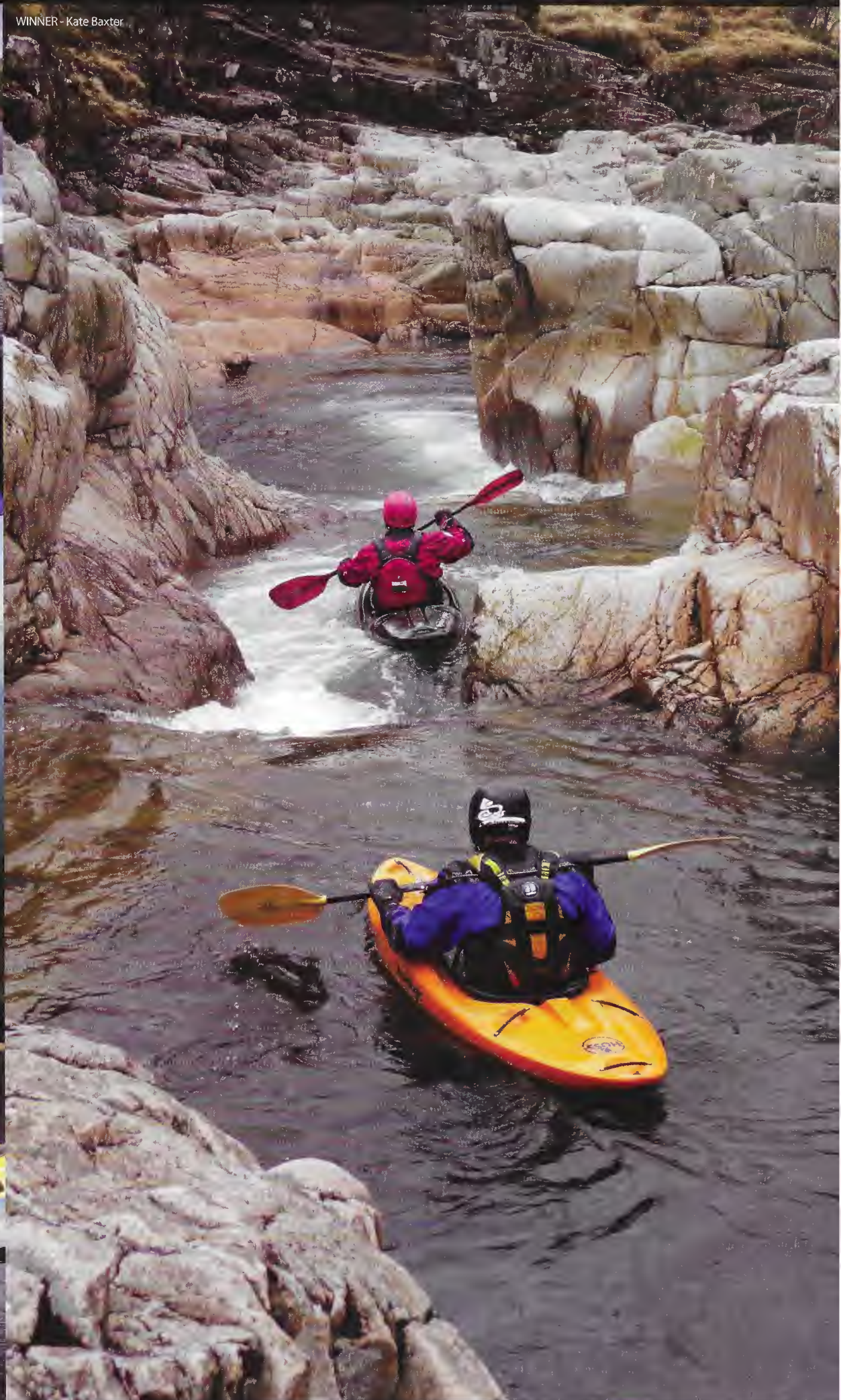
Ollie Vann



Nigel Winters



WINNER - Kate Baxter





Peter Clarke

Phil Shear-town

Sharon Sibley

Philip Assheton

William Austin

Pauline Marsh

Phil Miller

Terry Kinsella

Steve Mead

Yvonne Walser

Rhys Beddo

Richard Brett

Richard Mole

Robert Crit

Wayne Morgan

Win a Fatyak Kayak and a year's supply of Ecover Cleaning Products!

Canoe England has teamed up with sustainable cleaning specialists Ecover and Fatyak Kayaks, to add an exclusive You, Your Canoe & the Environment category to our usual monthly Photo Competition. We want to see your snaps of the UK's most breathtaking landscapes, waterways & wildlife!

Entries will be open from 1st May until 26th August, with the winners being announced on 31st August, giving you plenty of time to get that all-important shot!

The prizes are amazing - a year's supply of Ecover products and a Fatyak kayak. The winners will also be invited to take part in the Ecover Blue Mile in Plymouth on 14-15 September.

Your photos will go into a gallery on the Ecover Blue Mile website and a selection will be exhibited at the Ecover Blue Mile in Plymouth, where the winner of the Fatyak kayak will be presented with their prize.

To enter, simply send us your best shot (at least 5 megapixels) along with your contact details and some brief information about where the photo was taken to: josephine.mcenaney@bcu.org.uk

Put 'Ecover Photo' as the subject. All images submitted will automatically be entered into the usual Canoe England monthly Photo Competition too and the usual Terms & Condition's, which can be found on the Canoe England Website, will apply.

So, what are you waiting for? Grab your camera, get out on the water and start snapping!!



FedEx[®]

SUCCESS

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

LIVE TO DELIVER



business.fedex.com/canoeing

© Copyright 2012 FedEx

FedEx[®]

OFFICIAL CARRIER



Holidays and Courses

Mountain and Sea Guides
Applecross Peninsula NW Scotland

Skye Cullin and Torridon Guiding
Munro summits, Black Cullin Ridge

NEW multi activity week!

Skills weekends.

Course only and full board options.

Beginner and intermediate
Sea Kayaking Expeditions:
Scotland, Arctic Norway, Canada, Croatia.

Home cooking, local knowledge
and guides along with a warm
welcome awaits.



applecross.uk.com/msg
01520 744 394

Sea Kayak MILOS
Genuine hospitality, quality equipment, an amazing place to paddle: 8 nights B&B and 6 sea kayaking day-trips for €560 pp. BCU qualified coaches, Open all year.
MILOS ISLAND, GREECE
www.seakayakgreece.com

Sea Kayaking Kefalonia
Ionian Sea, Greece
Day-trips in Kefalonia, multi-day trips in Kefalonia, Ithaca and all central Ionian, BCU courses, accommodation
www.seakayakingkefalonia-greece.com

Retailers

Canoe Kayak Trader
Wide range of stock
Try before you buy
BCU Courses
canoe-kayak-trader.co.uk
The Loam Boat Centre, Leamington Spa, CV31 1BE
01926 88 99 28

Nucleus Watersports
The Essex Superstore
Kayaks, Canoes, Accessories
www.canoes2go.co.uk
sales@canoes2go.co.uk
Tel: 01255 812146
304 Frinton Rd, Holland-on-sea, Essex CO15 5SP

Boat Builder

HAND-CRAFTED OPEN CANOES
Professional cabinetmaker builds beautiful hand-built Cedar stripwood open canoes. A variety of designs for different usages available. Located in Coalbrookdale, in the Severn Gorge. Email for details and photos.
violinmaker@sky.com Tel: 07870 161042.

Event

Tyne Tour
November 1st, 2nd & 3rd
Day pass paddling tickets £8
Full weekend paddling and facilities £15
Full package price inc. Ceilidh £25
or £20 if ordered by 31st Sept
www.tynetour.org

Situation Vacant



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



Both Centres require Instructors with a minimum of:

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

In return we can offer suitably qualified Instructors:

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

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

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

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

Vacancy - Female Outdoor Education Assistant / Instructor

King Edward VI Five Ways School has a flourishing outdoor education department with its own climbing wall and fleet of kayaks on the reservoir next to the school grounds.

We are currently looking for an enthusiastic and hardworking individual to assist the head of outdoor education in the planning and running of school clubs and weekend visits. The position is full time during the school term and involves weekend trips on around 30 weekends a year.

As a bare minimum applicants must have a full UK driving licence and must either have their CWA or be ready for assessment before Sept 2013.

This is a great opportunity to get experience working in both the outdoors and working in school and a successful applicant can expect a great deal of professional development including NGB qualifications where appropriate.

For further details, job description, personal specification and application form please visit the school website at www.kefv.org or email Jamie Bartlam (Head of OE) at jbartlam@kefv.org

Application deadline: Wednesday 12th September Interviews: Week commencing 16th September
Start date: 30th September or as soon after as possible

active4seasons
Developing Desire for Adventure
NORTHUMBERLAND
Guided trips and coaching
Sea kayak around the Farne Islands
Canoe the Tweed
www.active4seasons.co.uk

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

SEA KAYAK SARDINIA
WORLD CLASS ADVENTURES
Tours
Holidays
BCU courses
www.seakayaksardinia.com

Accommodation

Fort William
Self-catering - Groups or individuals
Home comforts - Excellent drying rooms
- Twin and four-person bedrooms -
Parking for trailers - 26 beds
Tel: 01397 700451
info@fortwilliamholiday.co.uk
www.fortwilliamholiday.co.uk

River Tees Middleton
in Teesdale County Durham
Private Hostel - Self Catering for
groups of 5 to 39. £12 per pppn
5 minutes walk from the Tees
Drying room • off street parking
• secure boat storage
• central heating
01833 640881

GO CANOEING & KAYAKING
Brought to you by Canoe England and Canoe & Kayak UK magazine this bookazine brings you our top selection of trips covering all disciplines perfect for the whole family.
Order online at
www.go-canoeing-and-kayaking.co.uk

ENTRY LEVEL PACKAGES

Pyranha Rebel Kid Pack

- Pyranha Rebel River
- Palm Colt Paddle
- Yak Zinc Spraydeck

RRP £480

Pack Price £420



Pyranha TG Master Package

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

RRP £465.00 **NOW £410.00**



Tootega Pulse Beach Pack

- Tootega Pulse 85
- Yak Blaze PFD
- Carlisle Day Tripper Paddle

RRP from £414

Pack from £350.00



Ocean Kayak Malibu 2 Package

- Ocean Kayak Malibu 2
- Yak Blaze PFD x 2
- Carlisle Day Tripper x 2

RRP £700.00

Pack Price £615.00



Inflatable Kayak Pack - Tango 200

- Zpro Tango 2 man
- 2 x Yak Blaze
- 1 x combination paddle (2 canoe/1 kayak paddle)
- 1 x Stirrup pump

RRP £471.00 **Pack Price: £399.00**



Ocean Kayak Trident 13 Fishing Pack

- Ocean Kayak Trident 13
- Nookie Delta Ranger PFD
- Carlisle Day Tripper Paddle

RRP £910.00

Pack Price £799.00



pyranha

★ **ROBIN HOOD STAR OFFERS** ★

PYRANHA KAYAK DEALS

	First	Blem
Burn	£649	£629
Karnali	£549	£529
Z1	£549	£529
Varun	£549	£529



Varun



Karnali



Burn



Z1



sweet protection

FABULOUS SWEET DEALS

PRICE MATCH PROMISE - we will match any advertised price

MAIL ORDER/ADVICE LINE 01924 444888

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

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

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

DAILY OFFERS ON



@ Robin Hood Kayak

0% FINANCE ON ORDERS OVER £250 T&C apply

CHECK OUT OUR SPECIAL OFFERS PAGE



go kayaking

canoe & kayak stores



SUPPLYING CANOE AND KAYAK EQUIPMENT TO PADDLERS IN THE NORTH WEST FOR OVER 30 YEARS!

Catering for all types of paddlers from clubs, beginners and seasoned professionals. Kayaks North West offers the friendly relaxed environment that paddlers enjoy as well as the service and range that all customers demand.

Shop online at www.kayaksnorthwest.co.uk

Visit us in-store at Kayaks North West, Marina Village, Preston Brook, Runcorn. WA7 3DW.

Email: sales@kayaksnorthwest.co.uk | Tel: 01928 710770

Open: Mon-Fri: 9.30-17.30 | Sat: 9.30-17.00



SCOTLAND'S PREMIER PADDLESPORT RETAILER

Visit us in-store at Unit 1-2 Inveralmond Road, Inveralmond Ind Est, Perth. PH1 3TW

Email: info@gokayakingscotland.com | Tel: 01738 628859

Open: Mon-Wed & Fri: 9.30-17.30 | Thurs: 9.30-19.00 |

Sat: 9.30-17.00 | Sun: 10.00-16.00

Suppliers of canoes, kayaks, paddles and paddlesport equipment from:



Friendly staff with expert knowledge.

Great range and service in store and online.

Evening talks, film presentations and workshops every 3rd Thursday of the month.

