

canoe

focus



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Stop Press - Now available in Ireland

Brookbank are pleased to announce we are now able to offer our products to customers North and South of the border from our retail partner in Northern Ireland, North South Marine.

A small selection of our equipment will be on show from late August.. However all of our products are available to order through North South Marine.

North South Marine move premises later in 2009 and the range of stock on display will be enlarged.. Based near the beautiful Loch Erne canoe trail North South Marine will initially be stocking kayaks for sea and touring use, sit on tops and open canoes.

North South Marine, Maguiresbridge Road, Lisnaskea, Co. Fermanagh, Northern Ireland, BT92 OPE, Tel: 028 6772 1720



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Brookbank Warwickshire

Unit 7, Budbrooke Industrial Estate
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British Indoor Kayak Championships

21st -22nd November 2009
Brunel University, Middlesex

Enter at www.bcu.org.uk

Doug Caffyn paper

Inserted in this issue of Canoe Focus is a copy of the paper sent to the Sustainability Committee of the National Assembly for Wales by the Reverend Douglas Caffyn, relating to the 'right of navigation.'

Political Party Conferences

Representatives of the Rivers Access Campaign are currently attending the political party conferences and lobbying MPs for greater access to inland waterways.

Bingo Lotto

Last year we received £1000 from the Bingo Lotto trial programme. This year with support from Tesco, we hope that amount will increase. From Sunday 13th September, BingoLotto will be televised weekly on Virgin 1, with game cards available to purchase for £2 from any Tesco till point in Britain, allowing participants to play alongside the TV game. More opportunities to buy, play and win mean more potential funds available for canoeing. For every BingoLotto game card sold, 20% will be donated to more than 130 governing bodies of sport and recreation. Funds are distributed through CCPR. For more information visit www.bcu.org.uk.

Paul Owen
Chief Executive

Welcome to October Canoe Focus

British Indoor Kayak Championships 21-22nd November

The first ever Championships are being held at Brunel University, Middlesex. The race lengths are 200m, 500m, 2km and 10km with the winners receiving £750 each and a Kayak Pro machine for the 10km challenge. The Championships are being held in the indoor athletics stadium and places are limited so enter now! The event is being supported by: Canoe England, Kayak Pro and Brunel University. Details at www.bcu.org.uk.

Slalom World Championships

One Gold, a Silver and a Bronze medal – congratulations GB for a fantastic result at the World Championships held in Seu d'Urgell, Spain during September. The athletes competed on the 1992 Barcelona Olympic white water course.

Sprint World Championships

Congratulations to the GB Sprint team for fantastic results at the World Championships. Rachel Cawthorn achieved fourth, Lucy Wainwright and Lani Belcher came eighth in the women's K2, the men's K4 achieved seventh place and in the women's K4 500m GB came fifth. In the paddleability race Lucy Gardener achieved fifth place and James Oldham fourth. In the women's C2 exhibition, GB won Bronze and Silver medals.

Changes to Olympic Sprint distances

The International Canoe Federation and the International Olympic Committee have decided to replace the men's K1 500m with the 200m and to introduce the women's K1 200m. These changes will take place in the London 2012 Olympics. We certainly welcome the addition of the women's event and the men's K1 200m will be spectacular.

Canoe Polo European Championships

GB won Gold (women), Silver (Under 21 women) and Bronze (men) medals at the Canoe Polo European Championships in Essen, Germany. The women's team have now added European title to their World Games Champions title, underlining their status as the best in the world.

Freestyle World Championships

World Champions include: David Bainbridge (men's C1), Claire O'Hara (women's K1 Squirt), James Reeves (men's K1 squirt), and a Silver medal went to Emma Runciman (women's K1 squirt).

Marathon World Championships

The Championships were held in Crestuma, Portugal with the GB Sprint team winning several medals. Ben Brown won a Silver and Tom Daniels, won Bronze (under 23), Dean Terry won Silver (junior class). Lani Belcher won Bronze (women's K1 class), Louisa Sawers won Silver (Under 23).

Fresh OUT OF THE OVEN



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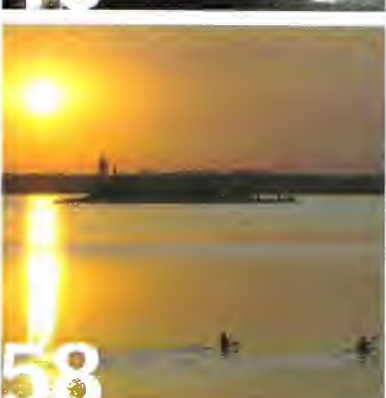
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Check out the Biscuit and other yummy treats at

www.liquidlogickayaks.com

www.systemxkayak.co.uk



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Competition

	Start	Finish	Discipline	Event
October	10-Oct		Wild Water Racing	Nene 3 - Wavehopper Finals - SE Series Finals
	10-Oct		Coach Update	Norfolk
	10-Oct	11-Oct	Slalom	Llandysul - Div 1 and 2
	10-Oct	11-Oct	Surf	British Open - Wales - Reserve Date
	10-Oct	12-Oct	Canoe Polo	World Masters Games - Sydney, AUS
	10-Oct		Canoe Polo	Div 4 Central - Derby
	10-Oct		Canoe Polo	Div 4 South East - Luton
	11-Oct		Slalom	Morpeth - Div 4
	11-Oct		Marathon Racing	Mersey Descent
	11-Oct		Marathon Racing	Chelmer - Hasler 10 - Easter - K2
	11-Oct		Marathon Racing	Lincoln - Hasler 10 - Midlands - K1
	11-Oct		Marathon Racing	Windsor - Hasler 10 - Southern - K1
	11-Oct		Marathon Racing	Fowey River - Hasler 10 - South West - K1
	12-Oct		Slalom	World Master Games - Sydney, AUS
	14-Oct	15-Oct	Marathon Racing	World Masters Games - Sydney, AUS
	14-Oct	16-Oct	Sprint Racing	World Masters Games - Sydney, AUS
	17-Oct		Wild Water Racing	Stone - Div B - Midland Series Finals
	17-Oct		Coach Update	South East Region - Chichester
	17-Oct		Slalom	Llangollen - Premier
	17-Oct	18-Oct	Slalom	Sowbery Bridge - Div 2 and 3
	17-Oct		Canoe Polo	Div 1 - Coventry
	17-Oct		Canoe Polo	Div 2 Ladies - Luton
	18-Oct		Wild Water Racing	Steningford Mill - Div B and Wavehopper - NE Series 3
	18-Oct		Wild Water Racing	Lower Dart - Div B and Wavehopper - SW Finals
	18-Oct		Slalom	Llangollen - Div 1
	18-Oct		Coach Update	Staffordshire - Burton
	18-Oct		Marathon Racing	Wolfeaton - Hasler 10 - Yorkshire & Humberside - K1
	18-Oct		Marathon Racing	D. N. V. Dee Marathon (HQ '10)
	18-Oct		Marathon Racing	Richmond - Hasler 10 - London & SE - K2
	24-Oct		Wild Water Racing	Usk - Div A and B - Masters Championships
	24-Oct	25-Oct	Wild Water Racing	World Cup 1 & 2 - Upper Mersey - Tasmania, AUS
	24-Oct	25-Oct	Slalom	ICF World Rank Event - British Open, Llangollen
	24-Oct	25-Oct	Slalom	Yalding Weir - Div 3 and 4
	24-Oct		Canoe Polo	Div 4 North - Stockport
	24-Oct		Canoe Polo	Div 3 North - Derby
	24-Oct		Canoe Polo	Div 3 Central - Luton
	24-Oct		Canoe Polo	Div 3 South - Bristol
	25-Oct		Wild Water Racing	Taff 2 - Div B - Welsh Series 4
	25-Oct		Slalom	Yalding Weir - Kent and Sussex Open
	25-Oct		Marathon Racing	Banbury - Hasler 10 - Southern - K1
	25-Oct		Marathon Racing	Trent K2
	28-Oct		Wild Water Racing	World Cup 3 - Echo Valley - Tasmania, AUS
	31-Oct		Wild Water Racing	Dee 1 - Sprint - Div B - Team and Club Championship Final
November	31-Oct		Wild Water Racing	BCU Wild Water Racing - ACM
	31-Oct	1-Nov	Surf	Borders Challenge - Pease Bay
	31-Oct	1-Nov	Surf	Strictly Come Surfing. Soapstar Superstar, Warm Water Classic
	31-Oct		Canoe Polo	Div 2 North - Leeds
	31-Oct		Canoe Polo	Div 4 Central - Derby
	31-Oct		Canoe Polo	Div 2 South - Coventry
	31-Oct		Canoe Polo	Div 4 South East - Luton
	31-Oct		Canoe Polo	Div 4 South West - Bristol
	1-Nov		Wild Water Racing	World Cup 4 - Brady's - Tasmania, AUS
	1-Nov		Wild Water Racing	Dee 2 - Div A and B - Youth Championships 9 National Classic
	1-Nov		Coach Update	North East Region
	1-Nov		Wild Water Racing	Royal Dee - Div B - Scottish Series 3
	1-Nov		Wild Water Racing	Tyne Tour - Wavehopper - North East Series 4
	1-Nov		Marathon Racing	Cokethorpe
	4-Nov		Wild Water Racing	World Cup 5 - Meander - Tasmania, AUS
	7-Nov		Freestyle	2010 Team Selection - Holme Pierrepont
	7-Nov		Coach Update	Essex
	7-Nov		Wild Water Racing	World Cup 6 - Cataract Gorge - Tasmania, AUS
	7-Nov		Canoe Polo	Div 4 North - York
	8-Nov		Marathon Racing	Longridge - Hasler 10 - Southern - K2
	8-Nov		Marathon Racing	Avon Descent
	8-Nov		Marathon Racing	Shipley - Hasler 10 - Yorks & Humberside - K2
	14-Nov		Wild Water Racing	Mersey - Div B - North West Series 3
	14-Nov		Marathon Racing	Trentham - Hasler 10 - North West - K1
	14-Nov	15-Nov	Surf	Kimmeridge Bay
	14-Nov		Canoe Polo	Div 1 Ladies - Leeds
	15-Nov		Coach Update	South Yorkshire - Manvers
	15-Nov		Wild Water Racing	Irwell - Div B and Teams - NW Series Finals
	15-Nov		Marathon Racing	K2 10km Championships - Scotland
	21-Nov		Coach Update	Cumbria
	21-Nov		Canoe Polo	Div 2 Ladies - Stratford Upon Avon
	21-Nov		Canoe Polo	Div 1 - Coventry
	28-Nov		Wild Water Racing	North Tyne - Div A and B
	28-Nov		Wild Water Racing	Tees Barrage - Div A and B - NE Series Finals
	28-Nov		Slalom	BCU Slalom Committee - ACM
	28-Nov	29-Nov	Wild Water Racing	Tour o't' North
	28-Nov	29-Nov	Wild Water Racing	Washburn - BUCS - British Student Champs
	28-Nov		Canoe Polo	Div 4 North - Stockport

	Start	Finish	Discipline	Event
November	28-Nov		Canoe Polo	Div 4 South East - Dagenham
	29-Nov		Wild Water Racing	Tees 2 - Classic - Div A and B
	29-Nov		Marathon Racing	Ross Warland Memorial Canal - Banbury
	29-Nov		Marathon Racing	Winter Time Trial - Linlithgow
	29-Nov		Marathon Racing	Cardiff Bay - River Taff - Circuit Course
	Nov		Wild Water Racing	Dee 3 - Div B - Army Canoe Union Champs
	Nov		Wild Water Racing	Clyde - Div B - Scottish Championships Finals
	Nov	Dec	Freestyle	2010 Team Selection - Hurley
	5-Dec		Canoe Polo	Div 4 Central - Derby
	5-Dec		Canoe Polo	Div 1 Ladies - Coventry
December	5-Dec		Canoe Polo	Div 2 Ladies - Luton
	6-Dec		Marathon Racing	Stour Descent
	12-Dec		Canoe Polo	Div 2 North - Leeds
	12-Dec		Canoe Polo	Div 3 North - York
	12-Dec		Canoe Polo	Div 3 Central - Stratford Upon Avon
	12-Dec		Canoe Polo	Div 3 South - Dagenham
	20-Dec		Marathon Racing	Winter Time Trial - Linlithgow
	Dec		Wild Water Racing	Nith 2 - Div B - Royal Air Force Champs 2010
	2010 TBN		Wild Water Racing	European Junior Championships - Kraljevo, SRB
	2010 TBN		Freestyle	European Championships - Lienz, AUT
January	3-Jan		Marathon Racing	Frank Luzmore K2
	9-Jan		Canoe Polo	Youth Training - Stratford Upon Avon
	9-Jan		Canoe Polo	Div 2 Ladies - Luton
	16-Jan		Canoe Polo	Div 3 North - Stockport
	16-Jan		Canoe Polo	Div 3 Central - Luton
	17-Jan		Marathon Racing	Winter Time Trial - Linlithgow
	23-Jan		Canoe Polo	Div 2 Ladies - Derby
	24-Jan		Wild Water Racing	Thistlebrigg 1 - Div B - Scottish Series 1
	24-Jan		Wild Water Racing	Dart Team Race - Div A, B and Wavehopper
	25-Jan		Wild Water Racing	Dart Loop - Div A and B - Youth Championship 1
January	25-Jan		Wild Water Racing	Middle Dart - Div B - South West Series 1
	27-Jan		Marathon Racing	Waterside A
	30-Jan		Canoe Polo	Div 2 North - Leeds
	30-Jan		Canoe Polo	Div 4 Central - Derby
	30-Jan		Canoe Polo	Div 2 South - Coventry
	30-Jan		Canoe Polo	Div 4 South East - Luton
	30-Jan		Canoe Polo	Div 3 South - Bristol
	31-Jan		Wild Water Racing	Exe - Div B - South West Series 2

I am new to competition events – what is it all about?

There are many paddlers who may not have thought about the competition side much, but the competition disciplines DO welcome newcomers to their sport. Information and contact details for each of the competition disciplines are available within the BCU Directory, or alternatively visit the BCU website (www.bcu.org.uk) and look under 'disciplines' to visit a competition website.

Have we missed any?

We have compiled the list from those events which people have notified us of and we do our best to ensure that the information is correct at the time of writing. However, circumstances change, so if this is the case or if you know of any competition events that you think should be added. Email: andy.goodsell@bcu.org.uk

Club events

We are aware that there are hundreds of club based events that take place throughout the year. Unfortunately we will be unable to list them all here, however, we are very keen to publicise them on the BCU website. Email: andy.goodsell@bcu.org.uk

Websites:

Canoe polo : www.canoepolo.org.uk;

Canoe sailing: www.intcanoe.org.uk

Sprint racing: Visit BCU, then 'Our Sport' and 'Sprint racing'

Freestyle: www.ukfreestyle.com

Marathon racing: www.marathon-canoeing.co.uk

Slalom: www.canoeslalom.co.uk

Surf: www.bcusurf.org.uk

Wild water racing: www.wildwater.org.uk

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Club constitution

At my local club's AGM, there were proposals to change several aspects of the club constitution. Amongst the changes were in respect of the length of notification to call an AGM and a reduction of the appeal time after a disciplinary decision, with no mention of hand or recorded delivery of the decision.

When asked for the reason of the changes, the reply was to gain club accreditation and had been with BCU consultation. I have tried to compare several club constitutions from websites with the BCU constitution and found many differences.

I would assume there would be local requirements for a club constitution, but if the BCU are advising on the basis of any constitution, for example, calling an AGM rules and disciplinary procedure, this should be published. I have looked at the BCU constitution and surely clubs constitution should be based on this.

If the idea is to get all clubs having the same constitution framework to gain accreditation, then a published basic one on the web could be seen and agreed or disputed instead of being clouded by 'it's to get accreditation' at an AGM, where there is usually little time to fully discuss implications. Would it be possible to have a basic constitution as a guide, if nothing else?

Steve Adams

Howard Blackman,
Head of Participation replies:

Dear Steve,

Thanks for your letter.

We do provide a club constitution template which can be found at www.canoe-england.org.uk/volunteers/resources-and-templates/.

This has been approved by the CCPR and Sport England and can be used as a framework by our clubs. The clubs are free to agree their own wording within the framework.

Whilst we cannot comment on the specific issues at your club, it is important that the constitution is amended from time to time to represent current best practice.

If your club needs specific help or advice on this issue please let me know and I will arrange for one of our PDOs to visit.

Thank you BCU

I would just like to say a big thank you to the BCU for providing our club (Friends of Allonby) with the services of Len Hartley (BCU coach) over the summer holidays.

The young people from our club who attended the development days organised by Mike Moffitt and delivered by Len Hartley had a wonderful, exciting and informative time. Not only do FOA and BCU teach the youngsters to paddle they

also teach them to have a healthy respect for water, covering all of the health and safety issues needed when paddling.

The National Curriculum includes swimming and teaches a lot of children to swim, which is great, but I feel that it should not stop there, as it has a responsibility to those same children to teach them respect for open water. Many children learn to swim and then feel invincible, thinking that they can swim anywhere and go aboard any craft, sometimes with devastating results.

Clubs like ours and organisation like the BCU who teach essential respect for 'crafts' of all kinds should be publicised more.

You deliver a wonderful service, which should be explored by more city councils. Keep up the fantastic work! I can assure you that I as an individual pledge to promote our club and your services.

Thank you once again.

Sharon Stone

Howard Blackman,
Head of Participation replies:

Thank you Sharon, for sparing the time to show your appreciation of Len Hartley's work over the summer months. Canoe England and especially Len are extremely pleased that you have recognised the way in which our coaching scheme 'helps and inspires more people to going canoeing.'

We also take note of your wish to see our sport given greater exposure across schools and education. This is something that we continue to strive towards and have over the last four years developed a range of resource to support schools engagement. We are currently developing a Key Stage 4 resource and updating our Key Stage 3 resource and have plans to update our Key Stage 2 resource next year.

Canadian canoeing

You can't do that in an Open Canoe (June Canoe Focus, page 28).

Oh yeah? It seems you can and successfully negotiate the Colorado River and challenge the gods of the Grand Canyon. Such men can be proud and stand shoulder to shoulder with the real canoeist. Canoeists of yesteryear who used their craft to make a living. Pioneers, the backwoodsmen, the men who explored and opened up Canada, voyagers, gold prospectors who made their fortunes.

Real Canoeists such as Archie Belamy Wa-sha-quon-asin, Red Landerville, Boyd Mathewson and perhaps the greatest canoeist of all, Nutachewan-asee – 'man who plays the rapids'. These were the real canoeists not the ozone junkies of today, selfishly posturing, posing, splashing about in white water. Regrettably, time has taken its toll, the honest canoeists, the old

timers, have gone like last year's snow or their long dead fires.

I complained to the editor that there was not enough coverage in Canoe Focus of open canoe activity, a letter of complaints, so I was surprised to see it published. I was even more surprised that two readers took the trouble to reply to my comments and do I read a claim that there is little access to UK rivers. Rubbish, for those who want to make the effort, they are too numerous to mention.

The River Severn at Shrewsbury gives good access. Paddle under the Iron Bridge, take along someone who knows the river, or Hampton Lode, where you can view the last ferry across the Severn. There is Arley, with its towering green of the Far Forest and Bewdley with the smell of wild garlic. If you're lucky, and silent, you can watch otters at play.

Take part in the Doggy Paddle – a charity paddle that raises money for Dogs for the Blind and takes place from Leamington to Stratford on Avon. You get a certificate to show you have completed the course of some 19 miles. See Windermere where there is a cafe on the left at the bottom end of the lake that's worth a visit – an old boat house. The Wye can be fast, whilst the Nene is a gentle river, where Grey Herons look down at you with disdain, swans stretch their wings and glide with the wind alongside.

Did I read a suggestion of putting an open canoe, a prospector or canal? Never – it would sink with the shame of it!

If you want to experience some honest open Canadian canoeing then join the Open Canoe Association at www.opencanoe.org.uk, where everybody is welcome, whatever their skill or standard.

Geoff Webb

Peter Tranter,
Editor replies:

Dear Geoff,

I am pleased that you enjoyed the Wild Canoe Adventure featured in the last issue. We requested and have received many articles regarding recreational canoeing that will be published in forthcoming editions, with Anne Dorber's story printed in this one on page 44. Concerning access, you have raised a much debated topic in the form of rivers access and for more information on where to paddle, readers can visit the Canoe England website at www.canoe-england.org.uk and search for 'Where to Paddle'. Alternatively, they can turn to page 52 for the latest news and information on the rivers access debate.

Send us your letters!

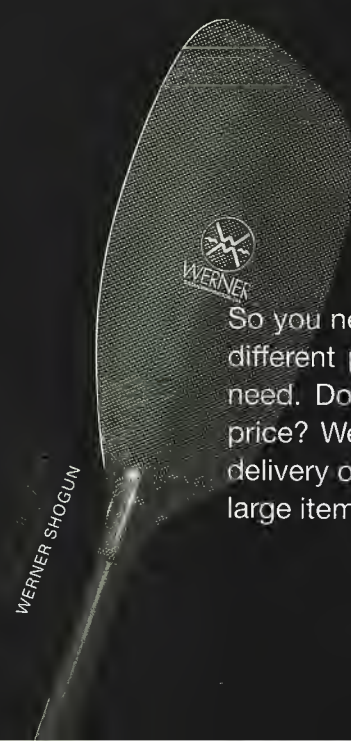
We'd love to hear from you! Please send your letters to Coral Jackson, BCU, 18 Market Place, Bingham, Nottingham NG13 8AP or email canoeingnews@bcu.org.uk



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This top has become a favourite for paddlers and we are pleased to be able to offer this at a special rate of only £16.49 + p&p. These short sleeved black tops are available in men's and women's sizes. To purchase visit www.bcushop.org.uk.

Did you know that the Tryweryn White Water Centre is now free for Canoe England members and you can also receive a discount at the Nene White Water Centre? Adults paddle for £12 and Juniors for £9 – Just show them your Canoe England membership card!

Note: All offers are subject to terms and conditions. To find out about these and to learn how to take advantage of the discounts visit the 'Members Area' of the Canoe England website.

Canoe and kayak retailer discounts

Here at Canoe England we continue to seek great deals and discounts that members can benefit from. We look to secure only deals that we think are relevant to members. We are now pleased to announce that we have negotiated a **10% discount** at selected canoe and kayak retailers around the country. For the retailer's contact details visit the Canoe England member's area – www.canoe-england.org.uk. To take advantage of the **10% discount**, just show your membership card at the time of purchase.

WEST MIDLANDS: Bear Creek Adventure, Worcestershire; Brookbank Canoes, Warwick; Canoe Kayak Trader, Warwick; Joel Watersports, Worcester; West Midland Canoe Centre, Walsall **YORKSHIRE:** Fear Gear, Doncaster; Robin Hood Watersports, Heckmondwike; Wipeout, Sheffield; Yorkshire Canoe and Kayak, Doncaster **LONDON AND SOUTH EAST:** Brighton Canoes Ltd, E. Sussex; Kent Canoes, Kent – Kent Canoes offer 10% discount on boats and 5% discount off kit; The Family Boat Shop, Surrey; UK Kayaking, West Sussex; Whitewater The Canoe Centre, Middlesex **EAST MIDLANDS:** Desperate Measures, Nottingham; Tradewinds Outdoor, Northamptonshire **EASTERN:** Nucleus Watersports, Clacton; Reeds Of Cambridge, Cambridge **SOUTHERN:** Berkshire Canoes, Reading; Marsport Ltd, Reading; Riverside Central, Oxford; Woodmill, Southampton **NORTH WEST:** Brookbank Canoes, Stockport **CUMBRIA:** Brookbank Canoes, Carlisle; Brookbank Canoes, Lancaster; Carlisle Canoes, Carlisle; UK Canoes, Lancaster; Windermere Canoe Kayak, Bowness-on-Windermere **SOUTH WEST:** Camel Canoe and Kayaks Ltd, Cornwall; Cheltenham Canoes, Cheltenham; Cornwall Canoes, Newquay; Family Adventure Store, Wiltshire; Kayak and Paddles, Plymouth; Outdoor Active Ltd, Gloucestershire; Performance Kayaks, Weston-Super-Mare; Totnes Kayaks, Devon **SCOTLAND:** Stirling Canoes, Stirling, Central Scotland; Nevis Canoes, Fort William, Highlands; Brookbank Canoes, Perth.

If you have any suggestions for improving the member benefits you receive, please get in touch – we would like to hear your comments. Email: info@bcu.org.uk or call 0845 370 9500

Clearing the River Lea of litter

Members of Herts Canoe Club have helped to clear the River Lea of rubbish, as part of its annual litter pick.

Based on the River Lea in Hertford, Louisa Wright, the environmental officer, organised the litter pick that took place on Sunday 14th September. Louisa worked hard to ensure that the morning ran smoothly and with her links with East Herts Council the morning was well attended.



Above: Members of the club clearing the River Lea.

East Herts Council donated rubbish bags and litter pick sticks and agreed to collect the rubbish and dispose of it for the club. Club members in kayaks, open boats and on foot collecting litter in and around the river. Some of the items collected were the usual supermarkets trolleys, traffic cones, tyres and a bike. There were over 30 bags of rubbish and they still have more sections of the river to clean up. Everyone really enjoy themselves and had a little play at the end before finishing in the clubhouse with a nice warm cup of tea and a discussion about what they had collected and who had the best find. The scooter found a year ago is still considered one of the best!

Darren Fergus, chairman of Herts CC, said, "The river and Hartham Common are important to us as a club and we have worked hard to have a really positive impact on the countryside around us."

Successful grant application for club

Eagle Canoe Club based on the River Wensum in Norwich, has had a successful year in obtaining grant assistance from local employers together with £10,000 from the 'Awards for All Scheme' towards new kayaks, canoes and equipment. The club has also just received Clubmark accreditation.

This year has seen a record number of new members, with current membership standing at 140 with more members likely to be enrolled in the autumn for pool sessions and winter paddling.



Above: Eagle CC with their new equipment.

Obituary

Andrew Maycock

It is with great sadness we announce the death of Andrew Maycock.

Andy died of a cardiac arrest whilst training on his surf ski near Woolacombe, North Devon. He was 40 years-old. Andy started his canoeing at Kirkcaldy Canoe Club in Scotland at the age of 11 and soon became a proficient racing boat paddler. The family moved to the Exeter area when he was 14 and he then joined the training group at Exeter Canoe Club. As a junior he won countless Scottish and British medals at national championships and gained medals for GB at several international regattas. He was selected to represent the country in K2 at the Junior World Championships where he reached the semi-finals.

He continued to train and represented GB in K2 and K4 at major international regattas being a member of the K4 that took part in the World Championships in 1990 and 1991 and the K4 team selected by the BCU for the Barcelona Olympic Games. In later years he also competed for Ireland in marathon events.

During his long paddling career he became vociferous in his condemnation of cheating, both in training and racing. He was highly critical of the drug culture, which pervaded some aspects of sport in general. He was always competitive, but in later years readily gave his time to help younger competitors.

Andy had an honours degree in Engineering and was the Combat Acceptance Manager for the new navy type 45 destroyers. He leaves two children.

Peter Maycock

Safeguarding and protecting children regulars

Get Paddlesafe with Online Protection Course

The course is a first step in helping volunteers and coaches to understand more about child protection in an easy to access format. Coaches who regularly work with young people should still attend the Safeguarding and Protecting Children workshop. You will find further details on our website under training. For all Safeguarding matters go to: www.bcu.org.uk or www.canoe-england.org.uk and click on the Paddlesafe box on the home page.

Website and new resources

We have reorganised the website pages for Safeguarding which we hope will make it easier to find what you need. There are three additional pages for Safeguarding which includes resources, CRB and training. In addition the resources have been updated. They have been divided into policy, guidance and templates. Each document has a number and date which will help to identify the latest version.

Independent Safeguarding Authority

The government has recently announced a major change in the implementation process for the new Independent Safeguarding Authority (ISA). Individual applications for scheme registration will not now begin until summer 2010 with a five-year phase in of the scheme anticipated.

Consultation for the needs of sport in the new scheme are currently being undertaken by representatives for sporting organisations. Canoe England will update all clubs and members once this is completed and will provide guidance to support everyone who is involved with young people. For further information see the Safeguarding and Protecting section of our website.

Important contact numbers

Canoe England 24-hour child protection:

Email: childprotection@bcu.org.uk

Mobile: 0777 570 7364

(For use by individuals wishing to report incidents outside of office hours)

BCU Child Protection, Vulnerable Adults and Harassment Lead Officer:

Mike Devlin: 0845 370 9514

Canoe England Child Protection Support Officer:

Nigel Timmins: 017684 80084

(For BCU individuals who have received an allegation against them with respect to child protection and require support)

NSPCC Child Protection Helpline

Tel: 0800 800 5000 (24 hours)

CHILDLINE: 0800 1111

In brief

BCU to benefit from BingoLotto

With many sporting clubs feeling the pressure of the credit crunch help is at hand from the launch of series 2 of TV game, BingoLotto.

BingoLotto is a live TV game that will air weekly on Virgin 1 from Sunday 13th September. Participants will be able to buy a Gamecard for £2 from any Tesco till point in Britain allowing them to play alongside the TV game that offers multiple chances to play and win throughout the hour long game.

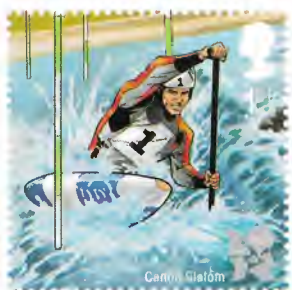
For every BingoLotto Gamecard sold, a fantastic 20% will be donated to UK good causes, which will include more than 130 governing bodies of sport and recreation. The BCU have applied to receive funding from this initiative which will help to support future projects and make a real difference.

With every Gamecard there are numerous opportunities to win a prize such as cash jackpots of up to £100,000, cars, holidays, consumer electronics and more. Gamecards will be available to buy from every Tesco store across the UK from Monday 7th September.

Photo competition winners

We are pleased to announce that the winner for July's photo competition is Gary Sweatland. For August, the winners are Kath Pigdon and Andrew Hansford. Each will receive a £25 Cotswold or WH Smith voucher and will automatically be entered into our annual competition, to win a digital camera. Congratulations to all the winners! Please turn to page 58 to see the winning photos, along with a selection of the nominees.

Royal Mail to launch stamps to celebrate 2012



The Royal Mail has commissioned some of Britain's most exciting artists to create three sets of stamps to be issued in the run up to

London 2012 Olympic Games. Each stamp will champion an Olympic or Paralympic sport and they will be issued in three sets in 2009, 2010 and 2011.

The 30 stamps mark the 30th Olympiad and London 2012 Paralympic Games and are official products of the London 2012 Olympics.

Friends Reunited

Ian Stell has just created a group on Friends Reunited dedicated to recreational canoeing. Log on to Friends Reunited and search for canoeing.

Success in the sun

Aqua Adventures in San Diego, California ran BCU courses at their recent South West Kayak Symposium. This was the sixth event and has fast become one of the premier kayaking celebrations on the US west coast. They featured a line-up of the top instructors from far and wide, exhibits and product demos by top manufacturers, affordable waterfront accommodations, along with proximity to world famous attractions like the San Diego Zoo and Sea World, and a festive atmosphere – all the makings of a great event.

One of the highlights was the latest craze in watersports: stand-up paddleboarding – a revival of an ancient Polynesian pastime. Paddling an extra wide surf board from a standing position with a

long, single bladed paddle has lots of fit and fun benefits, being able to paddle on almost any body of water including flat water ponds, lakes, ocean waves and whitewater rivers.

There were plenty of BCU courses on offer with Star awards and navigation awards. At the start of the week, Jen Kleck, owner of Aqua Adventures, was the only BCU coach in southern California; by the end there were 12! Congratulations to the 11 new BCU Level 1 paddlesport coaches.

After the event all the coaches drove down into Baja Mexico, for some fantastic rock hopping and a rather strange encounter with a Mexican zebra!

www.aqua-adventures.com



Above: Instructors giving advice.

Yorkshire news www.yorcie.org.uk

ACM. As half of the Yorkshire members are also coaches (that's 1000ish of the 2000ish) then we are aiming to amalgamate the two ACMs on Tuesday 27th October at the Cricket Club in Ossett and have a combined regional development and regional coaching all comers fest. It will be a full evening including supper and 'entertainment'. Directions and last years' notes, plus an agenda for this year are all available on the web or from our regional secretary Jon Dakeyne at jdakeyne@aol.com Please come and show your support to this important regional event.

There is a Yorkshire canoe club forum at Aldwark on Sunday 15th November. Please circulate this to your friends and coaches/clubs and that application forms are available via Gareth at gareth@bcu.org.uk. This is a vital source of info for clubs and everyone who has attended these previously, have left extolling its virtues. One of the guest speakers for the day will be Claire O'Hara, play and squirt boater champion.

Later that month on the weekend of November 27th, Gareth is running a club coach-leader training - river running skills course, based on the River Tees and staying in bunk barn accommodation.

As the Manvers site gets ready for the next round of grant aided internal fit outs, Manvers Lake Boat Club are slowly adding to their paddling fleet. If you or your club has any unused paddling kit, this new club would really appreciate any donations. Please contact manvers@yorcie.co.uk. There is a warning for Slenningford Mill on the River Ure in West Tansfield where the weir has had a partial collapse (see www.ukriversguidebook.co.uk/forum/viewtopic.php?f=3&t=54555).

Coaching. RCO Change of address. John Lucas's new address is 59 St. Lawrence Quay, Salford. M50 3XT. John Lucas (rco.yorkshire@bcu.org.uk) and coaching secretary Janet Cartwright (secretary.coaching@yorcie.org.uk) along with the four LCOs are now holding local coaching meetings in all four counties of north, south, east and west Yorkshire. By the time you get this you should still be able to catch the west Yorkshire meeting on the 14th October in Garforth Leeds, or the south Yorkshire meeting on the 20th in Sheffield. Details from Janet. So please let us have your contact details. We really need you as an individual to 'opt-in' and contact us to ensure old email addresses can be deleted.

Thanks to everyone who helped run the coach revalidation day at Aldwark on the 27th Sept. I hope you all have a great winters canoeing and look forward to seeing you at one of the above events but particularly the ACM on in Ossett. Your region needs you. Thank you.

DICK CONSTABLE RDTchair@yorcie.org.uk

Travelling to the Faroes by kayak!

Last year's failed attempt to paddle from the Outer Hebrides to the Faroe Islands had given us time for a steady build up to an other adventure. However, a rapidly closing weather window had led to a very rushed 24 hours of preparation in the RNLI headquarters.

The first leg was to Port Stoth at the Butt of Lewis. After nine hours and 30 miles of stunning Hebridean coastline we arrived and set up camp under the warm evening sun. Carbs and fluid were consumed in quantity and then our losing battle to make the boats lighter continued. It was midnight before we gave up and turned in.

Our alarm went off at 04.00, by 05.00 we had forced food and drink down us and were on our way to north Rona, an island 40 miles north of the Butt. A steady but repetitious routine of 55 minutes on

with five minutes rest for 13 hours saw us again approaching the beautiful, south end of the island. A calm sea meant we didn't have to do a wet landing, however the still evening invited the midges. The decision was made to call for a weather forecast in the morning and then decide on commitment to the longest section of our paddle. Sleep came quickly.

We broke camp and ate knowing that for at least 60 hours this was the last dry land before the Faroes. The weather was still good, but we knew it wouldn't last. We looked at each other through tired eyes, even after our best night's sleep in days. The hope of another night on the island was gone. Time to go! We departed Rona at 13.10 on Tuesday 30th June.

The first five hours lifted our spirits. The North Atlantic Drift had a slingshot effect

on us. We averaged over four knots. That evening we rafted together on a mill pond sea and after a hot meal we fell asleep to the sound of dolphins playing and whales blowing. Two hours sleep and a breakfast saw us on our way. The sunrise was just as spectacular as the sunset.

Eighteen hours of routine followed before the cooker came out and another solid two hours of sleep stolen – it was now 03.30 Thursday 2nd July. By 14.00 the weather was deteriorating. We called the Faroes weather centre that had been following our progress. He asked how we were feeling. "Tired" was our reply. "There will be no sleep tonight" was his warning. We had to keep moving. Fatigue and the equivalent of bed sores were becoming harder to ignore. Eventually the wind was replaced by fog. I now started to

hallucinate about cliffs that touched the sky. Patrick's hallucinations were far more serious and weird. To confuse us more we were getting further from land.

At just gone midday the fog lifted to reveal sun, spectacular cliffs and the reason for going backwards. A tide race rushing north along the west side of the island had swept us past the bay of Sumba. A new landing site had to be found.

Just over three hours later we took our first wobbly steps in West Vagur on Suduroy, the most southerly of the Faroe Islands. The 150-mile last leg had taken 74 hours and 11 minutes.

Huge thanks must go to Rockpool Kayaks, Kokatat, Mountain Hardware, Sub-Zero, Reed Chillcheater, Spot, Kari-Tek Blizzard Survival and Skinz.

Patrick Winterton, Stirling Winterton and Mick Berwick



Above: Sleeping and eating at sea in a kayak.

Below: We made it!



In brief

Avon Descent, November 8th

The classic Avon Descent starts at Stratford on Avon and finishes 10 miles downstream at Bidford on Avon with six weir shoots or portages. There are classes for K1, K2, WWR, C2 touring and racing, and touring. Handicaps are applied to even out the kayak classes. The start is at 12.15 with late entries up to 11.30. Last year well over 100 paddlers took part. Contact Nigel Wooltorton at Mercia Canoe Club on 07833 705806 or e-mail info@merciacanoecub.org.uk for details.

www.mericiacanoecub.org.uk/coppermine

Great value memberships at National Water Sports Centre

The National Water Sports Centre has introduced new membership packages which offer fantastic value for unlimited access to its world-class water facilities and on site gym.

Previous separate annual memberships for the regatta lake and the white water course have been replaced with the new 'Water' membership which provides access to both at a reduced rate, with the added benefit of spreading the cost with monthly payments.

The 'Water' membership costs £15 a month and if combined with the gym at a cost of £22 a month offers savings of almost £300 a year. The gym membership is available on its own for £9.99 a month; all memberships have an additional one off joining fee of £25.

At the centre of the National Water Sports Centre, the 2km regatta lake is ideal for rowing, canoeing, kayaking, sailing, and windsurfing. The extensively upgraded 700m white water course recently hosted the European Canoe Slalom Championships with many of the competing athletes regarding the course as 'one of the best in the world'. The course has state of the art moveable obstacles and training gates permanently in place.

To find out more about call 0115 9821212 or email nwscgym@nottscg.gov.uk

Local River Advisor steps down

John Cattermole the LRA for the Sussex Ouse has decided to step down after many years. The London and SE region would like to thank John for all his work and are now looking for a replacement. If you live locally and would like to help then contact the RAA Noel Humphrey.

We are also looking for a Local River Advisor for the tidal Thames to cover from Teddington to Putney. Contact RAA Noel Humphrey. electron@nhumphrey.freeserve.co.uk or 020 8654 0845 (evenings)

In brief

Marathon

Young athletes win Bronze

Junior men's K2 marathon canoeists, Jonny Tye and James Webster, won Bronze at the Marathon Racing European Championships, held at Ostroda, Poland in July. The pair finished just behind Hungary's Szilveszter Palinkas and Peter Nagy and Spain's Fau Moreno Bombareli and Rodri Cubelos Sanchez who took the Gold medal. More information at www.canoepcf.org



Above: The GB junior marathon team.

Freestyle

GB in triple Gold rush

GB freestyled their way to gold glory, taking three Gold medals and a Silver at the Freestyle World Championships, held in Thun, Switzerland.

Great Britain dominated the squirt finals, gaining three of the top five spots in the men's events, while winning Gold and Silver in the women's. In the men's K1 squirt, James Reeves took Gold. After finishing first in the semi-finals, the 29 year-old scored 40% more than his closest competitor – making him a worthy winner. In the women's K1 squirt, Clare O'Hara won Gold; which was particularly pleasing, after winning Silver at last year's World Cup. Her GB counterpart followed closely behind – Emma Runciman took Silver in the same event. David Bainbridge made it three Golds for GB, taking the top spot in the men's C1.

Canoe polo

More success for GB women

Great Britain won Gold, Silver and Bronze medals at the Canoe Polo European Championships, in Essen, Germany. The GB women's team beat the Netherlands 2:1, to be named the best in Europe – the team add that to their current World Games Champions title. In the under 21 tournament, the GB girls also put in an impressive performance against France narrowly losing 3:4 to win a Silver medal. Completing the medal set for GB, the Men's team won a Bronze medal after their semi-final clash with the Netherlands ended 8:4.

World Gold, Silver and Bronze for GB slalom team



Above: Lizzie Neave

The Slalom World Championships held at the Barcelona Olympics 1992 white water course, yielded the best result for GB at a World Championships since 1983. By the end of the Championships, the GB slalom team had won an impressive four medals.

In the women's K1 final, 22 year-old Lizzie Neave who won a Bronze medal said, "I am absolutely delighted, this has really finished off a good season and championships."

In the Women's K1 team final, Laura Blakeman, Louise Donington and Lizzie Neave put in a blistering run, demonstrating their position as the best in the world. It is the first time that women have won a team Gold at a World Championships. The win was especially good for Olympian Laura Blakeman who didn't make it through to the finals after disappointing heats. Laura commented, "A second Gold this year just confirms our position, following a Gold medal at the Europeans this year (in the team event) and then to win another Gold

medal here at the Worlds shows that it wasn't just a one off. It's a great achievement for us."

In the men's K1 final, Campbell Walsh missed out on Bronze by just 0.81 of a second, after an impressive run time of 94.68 but with a touch he incurred a second penalty and there was just no room for errors. GB's Huw Swetnam was right behind Walsh achieving a personal best of fifth.

In the men's K1 team event, Campbell Walsh, Richard Hounslow and Huw Swetnam won a Silver medal in a time of 99.46.

The men's C2 team also stormed to a medal position, winning a second Bronze medal this year (they won a Bronze at the European Championships in May this year).

GB's Olympic Silver medallist and 2009 World Cup Champion, David Florence, ended in fifth position in the men's C1 final.



Above: The GB women's Gold winning team.
Photos: Glenn Summerbell



Above: The GB women's U21 Silver winning team.
Photos: Glenn Summerbell



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In brief

Sprint

GB finish season on a high

Rachel Cawthorn finished the season on a high at the Sprint World Championships in Dartmouth, Canada. Despite missing out on a medal by one place, Cawthorn made a massive step forward in her career being defeated only by the legendary Olympians, Hungarian Katlin Kovacs, Katrin Wagner of Germany and Beijing Silver medallist Josefa Idem from Italy.

In the women's K2 500m, GB's double Olympian Lucy Wainwright and Lani Belcher came in eighth place, whilst the men's K4 crew made history by becoming the first GB men's K4 crew to compete in a Sprint World Championship final finishing seventh. The women's K4 crew of Rachel Cawthorn, Hayleigh Mason, Louisa Sawers and Jessica Walker also reached the final achieving fifth place.



Above: Rachel Cawthorn.

Surf

Sims champion at Surf Championships

Forty people took part in the Plastic Surf Kayak Championships at Woolacombe Beach, Devon. The event attracted many kayakers to their first competition giving them the chance to surf against each other and England team paddlers.

After two rounds and a knockout from the quarter-finals onwards, Rich Sims finished with a well-deserved win. Most successful newcomer was Sam Jones who won a plastic Neutron for two first places in the heats and reaching the quarter-finals.

Sunday saw the first tag-team contest, with each heat combined three pairs with a 'Le Mans' style racing start. One partner surfed whilst the other waited. After scoring a wave, the surfer sprints out back to tag his partner. Every surfer scores separately and the tag-team's score is combined. Points after round two gave a win for Dylan Petherick and Steve Bowens - good surfing and some devious tactics had won the day!



Above: 'Le Mans' start.

Britain 1st, 2nd and 3rd in Yukon 1000



Race Report by: Russ Dawkins

The Yukon 1000-mile canoe/kayak race sounded fairly extreme. Was it possible to paddle that far in a kayak, at speed? The organiser, Peter Coates said no, it wasn't, but he thought he'd better let kayakers enter to prove it either way. He was half sure they'd would at best trail the eight-man 'voyager' canoes and even the tandem canoes by some margin.

It kicked off at 11am Monday 20th July in Whitehorse. The river is huge. A few hours in is Lake Laberge, 30 miles of non-flowing water. I had never paddled the Yukon before (this was Rob's fourth visit). The rules allowed big, stable sea kayaks only, no skinny boats (way too much expedition/compulsory kit to carry). The boat without us in it must have weighed at least 150kg, add to that us, and you've got approximately 320kg!

True to the forecast, post starters whistle, the eight-man boat sped off, but chased by two of the other sea kayakers, who sat on its wash, disappearing into the distance. Our slow, steady strategy suddenly seemed flawed.

The rules stated that each team had to stop for six hours every night. This, and tracking of teams was monitored by compulsory SPOT transmitters. Days one, two and three passed. The voyager eight-man had slipped to third, outrun by the two tandem kayakers. We were in fourth and fifth, trading places with a canoe pair.

It became apparent that of our six-hour stop, a maximum of 3.5 hours of that was sleep time (tents up, water purification, wet kit off, cooking, bear spray at the ready, traces of food removed from boat into bear proof containers).

Come the morning of day four, we arrive at Dawson City we've now paddled further than the Yukon 460, the previous 'longest canoe race in the world' and still not even half way and two hours behind the leaders but in third place. Deplete of energy, I am wasted and can barely lift the paddle.

Above: Left to right Rob Collier and Russ Dawkins (left side boat), Henry Hendron and Richard Hendron (right side boat).

Don't ask me why, but then everything changes. We got faster, slicker and waste less time. In 18 hours of paddling we take 110 minutes out of the two leaders. As they are setting up camp we pass them and realise that there's got to be less than ten minutes in it. Their expression said it all; amazement they'd been caught. Now we're well into the Yukon flats, a maze of channels going in every conceivable direction.

They caught us though, and then after 750 miles we rafted up as three British, sea kayakers all together, swapping food and singing happy birthday to Darren Crocker from team four.

Three however soon became two, as Darren went right at a route choice and we 50 metres behind, opted left. So then phase three of this race began. Was team four ahead of us, having taken a better route, or behind? For the remaining 14 hours of that day and the seven the next we hammered it, Rob navigating from the back of the boat with GPS, me setting the stroke rate and looking for the flow, continually calling left and right. With the other kayak, team Hendron, the twins, stuck to us like glue on our wash.

Finally out of the maze of 'flats' we entered an 18-mile glass smooth gorge. Two hours later the Alaskan Pipeway Bridge loomed up bridging the gorge. We had been expecting it and knew it was the finish line. Did we sprint now or agree on a joint first place with my two-times DW partner Henry Hendron and his twin brother, Richard. As fellow Richmond Canoe Club paddlers, we figured joint first would be ok.

Six days and two hours. one and half days quicker than it was felt feasible and with Darren and Earl Hewitt from Wokingham CC four hours behind in third, all the podium places fell not only to sea kayakers, but to British ones too. Rule Britannia!

Recovery

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2009



In brief

Marathon

Medal flurry at the Marathon World Championships

GB's marathon racing athletes along with over 400 athletes competed in the World Championships in Crestuma on 18-20th September.

Racing in the senior men's K1 class over a distance of 30km, the 2009 GB National Champion and former World Junior Champion, 23 year-old Ben Brown won a Silver medal. Tom Daniels, GB's sole representative in the under 23 men's K1 class, won a Bronze medal and in the men's K1 junior class Dean Terry won a Silver medal.

In the senior women's K1 class, raced over a distance of 26km, Lani Belcher won a Bronze medal, whilst in the women's under 23 K1 class, former World Junior Champion Louisa Sawers won a Silver medal.

Visit the official website for more information – www.canoemarathonwc2009.com/

Freestyle

Half-way point in the Youth Series

By Sam Stephenson. After the event at the Nene it seemed like no time at all before it was time for the Boulters round, the half-way marker in the Youth Freestyle Series..

Last time I visited Boulters we had to paddle through sheet ice on the water to get to the weir so it was nice to be paddling in warm water with the sun shining overhead. After a very chilled out break for lunch it was time for the main event of the day, the freestyle competition, as usual the format was very relaxed, you could go whenever you wanted and could always be assured of lots of support from the crowd! Without a full blown course to hold a boater-x event the organisers had to be a bit more creative with what to do, the idea was that three paddlers rafted up, the outside two paddled and the middle one kept everything together. This proved to be a great success with plenty of fierce competition and determination to win.

Dave Brown and Lucy Buckley took first place in the novice category. As for the main competition, Ben Aldred wiped the floor overall scoring over 100 points more than anyone else, as for me I took a satisfying fourth place in the 15 and under category – a good end to a great day!



Above: Boulters Weir.

Windfest weekend



More people than ever before turned up on Sandbanks beach in Poole on the 11-13th September for this year's Animal Windfest 2009. The free watersports and extreme sports event hit the beach and saw an estimated 15,000 people visiting over the course of the three days.

Keeping the audiences entertained were some of the biggest names from windsurfing, kitesurfing, wakeboarding, stand-up paddleboarding, mountain biking and Thundercat racing.

The weekend started with a combination of awesome wind and bright sunny skies, prompting pros and organisers alike to proclaim it "the best conditions Windfest has ever had."

On the second day the serious action started, with the first competitive racing being in the Stand-Up Paddleboarding. The race round Brownsea Island is a gruelling competition, which requires balance, strength and an awful lot of stamina. The race was open to everyone so there were amateurs mixing it up with the pros; but inevitably class shone through, with John

Above: John Hibbard.

Hibbard, rated third in the world, taking top honours. He was joined on the podium by fellow pros, Paul Simmons and Eliot Dudley.

John turned into one of the real stars of the weekend as he went on to claim a clean sweep winning the Animal Windfest BSUPA Sprint Race – a feat made even more incredible after he had to overcome arch-rival Eliot Dudley in a tricky first round battle. Mark Slater and Chris Murray completed the podium places there, while Marie Buchanan, Claire Blacklock and Sarah Frymann took Gold, Silver and Bronze in the women's competition.

As the sun set, the crowds filtered out. Some talked excitedly about having been entertained and inspired by the sports on show, others exchanged stories about the previous nights' fluorescent-themed party. All agreed it had been a pretty awesome weekend.

See all the action in pictures on the Animal WindFest gallery: www.animalwindfest.co.uk

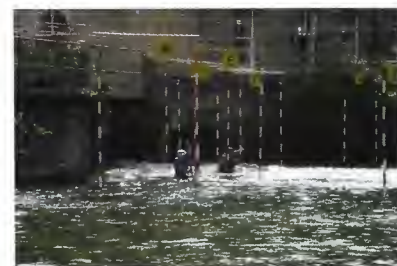
Harefield Slalom

The Grand Union Canal in Harefield on the edge of west London looks about the most unlikely place for a division 3/4 slalom, but it has now established itself as a popular event. A hundred competitors each day took part over the weekend 8th/9th August, helped by glorious weather.

Saturday was a good day for Edward Hinds who took first place in the men's division 3 K1 and C1, he also won first place in the division 4 C2 with partner Ian Bowditch who also won the division 4 C1. Erin Scott took the women's Div 3 K1 and the Div 4 women's winner was Jamie Grover. In the men's division 4 Ryan Houldsworth came out on top.

On Sunday Pete Scott won the men's division 3 K1, Erin Scot again took the Women's K1 giving her enough points to be promoted to division 2. David Wood took the division 3 C1 and Andrew Bays took the men's division 4 and Jackie Rhodes the Woman's division 4 K1.

Full results at www.canoeslalom.co.uk.



Above: Paddlers at Harefield.
Photo: Kaycee Underwood.

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DW 2010

go for it

As the days shorten and the evenings get darker, it would be easy to close the door, put the fire on and wait until spring. Why not make this winter different?

Feature by:
Peter Hutchison.

Photographs by:
Peter Hutchison.

The rivers and canals are still there so come on take up your paddle and get out there and prepare yourself for Easter 2010 and the Devizes Westminster International Canoe Marathon. It is a test for all paddlers at all levels.

The Devizes to Westminster Canoe Race is the longest, non-stop canoe race in the world. The 125-mile course includes 77 portages along the Kennet and Avon Canal, joining the River Thames at Reading flowing in to the tidal Thames at Teddington for the run down to Westminster Bridge and the finish line just downstream of the Houses of Westminster. The ever changing Easter weather usually throws in additional challenges with temperatures and conditions rarely favourable.

With six months until the race there is plenty of time to get

ready with a carefully prepared training programme and have a proper build up to a challenging but truly enjoyable event.

If you are up for the ultimate challenge pick the K2 class, which is 125 miles, straight through, without stops. Or break the course down over four days in a K1 or K2. There is more information on the race website.

The senior doubles record has now stood for 30 years, perhaps you are the one to break it next year?

Maybe you could participate in the race as a challenge or raise money for charity.

DW attracts hundreds of paddlers each year and many are attempting the challenge for the first time so why not make 2010 **your** year. There are many canoe clubs all around the country who can help you with training and paddling techniques. Open to young and old, the race welcomes elite paddlers and relative novices alike.

How do you train for such an event?

Well start now! To begin with you need to paddle with a good, sound technique and must be able to maintain that technique to keep the boat running efficiently throughout the whole duration of the race. This makes the paddling more efficient and the race 'easier' and helps reduce the chance of any injury. Start running too. It's not everyone's strong point but there are 77 portages, so if you are able to get in and out of your boat efficiently and as quickly as possible, you can save a lot of time. Saving one minute on each portage would mean over an hour saved by the end of the race! So try and do some running. You do not need to be able to run huge distances but to be able to get out of the boat, pick it up and transport it to the end of the portage. Some portages are quite close together and you may want to carry on along the towpath to the next put back in (eg Crofton Flight, or Froxfield) but there is always the option to paddle.

To do the race successfully at senior level non-stop in K2 is a team effort. This team is not just the crew in the boat, but the support crews, the coaches and all those involved in the months of winter training prior to the race. Start thinking about who is going to be in your team.

To do well and this does not mean winning necessarily or finishing in the top three, it means taking on the challenge and completing it, setting a time target and achieving it, even just doing the race to finish, still means having a target time to

achieve and sticking to a schedule. Above all the training can be great fun. Go on make 2010 your year to complete the DW! ✂

Information:

www.dwrace.org.uk



Above: Simon Cardwell.



Above: The finish at Westminster Bridge.

“there are 77 portages, so if you are able to get in and out of your boat efficiently and as quickly as possible, you can save a lot of time”

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CANOE ENGLAND Christmas Card Competition

Could you be the designer of the Canoe England Christmas card this year?

Canoe England is searching for a design for 2009. Over the last six years we have had some great entries and are hoping to get another 'cracker' this year! So get your pens and paints at the ready and read the entry requirements below.

- The picture must be about Paddlesport and Christmas. For example images of where you go paddling/your friends or family paddling – surprise us with your imagination!
- The size should be around 150 x 210mm (A5) but don't worry if it is A4 we can always reduce it to fit if needed.
- It can be colour or black and white but must be hand drawn/painted.
- It must be all your own work.
- Please send a S.A.E if you want your work returned to you and remember to write your name, age and school year, address, phone number and club or centre on the back of your picture.
- Great prizes to be won and the winning design professionally printed and used by Canoe England this Christmas! **The winning designs will also be available to buy from the BCU eshop**
- Prize categories are based on the following school Key Stages for the academic year 2009-2010

Key Stage 2

Key Stage 3

Key Stage 4

Entries need to be in by Friday 23rd October – so get cracking!

Send your entries to:

Kimberley Walsh, Canoe England,
18 Market Place, Bingham, Nottingham, NG13 8AP.

Condition of entry:

Submission of entry indicates permission to publish. The judge's decision is final. No responsibility will be taken for loss or damage to entries by the BCU.

www.canoe-england.org.uk

Tour safety advice

Tyne Tour 6-8th November

The Tyne Tour once again follows the same format as previous years. However the organising committee have felt the need to raise the profile of safety to preserve the event's good safety record.

The Tyne Tour offers paddling for all levels of paddler from Grade 1 up to Grade 4 water. It has become apparent that some groups have opted to disregard the safety advice given, by taking complete novices down sections of river that are categorised as needing some level of skill to negotiate. The Warden Gorge section is classed as Grade 3-4 with no portages due to access restrictions. The safety cover offered on this section does not replace responsibilities of personal or group safety. If you or any members of your group do not have the skill level to paddle this section then stay off. There are many other easier sections on offer.

The group leaders, coaches and individuals do have a duty of care to the paddlers under their charge. A risk assessment should be made for group and individual safety but just as important, plan for enjoyment of the experience. Individuals and group leaders can find guidance available on the Canoe England website; www.canoe-england.org.uk/about/policies-resources-and-information.

A participation statement is displayed on www.tynetour.co.uk. Have a great weekend.

A wet weekend

Tees Tigers slalom 18-19th July

Much planning had gone into the weekend and looking like the first slalom on the Tees for many years was going to be a roaring success. However, on Friday, the only thing that was roaring was the river having had torrential rain for four solid days.

"Right, what we going to do?" So we cancelled Saturday up at Abbey Rapids and moved the division 4 slalom down to Stockton where the Tigers are based and organised a flat water race.

With over 50 participants, the event can go down as a success. Abbey would have been nicer, but everyone seemed happy to have been able to race. In the meantime, the majority of the team had remained up at Barnard Castle, attempting to resurrect Sunday's event.

It was a big challenge to run a double event in one day but the river had dropped plenty and was perfect for a day's racing. The first race went well with a few of the top guys putting in impressive runs on the water and it was pleasing to see so many paddlers having a go, challenging themselves on what was quite a tricky course for the division 3 paddlers.

The event was excellent for the morale of the club, with so many people pulling together. There are far too many people to thank, but you all know who you are. Same time next year anyone?

Development contacts

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SDO NORTHERN

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PDO LONDON and SOUTH EAST

Position vacant. Contact James Hinves.

PDO SOUTH WEST

Andy Davey andy.davey@bcu.org.uk. Mobile: 07912 466264

Hexham race day is a big success

Hexham Canoe Club hosted a very successful race day at Tyne Green. Paddlers from all over the region turned up on 26th July to race in an assortment of craft from as young as eight.

But before competitors even got on the water they all received coaching in forward paddling on a Dansprint Ergo Machine by Paddlesport Development Officer Ray Hudspith. Each paddler then attempted to beat the one-minute sprint for 200m. A well-earned lunch took the paddlers into the races in the afternoon; a course set around four marker buoys. The youngsters completed two laps, with some fast times being demonstrated.



Above: The Ergo machine.

The finale of the day was the open boat racing, with some great competition as they set off in three timed heats. Unfortunately only two adults were brave enough to take on the juniors in the open boat race. The day ended with prize giving and thanks to all the coaches and helpers for making it possible.

Simon Tibbitts, regional club coach, supported the event. Simon will be moving on to a new role as development officer for North Tyneside Scout Group and will be a big loss to the region. The region would like to thank him for his true commitment and wish him all the best in his new role.



Above: Competitors taking part in the race.

Gateshead canoe building course is launched

To 'paddle your own canoe' means to be competent and independent – and that's exactly what this course is intended to achieve. WinG is an urban-based, non-residential outdoor education provider, working in partnership with Gateshead Council's children and young people's service.

The course aims to develop valuable practical skills, boost participants' self-confidence, encourage co-operation and open up the possibility of a healthier lifestyle. During the course the participants, as a team, build their own open Native American-style canoe and decorate it. Through the building part of the project participants develop skills in planning and project management, gain experience in woodworking and learn how to use tools and materials safely.

The painting stage of the project gives them the opportunity to explore and develop creative ideas.

The canoeing and water safety element aims to prepare participants' to undertake a canoe journey and achieve recognition by achieving accreditation through the BCU. The journey at the end of the course is an adventure in itself where they learn more about themselves and the natural environment, usually held on Loch Ken. This marks and celebrates all of the participants' achievements.

The project targets disadvantaged groups of young people taking part in alternative education programmes and unemployed adults, through WinG's existing partnerships with Youth and Community Learning organisations and other voluntary and statutory sector partners.

In brief

Kingston Summer School awarded grant

This year the kayak club has managed to obtain grants from the Youth Opportunities Fund and the NHS PCT (Primary Care Trust) to cover the cost of filling the pool and also subsidise each child's entry fee. Every weekday, three times a day the youth section along with club coaches go onto the water to help the young people of Hull get to grips with the sport of kayaking.

Summer school isn't just used to help local youth get into kayaking it also helps young coaches or cadet leaders gain the experience needed to take the next step up the coaching ladder. It allows the widening of capabilities and learn different coaching ideas, while testing out new ideas for games. The club has always enjoyed running the summer school as it helps to bring in new members and gives Hull a good name all around the country at different disciplines such as polo, slalom and marathon.

Copeland achieve Clubmark

Copeland Canoe Club is a small but busy club based in Cumbria. It has a long history but is still very active with its members partaking in all sorts of canoeing disciplines. Just recently one of its junior members was promoted into the junior slalom team, whilst others have paddled in Scotland and the Alps this summer.

The long suffering chair Alistair Wilson upon his retirement found he had enough time to address the rigours of ensuring the club met the requirements of Sport England and Canoe England's demanding criteria for Clubmark. In fact, the club easily achieved Clubmark by having a number of experienced coaches, who organise a range of activities particularly for the younger members of the club.

Paddling weekend makes a splash in Yorkshire

Yorkshire Canoe organised a 'Go Paddling' weekend for open canoes. Local coaches came along for the weekend offering great coaching for all the aspiring open canoe paddlers. Sessions ran on the lake, local canals and rivers with a great buzz all weekend. Leeds Sport later in the week ran their second 'come and try it' event of the summer. Nearly 100 young people came to Yeadon Tarn Outdoor centre to participate in activities for the first time.



Above: Young people trying out the canoes.

In brief

New Development Officer recruited in Team Central

It is with great pleasure we welcome a new member to the Team, Jenny Spencer, as Paddlesport Development Officer for East and West Midlands. Jenny and Jeff Toser, Senior Development Officer, will be working together as an East and West Midlands PDO team. The team is sad to lose Phil Hadley as a PDO West Midlands for he has made enormous contributions to developing paddlesport for many years. The good news is that Phil will still be around to continue to support paddlesport as a national trainer and coach.

Tourability on River Severn

A large gang of West Midlands' coaches under the direction of organiser Dave Bateman, gave up their Saturday to take youngsters and adults with special needs on a trip down the River Severn. Numbers were a little low this year, but the brave paddlers who did turn up set off from Arley in a flotilla of canoes heading for Bewdley. Everyone including the volunteers got a certificate of attendance and a Paddlepower Start Certificate. Thanks to all the coaches who gave up their time, Anna for running the shuttle and huge thanks to Dave Bateman for organising the event. For information on next year's event - drop Dave Bateman an email for details dave.bateman@ackers-adventure.co.uk.

New canoe thanks to Canoe Foundation

When the young paddlers doing the Paddlepower lessons at Dereham Canoe Group, complained to their coach Lynda Turner that the open canoes that they were using were 'too big', Lynda set about sourcing a suitably sized open canoe. Having found a canoe that fitted the needs of the group, Lynda was advised to apply for a grant from The Canoe Foundation, as this was one of the five key areas that qualify for their awarding process. They now have a shiny new canoe complete with air bags and painters, a trolley, paddles, buoyancy aids and crash helmets and look forward to using them.

To apply for Canoe Foundation funding contact Mandy Delaney at mandy.delaney@bcu.org.uk or telephone 0300 011 9502.



Above: Canoe presentation by Jeff Toser.

Introduction for new partnership

Recently Canoe England entered into partnership with 'ITT Water & Wastewater' a leading global player in the water business. One of the first steps in this partnership has taken place in Nottingham recently. The Paddlesport Development Officer for East Midlands, Stuart Briggs, acted as Bell Boat helm one Saturday morning on the river Trent, starting and finishing at the National Water Sports Centre.



Above: Clearing rubbish from river banks.

And what was the purpose of this weekend watery wander? Ten volunteers from 'ITT Water & Wastewater' came to discover the joys of a sunny morning paddling on one of England's largest rivers, but more than that, the use of the Bell Boat enabled an easy introduction to paddlesport for non-paddlers; it embraced teamwork and highlighted the strong volunteering base behind

most paddlesport. The team spent three hours foraging in the water's edge and river bank vegetation for discarded bags, boxes, cartons, and cups and even removed a cat carrier, garden chair and a large fire extinguisher!

Good effort, great team and a very positive start in a new partnership.

East region receive development support

Several presenters are delivering foundation modules across the regions. In July the SDO for Central, Stuart Briggs, visited East region to help delivery across the team. The first visit was to Lowestoft where LCO for the county, Keith Shuttleworth, had requested the 'Mentoring for Paddlesport Coaches' module where 12 coaches participated to the full.

Accommodated at Oulton Broad Watersports Centre, the coaches all became fully engaged in the workshop. This module is critical to the future development and progress of paddlesport coaches. I hope many more coaches across Team Central will access it on such occasions as coach updates, or, as in this case and in the East Midlands, on special coaching get-togethers specifically for CPD.

The following evening included a drive down to the Mepal Centre, kindly made available by David Savage, for a Foundation Module organised by Chris Hill, LCO for Cambridgeshire. This time the module was 'Coaching Young Paddlers', again attended by 12 coaches. This module has been available for several years but has been constantly updated with up-to-date research in coaching young people; recognising what it is they expect and want.

The essential cup of tea breaks up the three hour modules, but also several varied tasks to be completed in small groups. Some of these tasks generated good healthy discussion, particularly with the introduction, perception of, and interpretation of LTPD. It was also an opportunity to discuss and clarify the recent changes to Paddlepower. The current coaches' manual will soon be replaced by a more comprehensive document that will help coaches more in their delivery of Paddlepower. However, the foundation module is and will remain, a very useful piece of CPD for coaches working with young people.

Thanks to Jeff Toser, PDO East, Keith Shuttleworth and Chris Hill, LCOs for Suffolk and Cambridgeshire.



Above: The workshops in action.

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WHITEWATER KAYAKS

In brief

Team South recruit new staff

Two new Paddlesport Development Officers started in September. Covering the London area, Clive Whitton will move from being a local coach to PDO enabling him to focus on the community aspects of the Olympic bid that are focused on London. Chris Edge joins us to develop the South East area covering the South East and Southern Canoe England regions.

One of the first things that they will both be getting their teeth into is the new Schools and Open Ergo competition at Brunel University on 20-21st November.

New event encourages shy paddlers

Frome CC have many competent paddlers who shy away from ranking events, so they decided to do something about it. What about a non-ranking event to encourage paddlers to have a go in a competition, they asked?

The river is quite narrow in the centre of Frome but the course was fairly short and not too demanding allowing inexperienced paddlers to feel in control.

They had competition from Sutton Bingham and Wiltshire Youth. It has taken the mystery and anxiety out of slalom competition and has encouraged inexperienced paddlers to reconsider competing in national ranking events!

Wessex Race Series proves popular

Sunday 23rd August dawned not bright but at least dry and warm. Once everyone had booked in and chosen a suitable craft it was time to start the racing, a straight time trial was used to decide the ranking for the heats. There was strong competition between individuals and some heated inter-club rivalry.

If you had time then there was a veritable feast, which PDO Andy Davey said well worth coming to this event just for the food alone. After a short break, it was back to the racing with a series of fun events involving K2s, K4s and canoes, this proved to be the most popular event of the day with some very close racing and even some clashing of paddles.

The Wessex series of races hosted by Wiltshire Youth started in September further details from Kevin Bowerbank kevinbowerbank@hotmail.com



Above: Wessex Race K2 competitors

Meridian achieves Top Club Gold

Meridian Canoe Club, based in Bexleyheath continues its progression from strength to strength. As a recognition of its achievements, links with the local community and its emphasis on youth and juniors, it has been awarded both the Sport England Clubmark together with the highest level of sports club national recognition, Top Club Gold.

The club plans to develop its coaching base further by training its younger members in the Canoe England coaching scheme and ensuring that all its existing coaches have their skills updated on a regular basis.



Above: Members of Meridian CC.

Meridian CC has a particular competition focus on polo running several teams in national leagues for players of all abilities. Slalom, WWR, sprint and Wavehopper Challenge events are also being developed thanks to additional funding from Bexley Council Sports Development Unit. In order to achieve this award a club development plan was drawn up which will be continuously monitored to ensure the targets set are achieved or exceeded.

Special achievements



Above: From left to right, Phil, Anna and Neil.

Neil Harley and Phil Howard competed at the National Special Olympics held in Leicester and brought home three medals. Neil won two Silvers for racing in 200m and 500m K1. This is a fantastic achievement for Neil, who two years ago had never set foot in a kayak. Neil could now represent the UK at the Worlds Special Olympics in Athens in 2011 if he continues this trend.

Phil also achieved success at the event, winning the K1 200m Bronze in his division. Again this was a fantastic achievement, Phil managed to overcome his nerves each time and paddled to success in challenging conditions.

They are both keen to carry on canoeing and working towards further success in the future. To add to the thrill of the occasion Anna Hemmings, six-times World Marathon Champion, came along to cap off a truly special event.

Pangbourne Regatta

The event in June this year was held at Beale Park whilst the centre in Pangbourne is being redeveloped. Young people competed in a Bell Boat competition for the Schools Top Club trophy. The schools had been involved with an after school programme before the event, where the participants also worked towards their BCU Paddlepower Passport awards.

The young people took part in varied races from open canoe fours to K2 races to the cross-stream challenge. Highlights included the teams encouraging their fellow members, parents trying out kayaking for the first time and the Top Club schools taking part in all the activities.

Shepperton WWR attracts all ages

The event attracted 22 paddlers ranging from nine to 61 years old, using Wavehoppers. The course was a testing distance with bends, pleasure boats, rowing skiffs and changing currents. Miranda Churchill was on start and finish, braving the starting paddler's splashes. Daughter Olivia, a WWR world junior champion, coached young paddlers on the course a number of times.

Overall despite a couple of hiccups it was successful in introducing some new younger paddlers to a new type of boat and showing some how far they could paddle if they persevered.

Many thanks to Miranda and Olivia Churchill, HYMB COPS and Winchester for bringing the bulk of the Wavehoppers to use and Julie Templeton for being the turn marshal.

Susan Templeton

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Hundreds of KataKanus giving more than 50,000 people a year an introduction to paddle sport.

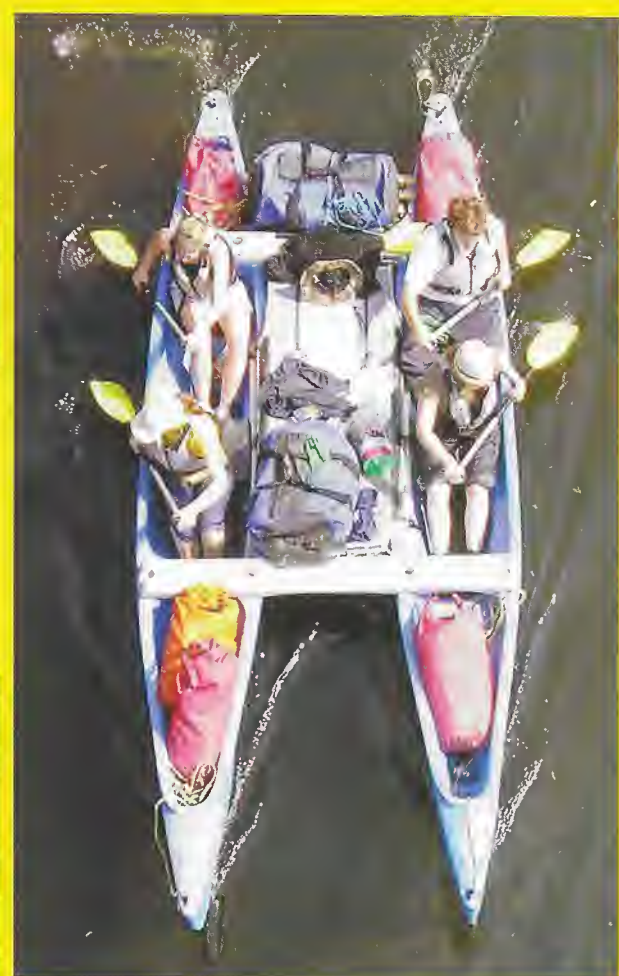


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Paul Ball
Managing Director Peak Pursuits.



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Hillingdon Outdoor Centre.



"They are so versatile, rugged and popular that we now have five KataKanus." **Tom Lawrence Sail & Paddle**
Tewkesbury.



"We have contracted Ian and his own fleet of KataKanus for camping expeditions on the River Wye for the last five years. Rewarding trips that our pupils want to do again and again!"
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Volunteering matters

Volunteers are the lifeblood of paddlesport and without them, the sport cannot sustain the development of juniors, clubs and competitions. Here we answer some of your frequently asked questions:

What is a volunteer?

For Canoe England, a volunteer is defined as any person who gives their time to the sport in any role whether in a club, centre, committee, or at an event. This may be daily, weekly, monthly or just that one time when your contribution is needed to help with a task. Coaches, officials, committees, trustees, parent helpers and anyone else who gives their time free of charge are all volunteers – including those who make the tea, wash kit, repair equipment or act as club taxi driver on trips.

Why do people volunteer?

Volunteering in paddlesport can offer a variety of benefits. Primarily, it can offer new friendships and a warm welcome is apparent to any willing volunteer! For some individuals, being involved in volunteering provides an enhancement to their skills or career opportunities; for others it is the prospect of new challenges and gaining nationally recognised qualifications. Many volunteers find their confidence increases and an added bonus is that some roles can even improve your health.

Volunteering England suggest a number of motives for people wanting to volunteer – the most common reason being that people want to help and believe it is worthwhile to do so. Other motives which haven't been mentioned include: having time to spare; being involved in a personal/family interest; and purely because no one else volunteered first!

How do I get involved?

Contact your local club or centre by logging onto the Canoe England website and searching for your nearest club. Alternatively, get in touch with the Volunteer Development Officer who can point you in the right direction.

Did you know?

Research carried out by Volunteering England shows that the nature of volunteering activity is changing with a decline in regular volunteering (once a month or more) in favour of more occasional volunteering.

Word of mouth was by far the most common route individuals took into volunteering. However, a significant number of volunteers got involved through seeing a leaflet or poster. Other routes include local events, media sources, or through the volunteer centre.

Many thanks to Volunteering England for their research which can be found in 'Regular and Occasional Volunteers: How and why they help out'

Paddlesport Rewards Scheme continues to attract new volunteers



Following our article in August's Canoe Focus, a challenge has been put down for the titles of youngest and oldest volunteers to have registered on the Paddlesport Rewards Scheme. The youngest volunteer for now is 11 year-old Nicholas from Hertfordshire who recently registered onto the scheme and will be assisting his club.

In the meantime, Graham Francis from Surrey is keen to claim the title as the oldest volunteer to have registered so far. Having just turned 50, Graham returned to the sport after a 30-year break to become a coach at his local Sea Cadet unit at Reigate.

Graham followed his brother into paddling and it soon became his first love: "I loved every minute and it quickly became an obsession," says Graham. "In 1976 I qualified as a cadet leader with what was known as a Class 3 adventure training charge certificate," explains Graham. "This was a prestigious award for a 16 year-old and with an equally obsessed friend we went on to win the Southern Area Adventure Training Shield."

When Graham joined the army at the age of 19, his paddling took a back seat until 30 years later when his sons both joined the Reigate Sea Cadets. Reignited with his passion, Graham threw himself into helping the club. At first being a parent

Above: Graham Francis.

helper, Graham's commitment developed to helping with functions and fundraising while assisting with boat repairs and safety. This year saw Graham return to his early days in leadership and qualifying as a coach: "I told a few people of my previous interest and asked if it were possible to use my old charge certificate," explains Graham. "After a bit of chortling and a few comments like 'only if you use canvas canoes', I was pointed toward the BCU coaching pathway." Paddlesport and Reigate are lucky to have volunteers like Graham returning to the sport and his passion and commitment are complimented through the Paddlesport Reward Scheme.

Get in touch

We would love to hear from any club or volunteer about your dedicated volunteers or from anyone who has a story to tell about their volunteering experiences. Canoe England will send a personal letter of thanks and small gift to all volunteers who feature in our Volunteer Focus. Don't forget to register onto the Paddlesport Rewards Scheme to gain recognition for your hours! If you can help Graham with his fundraising, then please get in touch with the Volunteer Development Officer.

Bangladeshi club volunteers praised



Volunteers have been praised by committee members for their part in founding and developing the relatively new Oxford Bangladeshi Boat Club. Based on Oxford's upper Thames, the club is possibly the only one of its type outside of Bangladesh.

The club provides regular opportunities for the Bangladeshi community to get involved in paddling and aims to break down the barriers for Asian families. With close links to the Oxfordshire Bangladeshi Association, the club has also attracted support from local organisations including Falcon Boat Club and Isis Canoe Club.

The highlight of the year is now an annual event incorporating races for the community in traditional Bangladeshi boats called Nowka Bais.

Below: Enjoying the river..

Above: Bangladeshi paddlers on a Nowka Bais.

The success of this public celebration has promoted the opportunity to Bangladeshi families, wives and children who are now beginning to see the river as a place for pleasure, leisure, recreation and sport.

A club spokesperson told us, "The club committee thanks all the volunteers, fundraisers and supporters of this unique community initiative. Through their commitment and support this club has grown in only two years but like all clubs, this unique opportunity is dependent on volunteers for its future."

If you would like to be involved in this exciting initiative, please contact joint Chair Peter Travis on petertravis675@btinternet.com.

In brief

Young people given a choice

Are you a young person who sits on your club committee? Are you part of a Youth Committee? Would you like to be part of your committee to represent the views of young people? Do you have any ideas or issues, which you would like to be heard?

If so, Canoe England would like to hear from you! Canoe England would like to encourage more young people to sit on committees and have their say on the future of the sport and their local organisation – with your help! We would like to write about people like you to promote young committee members and to gain your thoughts.

Disability course scheduled for January

The Lake District Calvert Trust is holding a Disability Awareness course for Adventurous Outdoor Activities on 11-15th January 2010. Being held at the centre in Keswick in Cumbria, the course aims to increase disability awareness in canoeing plus other outdoor activities. For more information please contact Lake District Calvert Trust on 01768 771924/771927 or email bookings@lakedistrict.calvert-trust.org.uk.

Volunteer coordinator pack

The resource is designed to provide support in your role including a number of templates, which may be useful. Focusing on recruitment, recognition and retaining your volunteers, the handy pack offers advice as well as useful documents. The resource has been designed so that volunteer coordinators can dip in and out of the pack to support them in their role as well as a CD with easy to use templates already designed and ready for you to edit and adopt for your club, centre or committee.

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



Canoe England Club of the Year Awards 2010

Nominations for the 2010 Canoe England Club of the Year Awards, sponsored by Towergate tlc, are now open to all affiliated clubs!

This year, clubs stand the chance to win up to £6,700 with thanks to Towergate tlc. Winners of the prestigious title will win £700, with £300 available for two runners up. The top three clubs will stand a chance to represent the BCU in the CCPR Sports Club of the Year Awards 2010 where the top prize is £6,000.

Forms are available on the volunteers section of the Canoe England website at www.canoe-england.org.uk/volunteers.



Canoe England Volunteer & Recognition Awards 2009

Canoe England would like to hear about the volunteers, officials and coaches working behind the scenes supporting our paddlers in your clubs, centres, regions and disciplines who have made an outstanding contribution to Paddlesport over the last 12 months.

Nominations open now!

Categories:

Young Volunteer
Community Volunteer
Official
Access
Young Coach/Leader
Paddlepower Coach
Volunteer Coach
Employed Coach
Teacher
Outstanding Contribution

Nominations are encouraged for volunteers from the European Canoe Slalom Championships.

Nomination forms available on
www.canoe-england.org.uk/volunteers
Nomination forms should arrive no later than
OCTOBER 23 2009

Canoe England Volunteer & Recognition Awards lead onto the UK Awards for those who qualify for an award of Merit, Valour and Honour as well as the prestigious Geoff Good award for Coaching.

Volunteer Development Officer, Canoe England,
18 Market Place, Bingham, Nottingham NG13 8AP

Volunteer & Recognition Awards 2009

CANOE ENGLAND

Following the success of last year's Club Forums, Canoe England have announced new dates for 2009. Canoe England staff will travel across the country to meet clubs and volunteers to provide information & updates and to listen to your ideas.

The Club Forum Programme includes sessions on:

- * **Developing your Club** - action plans, funding & adult participation;
- * **Role of the Committee** - ideas and guidance for your club;
- * **Update on Access** in England;
- * **School Club Links** update;
- * **Open Forum**: Your opportunity to ask questions to the team!

Workshops in your area (10am - 4pm):

- | | | |
|------------------------------------|--|---------------------|
| • North West | Sunday 25th October, Kendle | TEAM NORTH |
| | <i>Book your place by Wednesday 14th October</i> | |
| • Yorkshire | Sunday 15th November, Aldwark Scout Centre | |
| | <i>Book your place by Wednesday 4th November</i> | |
| • East | Saturday 14th November, Sawston | TEAM CENTRAL |
| | <i>Book your place by Tuesday 3rd November</i> | |
| • East Midlands
/ West Midlands | Saturday 28th November, Leicester (LOPC) | |
| | <i>Book your place Tuesday 17th November</i> | |
| • London / South East
/ South | Saturday 21st November, Brunel Uni | TEAM SOUTH |
| | <i>Book your place Wednesday 11th November</i> | |

"I was expecting to leave by lunch but found the forum interesting & stayed!"

"It's good to meet the officers and people from other clubs for an informal exchange of ideas and information."

"An informative and good humoured day."

Places cost £10 per person. Refreshments provided, please bring your own lunch.

Online booking or form available on www.canoe-england.org.uk/volunteers; from your Paddlesport Development Officer or by emailing volunteers@bcu.org.uk.

Women and Girls in Paddlesport



Tell us your stories!

Are you or do you know of a female coach or paddler that helps inspire more women and girls to go paddling? Has your club recently received funding to develop women and girls in paddlesport? Please tell us about it and help and inspire others. Please send any articles or good news stories to womenandgirls@bcu.org.uk

Last year saw the introduction of the women's canoe class in all of the competitive disciplines*. Since this introduction made by the International Canoe Federation, there has been a steady increase in the number of women racing in the canoe classes. This is a fantastic development for women in paddlesport, providing the opportunity to race in all of the same categories as the men. It is likely to take some time before there is the same strength and depth as the other categories but progress is well underway and there are many women out there displaying some great paddling skills.

Sprint World Championships

The recent Sprint World Championships in Dartmouth, Nova Scotia, Canada, hosted a women's canoe exhibition event integrated with a women's canoe camp. This provided women canoeists from around the world, the chance to test themselves against other likeminded paddlers as well as learning from each other on the training camp. GB was represented by Samantha Rippington and Lisa Shuttle, both rose to the occasion winning Bronze in the C2W 200m event and Silver in the C2W 500m event. Lisa and Sam are the first women in the UK to compete in the sprint canoe class and have indeed only been practising for the last couple of years whilst holding down full time jobs. They have been greatly encouraged by Andy and Steve Train who have been providing training for the girls. It is hoped their success and enthusiasm for the canoe class encourages more women and girls to give it a go.

Slalom World Championships

A second demonstration event took place at the Slalom World Championships at the site of the Barcelona Olympics. 22 C1W from 13 nations competed, showing promising growth in such a new class. GB was represented by Fiona Pennie, Alice Spencer and Mallory Franklin. All three normally compete in kayak and since the rule change

A new era of



Above: Georgina Preston.

decided to give C1 a go. Their results were 10th, 12th and 17th respectively and with enough nations entered they also managed to compete in the team event where they finished third.

Fiona Pennie, who competed at the Beijing Olympics in K1, explained her motivation behind taking up C1 earlier this year.

What inspired you to give C1 a go?

I've been interested in getting myself into a C1 for a while, purely from a training point of view as there are so many aspects that are useful to carry into K1. However, I didn't actually make the leap into the boat until after the GB selection races in May. I was

hugely disappointed in not making the GB senior team in my kayak and realised that it'd now be hard to keep motivated for 12 months until selection next year. My coach, Paul Ratcliffe, suggested I jump into a C1 over the summer to improve my skills for kayak. Later, the opportunity of racing for selection for the women's C1 demonstration event at the World Championships opened up and I found myself with a new goal for this year.

What is it you enjoy the most about C1?

Every move is a big challenge and when I succeed it puts a big smile on my face! I certainly have noticed the advantages that I can take from C1 to my kayak already. It makes moves, which previously felt difficult in my kayak seem much easier!



Above: George Marshall and Barbara Stewart.

racing



Any tips or advice for other paddlers thinking of giving it a go?

First and foremost is to make sure that anything that resembles rolling a C1 back up is a 'bombproof' method! The fittings within the boat are also very important as you need to be locked into the boat to flick it around the poles and to be confident in leaning onto your cross bow stroke! Other than that, just keep at it, there will be lots of rolling, but eventually, courses will feel a little more effortless!

* This currently excludes championship events. As the sport develops the women canoe classes will be integrated into championship events with the first at the Slalom World Championships in 2010.



Above: Samantha Rippington and Lisa Suttle.

C1 slalom camp



Back in the UK, World Class Slalom held a four-day women's C1 camp at Holme Pierrepont. The camp was set up with the aim of bringing the women's canoe community together; providing the motivation and the opportunity to share positive experiences in a challenging, learning environment. Through educating and encouraging participants the camp illustrated the future possibilities and transferability of skills that women's canoe has to offer. All involved were able to return home with new ideas and enthusiasm to develop the women's canoe class.

The invite criteria were simply that you had to be female! Head coach for the camp, Craig Morris

"I am still buzzing with the thrill of the last two days, I signed up for the camp out of curiosity and I left the camp planning my C2 development."

Barbara

explains: "We wanted to encourage everyone of all abilities and age to get involved with a hope that this would be far reaching and offer momentum for the class within clubs. Participants ranged from never having sat in a C1 before to others who raced selection for the worlds exhibition event last year. For those who were less confident on the white water, they went down the course in the front of a C2 – this provided a huge boost in confidence and left

them 'buzzing with excitement' at the end of the run".

The camp was a great success attracting around 20 women and girls, with more interested but unable to make it due to previous commitments. Everyone who attended came with infectiously positive attitudes and the willingness to learn and push themselves, this empowered everyone on the camp to go from strength to strength over the four days.

From swimming down the course, taking part in a legendary 'Rasbo team challenge', to surfing the 'Muncher' or riding the waves with an experienced C2 paddler, everyone tackled water they did not have the confidence to do before. The coaching team were thoroughly impressed with the tenacity of all the participants and experienced great rewards from seeing each one of them develop to levels they had not thought possible.

A big thank you to all who attended making it a great few days, as well as the volunteer coaches and paddlers that gave up their time to help.



Above: Michelle Grudzinski.

"The content for me was spot on - the combination of technical advice/encouragement just to go for it was just what I needed. Also the coaches were very gracious in responding to our requests, personalising the training and making it fun." Julie

Challenge co

The Big5 team completed the record paddle for the Inside Passage covering 850 miles from Port Hardy, Vancouver to Glacier Bay, Alaska in 27 days.

Feature by: Richard Harpham. **What a journey for all of us. The Big 5 Kayak Challenge was about our small team taking on five distinct and unique expeditions and challenging ourselves further with each one. We were also supporting some great causes, fundraising for the Muscular Help Foundation and publicising the River Access Campaign.**

Challenge 1 – round the Isle of Wight

Just five weeks after the idea was born, the dream became a reality. Six kayakers departed the Southampton Boat Show to paddle 82 miles in glorious sunshine – down Southampton Water, round the Isle of Wight and back to the boat show two days later. The team was comprised mainly of experienced paddlers and kayak coaches with some having competed in various disciplines internationally. Dave Gordon on the other hand, a former international pole-vaulter, was making only his seventh kayaking trip.

Challenge 1:
The Needles.

Challenge 2 – the length of the Thames

The team then went on to tackle 185 miles of the River Thames from Cricklade down to the Dartford crossing. It coinciding with the worst winter weather and blizzards for many decades during early February 2009. Our Thames paddle was completed in 35 hours despite over 10 inches of snow and temperatures as low as -12 degrees.

Challenge 2:

Cricklade in the snow.

Challenge 3 – the English Channel

Next came paddling the busiest shipping lane in the world, 22 miles of the English Channel from Dover to Cap Griz Nes during April 2009. Again our challenge took on a new level with a Force 4 picking up to Force 5 during the day. On the water this meant winds gusting 20 mph and waves up to two metres high. Despite these interesting conditions we completed the crossing in five hours and 10 minutes.

Challenge 3:

Crossing the shipping lane.

Challenge 4 – Lands End to the Isles of Scilly

We then made the 40-mile crossing from Lands End to the Isles of Scilly to coincide with the World Gig Racing Championships. Due to adverse weather conditions we set off five miles further back up the mainland from La Morna in a relatively sheltered cove. We endured Atlantic swells for most of the crossing which took us a gruelling 10 hours. It was a tough day for Dave Gordon who by now was a more experienced kayaker but sadly did not stop getting extreme seasickness. Our highlight was a fly-by and standing ovation by the crew on board a Royal Navy helicopter.

Challenge 4:

Royal Navy ovation.



Challenge 5 – The Inside Passage, Vancouver to Alaska

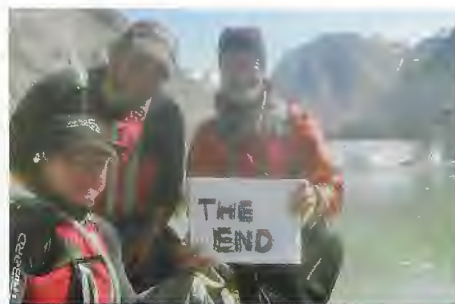
Three of us tackled the 850 miles from Port Hardy, on the north of Vancouver Island; up to Glacier Bay, Alaska, in what we believe to be a record time. We completed it unsupported in 27 days averaging over 30 miles per day, which the locals believed to be the fastest time for this journey on the Inside Passage.

The journey north during the four weeks was successful despite long periods of strong headwinds, torrential rain and high spring tides. The final push from Alaska's capital, Juneau, north to Gustavus and Glacier Bay, National Park, a world heritage site almost failed due to heavy northerly winds gusting at Force 6-7 and a tight schedule to cover 46 miles on the second day. Two members of the team, Aisling Ni Chuinn and Richard Harpham paddled for a massive 21 hours to cover the distance, arriving at Gustavus at 03.00 – plenty of time for two hours sleep before the ferry connection to Glacier Bay National Park!

Wildlife and adventure

Along the way there has been plenty of adventure including experiencing flooding during the record high spring tides while wild camping on a beach. Once, we awoke to find a foot of icy

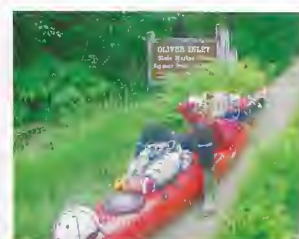
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Left:
Big5 team - the end.



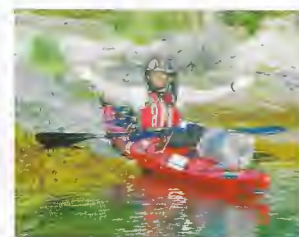
Above: The team at McBride Glacier – Aisling Ni Chuinn, Geoff Tilford and Dave Gordon.



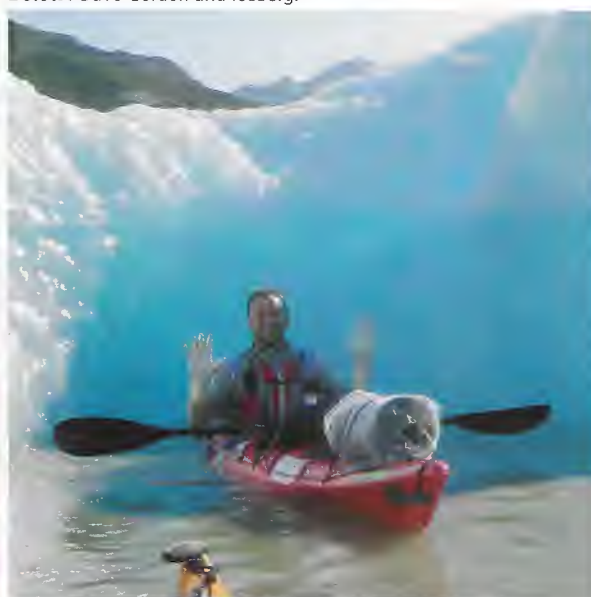
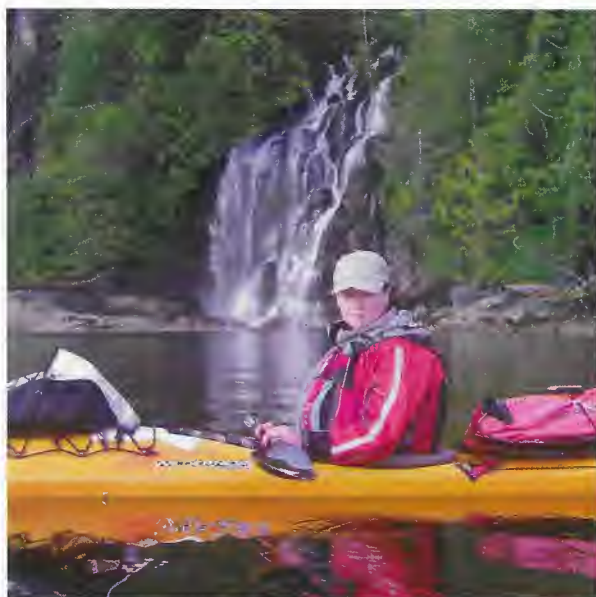
Above:
Geoff Tilford resting.



Above:
Oilie Jay makes camp.



Above :
Dave Gordon wearing protection from mosquitoes.



Below left: Aisling in front of a waterfall, British Columbia.
Below: Dave Gordon and iceberg.



Above: Totem Museum.



Above: Eagle.



Above: Bear and cub – at Pack Creek Observatory, near Juneau.

cold water in our tents, with our kit floating. We had no option but to abandon the tents and set up our bivi bags, balanced on driftwood logs, for what was left of the night. On another occasion we camped on a waterfall ledge and were forced to lower the kayaks three metres down the cliff face the following morning with a record low tide in effect.

Geoff Tilford capsized in heavy seas in Alaska and had to be rescued by his fellow team members. Our training with team member Ollie Jay paid off. A combination of the shock of icy cold water and a laden boat in heavy seas, prevented Geoff from rolling up, but we had him back in his boat in a matter of minutes despite the rough conditions.

Persistent and heavy rain dominated the weather for the first two weeks, which made it difficult to keep kit such as sleeping bags and spare clothes dry. On the positive side, the rain brought about the appearance of many spectacular waterfalls along the way and no shortage of fresh drinking water. We loved the stunning scenery and wildlife. Most days we saw orcas and humpback whales and often close up, as it seemed that our kayaks didn't seem to disturb the wildlife at all. We have described these as 'BBC moments' when you feel like you are in the middle of a BBC wildlife documentary. Watching bears in their natural surroundings was amazing, although obviously when wild camping we had to take precautions to avoid a night time visit.

Alaska brought about a distinct change in the weather and almost two weeks of constant sunshine and with it a notable rise in temperature. The price of sunshine in Alaska is strong northerly winds, which the team had to battle against. However, the clear blue skies greatly enhanced the surrounding scenery and the team were constantly in awe of the beautiful but wild and rugged environment they found themselves in. It also made for some stunning sunsets.

The most spectacular scenery of the trip though was in the final two days of paddling, when the team arrived at the aptly named Glacier Bay National Park, where despite the impact of global warming many of the glaciers continue to reach down to the sea. The stunning surroundings of Glacier Bay also presented new challenges with moving icebergs, carving glaciers and icy waters. We completed our final two days of paddling in one of the most beautiful places in the world especially with the aquamarine colours of the glacial melt. The final shuttle back from Gustavus to Juneau with eco-fisherman Doug Ogilivry brought another treat; with dusk approaching we witnessed a pod of eight or nine Orcas including calves playing and swimming in the Lynn Canal.

Spirit of the Inside Passage

Without exception, all the people we encountered were extremely supportive and incredibly friendly. There were countless examples of generosity, hospitality and support. In Bella Bella, a local marine engineer loaned his boat to the team's film crew. In Klemtu, a first nation community, Doug opened up his tourist office to let the team dry off and sleep for the night.

In Port Simpson, Alaska, also a first nation community, Marissa invited the team into her home for tea and a sit-down meal. In

Petersburg, Bob, a Reverend of the Presbyterian Church and keen kayaker, opened up the church for the team to sleep in. The team's arrival in Juneau was marked by a stay at the historic four stars



Baranof Hotel, organised by the Alaskan Tourist Industry Association. Suzanne, a local resident in Juneau, brought the team to her home for breakfast and took the film crew out whale watching in her skiff. At Gustavus, the final town along the way and gateway to Glacier Bay National Park, the team were again taken aback by the assistance of the local people.

We feel that there is so much more to see and do along the Inside Passage and we have much unfinished business. We will certainly be going back. The one thing we agreed we would change if we did the challenge again, would be to allow more time or cover less distance on the last challenge, in order to have more time

to enjoy the environment, which was magical.

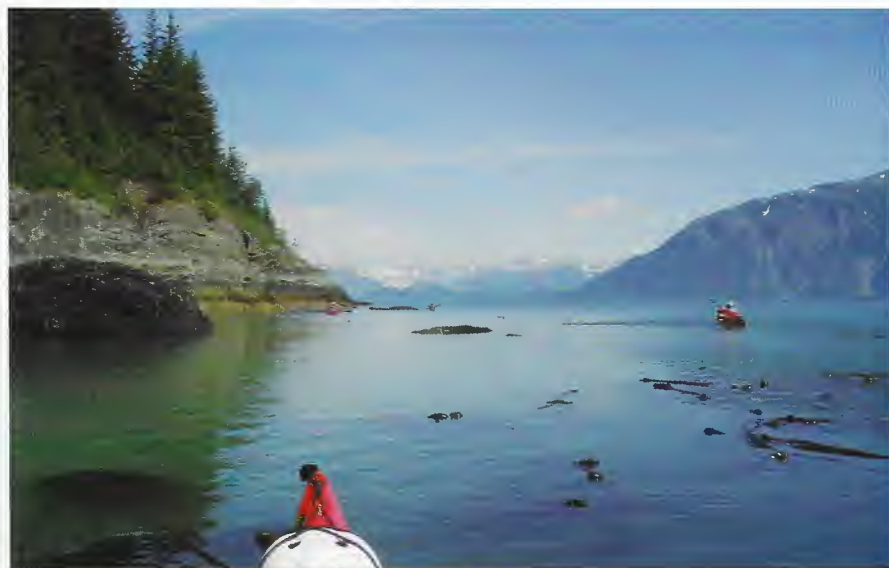
The team who completed the full distance were Richard Harpham, Aisling Ni Chuinn and Geoff Tilford. Dave Gordon, Rob Bates and Olly Jay joined them along the way. Other team members completing the UK legs of the Big5 were Aaron Buckingham, Steve Carter, David McCarthy and Owen Gabb.



“with dusk approaching we witnessed a pod of eight or nine Orcas including calves playing and swimming in the Lynn Canal”



Above: Geoff Tilford and Aisling Ni Chuinn on a foggy morning on the Grenville Channel.
Below: The team paddling into Glacier Bay.



Contact us now to arrange one of our Big5 Kayak talks for your kayak club or company. You can get more information, images, video footage and planning documents on our website www.big5kayakchallenge.com.



Above: The support team and paddlers on the Thames.



Above: Butedale Cannery.



Above: The Bull Kelp.

What next?

We are planning a lecture tour to share our story and our film footage at local kayak clubs, the National Boat show and the Outdoor Show. We hope that this will help raise additional funds for our chosen charity, The Muscular Help Foundation, a Muscular Dystrophy Charity. We will also be raising awareness for the River Access Campaign, aiming to change outdated legislation.

We have been fortunate with some amazing kit sponsors and hope to have some special offers available at our talks. Our final words of thanks should go to our amazing support crew along the way who have been outstanding. We are all hooked on sea kayaking so later in the year we will be revealing the next Big5 challenges with five new challenges for 2010 and inviting one or two new members to join us. If this kind of thing floats your boat and you have any interest in being involved, do get in touch.

Gold Coast su



Above: Waiting for the start.

Saunton Sands, 20th June. From its niche within surf lifesaving, surfski racing has exploded in recent years, with big prize races from Dubai to Hawaii, professional paddlers and big name sponsors. If this has passed you by, it could be because southern hemisphere paddlers – particularly from South Africa and Australia, have dominated it. However, Europe is catching on and Britain has its own Ocean Series.

Feature by: Philip Nye. This was race two of four of the UK Ocean Series ski races and was scheduled for 16.00 on Saturday afternoon. In the car park at Saunton there seemed to be skis all over the place indicating a good turnout. It was also evident that conditions were going to be challenging. There was a strong WNW wind, which felt quite chilly and plenty of white caps out beyond the break. The surf itself did not look too big - but as this is a proper beach, there was enough for some fun. As befits the second race of the national series, most of the leading contenders were present and the life saving clubs of the West Country and South West Wales were well represented.

“Mark Ressel, in the lead, shot past on his way back on the first lap with several others in close pursuit”

The course takes the race out for nearly 2km to a buoy off Down End Point before turning right across Croyde Bay, side-on to wind and waves, to a second

buoy about a kilometre away, returning by the same route to a turn flag inside the surf in shallow water. The downwind run in from Down End Point to the beach being fast, messy and huge fun. The open category course took two full laps while other classes turned back at the Down End Point buoy, cutting out the Croyde bay leg, on one or both of the laps. With a Le Mans start of all classes at once there was a very impressive line-up on the beach – a worthwhile detail as it attracts interest, is much more eye-catching than a series of smaller line-ups and gets all the competitors off to a very revved up start.

Off on the hooter and the field was soon separating out, the leaders battling out through the heavy chop and strong headwind were soon getting out of sight. In my unfamiliar and unsuitable borrowed ski, I reached the first buoy and was just taking a little swim when Mark Ressel, in the lead, shot past on his way back on the first lap with several others in close pursuit! In these conditions there were a fair smattering of

Surfski race



Above: The Le Mans start.



swimmers and the safety boat was kept busy, though no serious incidents.

It was clear that the difficult conditions were favouring those who were comfortable on their skis, and many of the leaders were on craft, which would be relatively slow on flat water. This is born out by the results which show experienced surf paddlers, many in ILS skis*, placing ahead of those whose flat water training and more extreme racing boats would make them unbeatable in calmer conditions. Mark Ressel was the open category winner, adding to his victory at Weymouth-Lulworth and confirming his position as the one to beat when the water is lumpy.

In all there were 48 boats at the start including just one double ski. It was great to see a large and enthusiastic bunch of under 16 and 19 paddlers, both male and female. My paddler of the day award goes to the under 16 girl who fell off and lost her ski on the way in at about 100m to the turn flag. In the wind and

surf her ski rolled in to the beach in no time while, encumbered by her paddle, her exhausting swim took a lot longer. On getting to the beach, she thanked the spectator who had stopped her ski, jumped back on and headed out for her second lap - none of the junior girls failed to finish the race. Many thanks to Saunton Surf Lifesaving Club, to the race sponsors: The Thatch Barn Inn, Croyde, Icon Surfcraft, Columbia Sportswear, and most of all to organiser Mark Ressel for a superb friendly and well organised race.

* ILS (International Lifesaving Specification) were the original skis designed for running in and out of big surf, they are built to a maximum length and have wave deflectors at the bows. Long Distance skis which are unrestricted are usually longer, even narrower and less stable and have deep, knife-edge bows to suit open sea conditions where waves move very fast but are less steep – of course to get to the open ocean you have to go out through the surf. 🏄

Further information:

On UK Ocean Series see:
<http://tinyurl.com/m2z6y5>

For general information and links on Surfski racing in the UK see:
www.wellsimple.com

Below: And they're off.



Below: Confirming details.



First ICF Paddleability World Sprint Championships

The BCU PaddleAbility programme has been running for 18 years with the sprint event programme now integrated into our national sprint regatta programme.

However, this year for the first time the International Canoe Federation held a PaddleAbility event at the Sprint World Championships in Dartmouth, Canada. This is an important step for our bid to see canoeing included in the 2016 Paralympics. Whilst we had hoped for 11 nations to compete, in the end some nations failed to make it due to visa issues and such like, so the competition was between paddlers from Italy, France, Portugal, Brazil, USA, Canada and GB.

For the PaddleAbility event the paddlers are classified according to their disability, which consisted of three categories – Legs, Trunk and Arms (LTA), Trunk and Arms (LA) and Arms (A). The races included K1, K2 and OC2, however; only certain categories could compete in each event. Two paddlers in the men's K1 200m and women's K1 200m in the LTA category represented GB.

An interview with James Oldham and Lucy Gardener

GB PaddleAbility representatives at the World Sprint Championships.

Whilst out in Canada we managed to sit down with these exceptional paddlers just before they raced and ask them about their paddling and the event.

James Oldham

How did you start canoeing?

When I was about nine or 10. I was having physio from Julie Lowe (Julie is a paddler herself and runs a club for disabled paddlers in Newark) and she suggested that I came paddling and I loved it. I started doing general recreation, slalom and sprinting when I was 12. I had my left leg amputated when I was 14. My main focus now is sprint but I enjoy marathons as well. We have to select marathons without portages.

“It is also really interesting to see how other PaddleAbility competitors have adapted their boats to enable them perform to their best”



Above: Lucy Gardener and James Oldham.

Where do you train and what are your favourite distances to race?

I train at Newark on the Trent and Devon – I do three sessions a week on the water and three or four sessions swimming. I prefer to race longer distances and feel my strongest race is the 1000m. The boat I currently race is a Tor but I am looking to change this next year.

What did it feel like when you were selected and what are your aims?

I was amazed. Last year I was very ill and had to have an operation so my fitness levels were very low. I knew this opportunity was coming up and used that as a target to work towards. It makes being selected very special to me and I am proud to represent GB. I hope to get a good race time – a personal best – and more race

Paddling

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Whether you are new to paddlesport, want to improve your skills, gain coaching qualifications or join a sea kayak expedition then look no further than Plas Menai National Watersports Centre. Em: info@plasmenai.co.uk

www.plasmenai.co.uk

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Icon Surfcraft was formed in 2008 by Jeremy Coysh and Mark Russell. Jeremy brings over 30 years of performance kayak manufacturing experience to the venture. Mark has 20 years of ocean ski racing and kayaking experience which includes: 2 British Single Ski titles, 1 British Long Distance Ski title, 6 British Double Ski titles and a top 20 finish at the World Series Ocean Ski Race in Dubai 2007.

Leading British Manufacturer of Surf Life Saving Racing Skis

Visit IconSurfcraft.com for more information.

Icon Surfcraft has teamed up with Rob Feloy (Inukayaks.com) to design an all new "Open Class" long distance ocean ski.

Years of paddling experience and design expertise along with some advanced CAD work have been combined to produce this top end performance ski, optimised for ocean swell running...

watch this space...

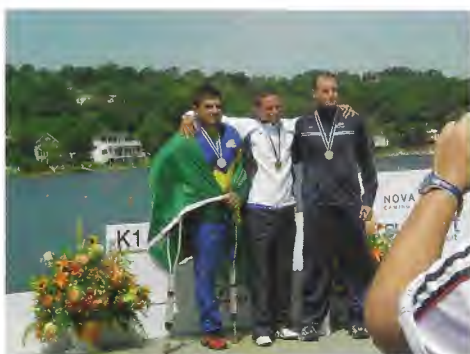
Coming in 2010







Above: OC2 medallists.



Above: Men's K1 medallists.

experience. Of course it would be great to get a medal!

What are your thoughts on the venue and event?

The lake is beautiful and I really enjoy paddling here. The facility and infrastructure is very good – and the lake has good accessibility, but it takes me quite a long time to walk around the site and that is a bit of a drawback! It has been great getting to know people from different countries – everyone is so friendly. It is also really interesting to see how other PaddleAbility competitors have adapted their boats to enable them perform to their best.

What do you think about PaddleAbility being included in the World Championships?

I am pleased it has moved on from just a few countries competing and it is now being recognised. As disabled competitors it is important for us to be included and have opportunities in competition. It is great that it is now recognised and part of the main event. All the GB paddlers and coaches have really welcomed us into the team and we really feel part of the whole GB team.

What do you hope for in the future for yourself and PaddleAbility?

I would like to improve my personal best and achieve more consistent performances. At home I would like to see more PaddleAbility competitors. Internationally I would like to see more races and longer distances – with of course more countries competing. I would like to see the classification system reviewed, at home we race according to our ability and that seems better to me.

Below: James Oldham and Lucy Gardener receiving advice.



Now over to Lucy...

How did you start paddling Lucy?

We heard about some disability canoeing sessions being run at Castle Gate Quays back in 2004 when I was 26. I loved it and later that year went to my first sprint regatta at Nottingham. I really like competition – the fight to achieve.

What training do you do?

I paddle three to four times a week on the water and do one or two sessions in the gym. My water-based work is on the River Tees at Stockton.

What did it feel like when you were selected and what are your aims?

I was very excited. I am very proud to represent my country and knowing that we are the first GB competitors in PaddleAbility at the World Championships. I am also hoping for a personal best time and would love to get a podium place. For the future I want to improve and hope to be good enough to be selected for Poznam next year.

What are your thoughts on the venue and event?

I think it is a good facility and the organisers have been really helpful. I think giving each of us a water bottle to use and refill is much better than wasting lots of plastic bottles.

What do you hope for in the future for PaddleAbility?

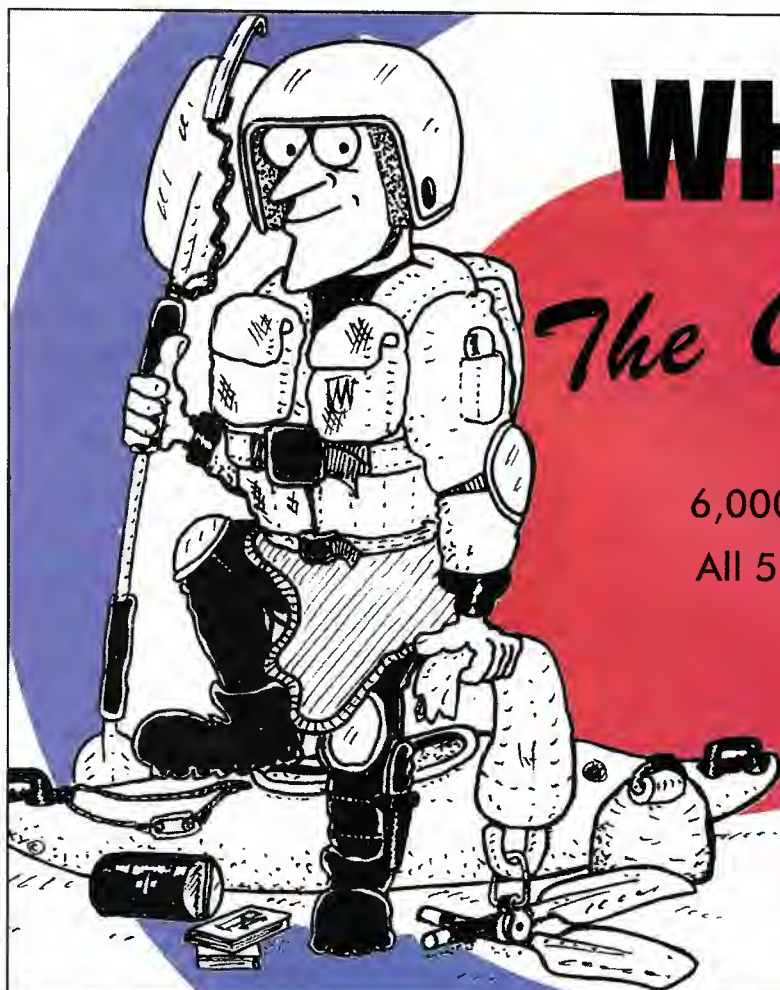
I would like to be able to race in my own boat, which is a Tor – the Nelo Viper is so heavy and big for me. It's really hard.

Results

We would like to congratulate both paddlers on their results – James came fourth and Lucy fifth and wish them all the best for the future. 🏆

Below: James and Lucy on the water.





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Just for the p

The lock gates opened and a colourful crowd of kayaks and canoes paddled out. A somewhat unusual sight for the River Great Ouse, but this was the Canoe Camping Club's Easter four-day tour and this club doesn't exactly do 'normal'.

Feature by: Anne Dorber. **Over the four days we paddled 45 miles from Kempston near Bedford to Aldreth (on the Old West River). It was not a race, nor yet a sponsored activity, but purely recreational, for the pleasure of the waterside scenery, the activity and the enjoyment of the fresh air and like-minded companions. Everyone paddled at their own pace; alone or in small groups, guided by written notes, with the minimum of supervision provided by a 'sweeper' group, although there was plenty of assistance and company for those who needed or wanted it.**

Over 60 participants, plus one perpetually trembling dog, completed the whole route, with another ten or so paddling various sectors. The age range from the youngest to the oldest solo kayakers to paddle the complete route, spanned more than 70 years and participants were a mixture of families, couples and individuals, solo and tandem crews, kayaks and canoes, from all over England, plus one participant who had returned from Germany for the trip.

After gathering at the first campsite on Thursday evening, Friday morning required an early start to strike camp and shuttle the cars 45 miles, before returning drivers to the start by coach. Unfortunately it started to drizzle just as the drivers returned at about noon ready to start the day's paddle – a relatively modest 10 miles taking us through Bedford to Great Barford village. It included some very pretty reaches, with weeping willows in fresh spring foliage and new lambs in the fields.

As we were camping overnight and carrying all of our camping gear in our boats, we opted to lock through rather than portaging, which was performed successfully and safely for all 15 locks. Locking was much easier than portaging for the majority of paddlers, but the lock key holders faced a different challenge; getting to and from their wobbly craft from some of the higher lock stagings! Imagine lying on your stomach on the lock platform and reaching with your feet to feel your kayak below, before gently committing your weight to stand in your kayak. Even with an open canoeist holding your boat steady, it is a relief to complete the manoeuvre and find yourself still dry!

The necessity of carrying all camping equipment dictated selective packing. However, an amazing variety of kit appeared, with some people managing to fit chairs and other home comforts

“It included some very pretty reaches, with weeping willows in fresh spring foliage and new lambs in the fields”



into their boats, and the 'old hands' making use of Kelly kettles and home-made stoves. The campsites exhibited some very creative uses of tarpaulins, notably a litter of pup tents crouching beneath one tarpaulin. Campsite facilities varied, with flush toilets and showers on the first two nights, but just a farmers' field with two portaloos and water from jerry cans on the other two nights.

Surprisingly varied

Although the paddling on this flat, navigable river in low-water conditions was technically undemanding, the surroundings were surprisingly varied. Some sections were peaceful, narrow and winding, others passed smart riverside homes, historic towns and pretty villages. On Sunday we passed two working water mills and under two mediaeval stone bridges at Huntingdon and St Ives, the latter with a mid-river chapel, whilst on Monday we entered the Fenland, with wide, flat views.

Amongst the optional daytime activities one group of paddlers investigated riverside pubs whose wares deserved sampling, whilst the National Trust's Easter-egg hunt at Houghton Mill was enjoyed by some of the younger members.

Saturday evening saw the traditional communal meal at a nearby village hall, and the opportunity to socialise out of the drizzle. Wet kit was dried on the warm radiators and the evening concluded with a charity quiz, before we negotiated by

Leisure of it



Above: Hemingford Lock and **below:** Hemingford Grey Church.



torchlight our most dangerous hazard: the deeply rutted lane back to the campsite. The following night included options of a bonfire at the campsite, or a nearby historic pub. One group went to the pub in style, by canoe and kayak, casually drying their buoyancy aids on their chair backs.

Farewells

By Monday lunchtime the sun finally broke through to brighten the final unpacking of the boats and the farewells at the end of a very satisfying long weekend on the river.



Above: The 14th Century bridge with chapel in St Ives.



Above and below: Enjoying the day.



Each Easter the Canoe Camping Club organises a similar paddle on a different waterway, but in between there is a regular nationwide programme of day and weekend touring and longer events. The club is the main vehicle for canoe touring within the BCU, and was one of the four clubs that founded the BCU in 1936, so boasts a long tradition. Members enjoy the opportunity to explore unfamiliar waterways and enjoy old favourites under the guidance of those with local knowledge.



London meets

At the end of a very busy summer programme the Canalside Activity Centre in west London ran a trip to the French Alps. The group, led by Zyggy Dreja, Rene Standley and Bryony Bunting were made up of eight senior youth club members, five boys and three girls ranging from 14-17 years of age.

Feature by:
Rene Standley (below).



Some of these young people had only been paddling for a year (Dominic Pace and Bonita Marequeo) and whilst Stanley Ingram, Yann Koralek-Martin and Clement Cooper had some coastal experience, none of them had paddled in a natural white water environment. Sarah Nerva, at 17 is a veteran of several descents of the Dart loop and the senior female slalom London Youth Games Bronze medallist. Olivia Hithersay had done much of her early paddling on the tidal Thames at the Cremorne Riverside Centre and has for the last three years respectively been first, second and first in the London youth games kayak slalom. Last but by no means least, Adam Mamoud, previously an under 13 national marathon champion and very much a role model at the club.

Our plan was not simply to have fun paddling some of the classic runs in the south Alps but encourage our young team to be as self sufficient as possible and to get everyone passed on the new BCU White Water 3 Star. In addition to maintaining the camp and equipment, shopping, preparing and cooking their meals, the group would have to fill in reflective diaries.

Below: Sarah Nerva.



We arrived at our Campsite at St Crepin in the south Alps at 02:30; all slightly the worst for wear after the drive and set up camp straight away.

Amazing view

We awoke to the most amazing view of the morning sun peeking over the mountains surrounding our camp. We had a hearty continental breakfast and set off on the group's first scouting mission of the rivers Guil and Durance. The Guil whilst having shaped its environment in the most astounding manner appeared in many places to be a meandering stream, a mere shadow of its normal self. After taking some time to take in the amazing beauty of our surroundings we headed off to look at the Durance and in particular the slalom site at L'Argentiere and then on to the slalom site at St Clement.

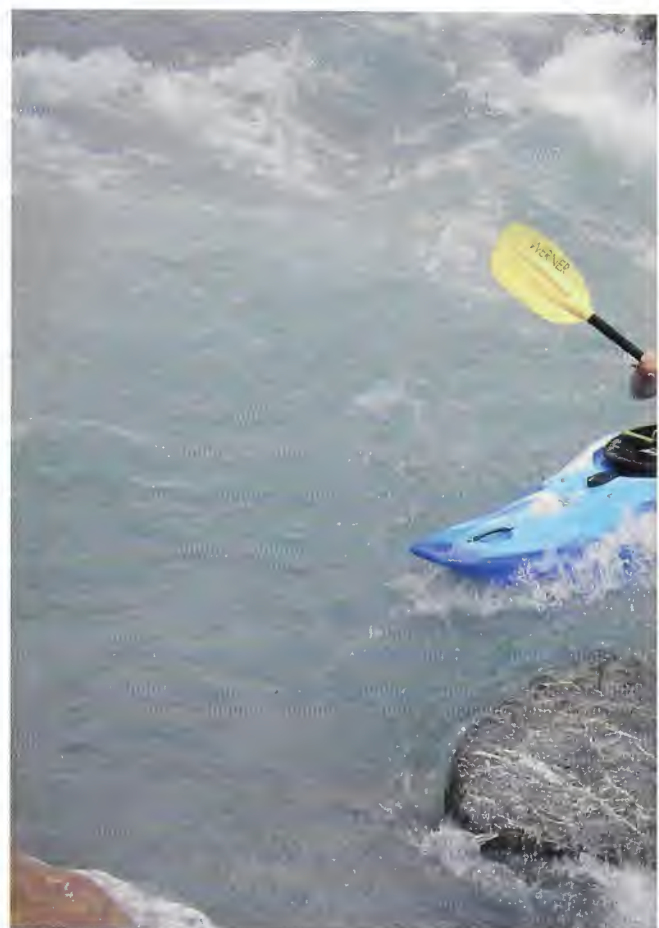


Above: Dominic Pace.

Argentiere and then on to the slalom site at St Clement.

“Two or three completely lost all sense of direction as and went right in to the stopper, much to the delight of the on looking crowds”

On the third day we played at the St Clement site and after a slow start and a few rolls, confidence was clearly gaining through the group, not only were we making our



break-ins and break-outs but there was a really good display of intuitive paddling on show. We paddled down to the world famous Rabioux Wave to find hordes of people had gathered on the opposite bank to watch unwary paddlers do battle with the resident stopper. We scouted this feature, had a group talk about how we were going to shoot the section and had a staff team member on the biggest most upstream rock pointing out the sweetest line. So what was the outcome of this meticulous planning? Two or three of our party completely lost all sense of direction as well as the ability to steer their boats and went right in to the stopper, much, it has to be said, to the delight of the on looking crowds. I am really pleased to say that this rookie mistake was rectified on each occasion with much determination. Then disaster struck Adam, who had looped forward whilst front surfing a wave and was struck on the mouth by a hard object chipping his two front teeth. He was taken to get medical advice and returned that afternoon. I for one was really inspired by his attitude towards wanting to achieve what he'd come to do... not a great day in many ways but the group really bonded that day.

Next day paddling on the slalom site at L'Argentiere there was a feeling of anxiousness around the group – the site was bigger and more technical than we had come up against during the previous two days paddling and it was clear the group were also affected by Adam's mishap. Our first descent of the section was not the extravagant thing of beauty we coaches dream of when

the south Alps!



Above: Olivia Hithersay.

analysing our charges, but a functional, almost hesitant affair. We did three other descents that day and each got better than the one before.

Much lounging, loafing and things

We stayed for another day at L'Argentiere in great conditions, great weather, we paddled fine as a group but had still not quite brought our 'A game'. The group showed signs of fatigue.

The sixth beautifully sunny day in a row set the scene for a well-earned day off. After the obligatory continental breakfast and some pottering we made our way to the small town of Savines-le-Lac. We strolled down to Serre-poncon, an artificial lake into which the blue green and crystal clear waters of the rivers Durance and Ubaye flow. This was the scene of much lounging, loafing and things of that nature and the day was rounded off with a football match and a victory of epic proportions against a very good French group. Just when it seemed the day could not get any better the young people supervised by Zyggy and Bryony served up a sumptuous meal and this was followed by a night of satellite and shooting star spotting as we gazed up to an Alpine sky that was almost surreal in its clarity.

We decided that we wanted to make the most of our last two days on the water so we ran the Durance and once again we put



Above: Group shot at St Clement. **Below:** Zyggy Dreja.



Above: Stanley Ingram.

Below: Yann Koralek.

in at the slalom site at L'Argentiere. This time we ran the river down to St Crepin (about 19km) and split into two groups of five where group members took turns in leading using different methods of descent and finishing off our assessment for the new White Water 3 Star. A huge success as the group clearly responded to the day off and was back to their best for the last two days.

Time to reflect

The long journey back gave us all time to reflect on what for me had been a hugely successful and enjoyable experience in France. It also got me thinking about our own green and pleasant land and our own collection of unique rivers, stunning countryside and how limited access is in comparison to some overseas destinations where entry points are clearly signposted and occur at regular intervals, where appreciating the environment by boat or otherwise is positively encouraged,

I would like to end by thanking Kenny Thomas and the team at Positive Activities for Young People for their support in getting this trip off the ground. ♡



Above: Clement Cooper.

Anglesey sea symposium

We are part of Wansbeck Paddle Sports Club and out of a group of five lads only two of us were able to commit to the 10 days that were to prove amongst the best in our relatively short lives.

Feature by: Tom Thomas. **At Penmaenmawr we were met with an absolutely stunning vista. The sun was beginning to set behind the hills, the sea was as flat as a mirror and the whole place had an awe**

Photos by: George Maskell. **inspiring golden reflection.**

On the Friday, whilst Tom was busy coaching some open boating, we were drafted in as labourers for Phil Clegg setting up the symposium. The symposium is organised by Sea Kayaking UK and they hire the Anglesey Outdoors Centre for the week so the site has to be made ready on the Friday.

The choice of activities was amazing, including, incident management, sea kayak surfing, rolling and rescues, inuit paddling, crash and bash, navigation, choosing a sea kayak, paddle sizing and forward paddling, navigation, tide races and full day and half day trips at all levels. After advice from Joanne Hagan who is the administrative force behind the symposium we both opted for incident management on Saturday and tide races and overfalls on Sunday.

Saturday was our first paddling day and at Porth Dafarch, the beach was transformed with dozens of huge flags and trade stands. Kierron Tastagh led this session and we had a fantastic morning of bow and paddle presentations, x-rescues and recovering an unconscious paddler. Then we did an amazing rocky landing getting 23 people and their boats onto these two little ledges. That night was the first of the evening talks at Holyhead Ulcheldre to hear Alon Ohad's lecture on his first ever attempt to circumnavigate the Svalbard Archipelago, the northern most part of Norway.

The second day was run by none other than the legendary mad Irishman, Harry Whelan. We got out to the Rhoscolyn tide races to find the conditions a lot smaller than we were expecting. You'd catch a wave, be surfing it and then it would either disappear to nothing or another wave would join it from a different direction and waste it. So, not excellent conditions but

we had a good time and learned quite a bit.

On day three we opted for the day paddle with Eila Wilkinson and Simon Osbourne. We set out from Bull Bay and headed west. We were completely astounded by the scenery. In Northumberland we have some great trips but it is mostly long sandy



Above: The Anglesey Outdoors Centre.

beaches and repetitive vistas. The lecture that night and was amazing as Simon talked about his trip to Madagascar and the animals and people they saw. It was accompanied with stunning photographs, great videos and stories.

Tuesday was our first day of our 4 Star assessment. The programme was run by Phil with the excellent Pete Jones. It was a really strong south westerly again so we all opted for the north east coast for shelter. Instead, we went to the Menai Straits! We'd all picked a good location for the trip but the assessors wanted to see a little more from us.

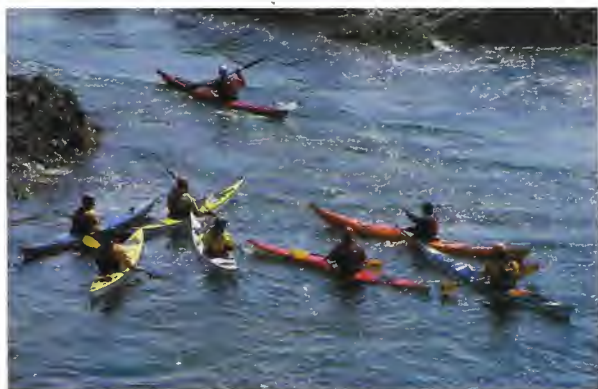
We entered the second half where the venue was again the Menai Straits. Phil was keen to see us use a variety of leadership strategies and this kept us on our toes. We felt quietly confident as the assessment came to a close. But this quiet confidence disappeared as we waited to know whether we had passed or failed. When the news was broken we were over the moon, it was our third 4 Star and the one we'd had to work hardest for.

On Thursday we opted for surfing in Treardur Bay. There was shelter from the wind, as out to sea it looked like a Force 8, but in the bay it only felt like a six. We split into beginners (whom Tom coached) and advanced (who were going out just for the crack with Phil, Alon and Simon). We went in the advanced, having done quite a bit of surfing before.

Friday, and here it was without warning: our final paddling day in Anglesey. Today we opted to be students for the 5 Star assessment. A couple of hours into the trip and Richie Snell began to feel pretty queasy possibly, a combination of the side-on swell, tiredness, and perhaps some dietary imbalance. There was amusing confusion as the candidates all thought it was a set up exercise and the assessors had to step in to take responsibility. Throughout the day the leaders were keen that we used our skegs which wasn't what we wanted to do – we were trying to surf down the waves and paddled around to find the ride.

So out of our nine day visit we'd had great fun, seen some great scenery, added another 4 Star to our expanding collection, met people from all over the world and heard about their experiences, arranged to go to Israel, discussed an exchange programme with the Norwegians and decided that this is what we want to do for a living. We also realised that there is nothing stopping us. 

Below: Setting out for a day's paddle.



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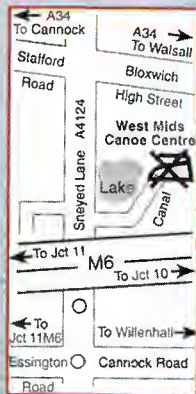
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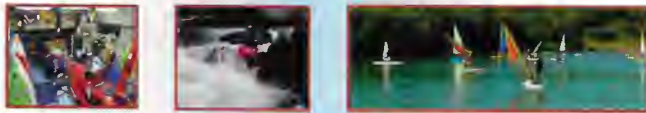
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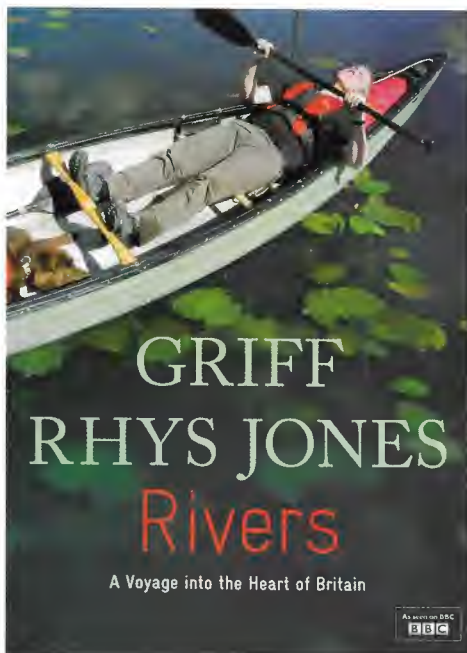
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A national scar

Over the summer period the rivers access issue has not been out of the headlines for long. The superbly filmed 'Rivers', where Griff Rhys Jones and his dog Cadbury, showed how beautiful our inland waterways are in Britain, has further highlighted the problem.



From the wilds of Scotland to some of our industrial waterways, the programme has inspired people to get out and enjoy our natural waterway heritage. The campaign has received many emails from people who have been encouraged to take up their paddles again or get out there for the first time.

From Griff's comment on BBC's the 'One Show' through to his interview on Radio 4's 'Today Programme', he has repeated his belief that "From secret bends to urban meanders, our waterways are a national treasure. They need to be opened up for everyone."

Griff's comments such as "I have discovered that, in England and Wales at least, they (the rivers) no longer belong to the people. They belong to stockbrokers, to anglers and to farmers" have led

Rivers are a natural resource that should be shared by everybody

to him receiving plenty of venom and abuse from those who believe the waterways should be for their exclusive use only, with the current situation remaining unchanged!

As a result of some of the publications and misinformation (the usual old myths) being put out by various organisations and journalists including the Angling Trust, Canoe England has put out a series of statements refuting what has been said. In particular, Canoe England was extremely disappointed with the distorted debate about access to water on BBC Radio 2's 'Jeremy Vine Show' on July 23rd.

The feature was unbalanced, misrepresentative and did not allow Canoe England's position to be heard. As a result the arguments sought to inflame the myth that access to the rivers is a canoeing versus angling debate. Lack of access to inland waters is not a canoeing versus angling issue; it is in fact a concern for all members of the public. With over 41,000 miles of rivers in England and Wales, there is plenty of room for everyone.

The last point was made very strongly by Mr Jones in the debate on the 'Today Programme'. This particular debate was a result of a really mischievous article, which was wholly incorrect, see: www.timesonline.co.uk/tol/comment/columnists/guest_contributors/article6806361.ece. The campaign had been due to appear on the programme to debate the issue with the journalist Charles Clover but at the last minute Griff was more than happy to step in. He very eloquently put the case for access across whilst Mr Clover stumbled.

Contrary to Charles Clover's comments Canoe England is not inciting mass trespass or 'demanding' unregulated and unfettered access to rivers. Canoe England does not persuade

Lack of access to inland waters is not a canoeing versus angling issue; it is in fact a concern for all members of the public

canoeists to trespass; we encourage individuals to make their own choices and certainly do not take a militant

view. We encourage members to respect and care for the natural surroundings.

In fact the article once again tried to say that access in Scotland had caused huge problems so much so that the SCA decided that they too would put out a statement (see facing box).

All that said and done Canoe England fully endorses Griff Rhys-Jones' sentiments, "Rivers are a natural resource that should be shared by everybody." Keep track of the debate and actions at www.riversaccess.org



Above: Keen paddlers, enjoying England's rivers.
Photo: Sally Webster.

dal continues



Access to Water in Scotland

Clarifying the situation following the 'Today Programme' discussion between Charles Clover and Griff Rhys Jones

The broadcasting of the 'Rivers' series on BBC TV has highlighted the acute difference between access to water in Scotland compared to England and Wales.

The Land Reform (Scotland) Act 2003 gives a statutory right to most land and water. The Scottish Outdoor Access Code came into effect in February 2005 and gives guidance on how and when these rights should be applied. Four years on, the Act and Code are recognised as being a great success.

In Scotland, a National Access Forum, composed of members representing all



Above: Caledonian Canal. Photo: Richard Katesmark.

access interests, acts as a high level advisory body; and each local authority and the two national park authorities have a statutory Local Outdoor Access Forum (LOAF). Local access issues and developments are, in the first instance, assigned to local authority access officers and often passed to the relevant LOAF for consideration. To aid communication and cooperation between different sets of access users, most recreational bodies (the SCA included) employ access officers.

Some people, outside Scotland, have expressed fears of potential 'anarchy' or 'chaos' if such a system of access was introduced in England and Wales. Based on the experience in Scotland, there is no evidence to justify or substantiate these concerns.

Overall, the Code has been an outstanding success, enabling many more people to enjoy the countryside.

Scottish Canoe Association

Right of navigation

Inserted within this month's edition of Canoe Focus is a paper sent to the Sustainability Committee of the Assembly for Wales by the Reverend Douglas Caffyn relating to the right of navigation.

New Wilts and Berks Canal

Wiltshire Council in conjunction with the Wilts and Berks Canal Trust have contacted Canoe England to assist in the promotion of canoeing activity on the canal and regular use by local canoe clubs in the county. Several miles of the waterway have been returned to water with numerous structures, including bridges, locks and lengths of towpath, restored or in the process of restoration. There is already scope for canoeing on the restored section at Wootton Bassett.

For more information about access to the canal at Wootton Bassett and other sections expected to be available for canoeing in 2010 contact:
Email: canal@wiltshire.gov.uk
Telephone: 01249 706494

For the background, progress and extent of the canal restoration scheme see:

Wilts and Berks Canal trust website:
www.wiltsandberkscanal.org.uk/

Waterscape website:
www.waterscape.com/canals-and-rivers/wilts-and-berks-canal



Above: Paddlers enjoying the restored Wilts and Berks Canal.

Salmon and Freshwater Fisheries Act 1975

Considerable debate has been generated of late on the possible implications for canoeing from this Act that sets out the law for the practice of taking fish (angling) and the regulation and protection of fisheries.

Part 1 of the Act includes the statement "except in the exercise of a legal right to take materials from any waters, wilfully disturbs any spawn or spawning fish, or any bed, bank or shallow on which any spawn or spawning fish may be, shall be guilty of an offence". The Act applies to all and is enforced by the Environment Agency (EA) as the competent authority with duties for fisheries. The Act can be referred to at:
www.opsi.gov.uk/RevisedStatutes/Acts/ukpga/1975/cukpga_19750051_en_12#sch4

Canoe England is not in a position to comment on what would be considered disturbance to spawn (including salmon redds*) or spawning fish and takes account of information from the EA and Natural England for fisheries and the water environment.

Significantly, the Environment Agency report entitled 'W266 - The Effects of Canoeing on Fish

Stocks & Angling' concluded there is no empirical evidence linking canoeing with damage to fish spawning grounds or damage to fish stocks. The report is posted on the Canoe England web site from the link – www.canoe-england.org.uk/access-and-environment/environment/ea-report-w266-effects-of-canoeing-on-fish-stocks-and-angling/

Canoe England has not received any reports from the EA of disturbance to spawning beds attributed to canoeing activity. Natural England has also been contacted and stated, "We do not have evidence that kayaking per se causes damage or disturbance to river wildlife".

Canoe England draws attention to the possible disturbance of fish spawning beds and banks in the leaflet 'You, your canoe and the environment'; advising "it is good practice to avoid paddling over gravel banks in low water conditions – they may contain fish spawn" and "Do not damage bank side vegetation when launching or landing".

* A salmon redd is the space at the bottom of a stream that a spawning salmon makes for its eggs usually in a nest of gravel. Salmon eggs are typically reddish, pink, or a yellow colour.

Environment Agency proposals to harmonise navigation charges

Different charging regimes apply for each of the regional navigation systems in the Environment Agency (EA) where the registration of craft is required – Anglian, Thames and Medway. There are in excess of 1000 variations of charges across the three regional schemes.

The EA has been working with the commercial and recreational boating sector at workshops attended by the BCU to develop and introduce a single charging format to simplify administration and use of the navigations. This work has progressed to a further workshop in July where the EA gave a commitment to develop a single registration for all classes of craft that allows access to all EA navigations. This was widely supported as a significant additional benefit.

Initially, the EA proposes to introduce a simple flat-rate charge for unpowered craft giving access to all their navigations. Block discounts to promote club and governing body membership would be further developed by extending existing schemes, building on the Canoe England type of registration arrangement.

The workshop also considered the idea of reduced rates for juniors using unpowered craft, possibly free registration if this can be sensibly achieved and properly enforced.



A single charging system for powered craft remains problematic with the debate based on the size of craft, form of propulsion and current registration fees that could bring about higher charges to users. The EA will consider the outputs from the workshop and report back to user groups later in the year with preferred options and implementation arrangements.

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Respect for the environment

The canoe is a traditional craft used throughout the world for exploring wilderness areas and quietly observing wildlife and flora. It causes no erosion, noise or pollution and leaves no trace of its passing. Canoeing at appropriate water levels is an environmentally benign activity and causes no damage to fish stocks.

As canoeists, we practise our sport on natural and man-made environments. We have the potential to affect those environments that are so valuable to our experience. We need to be aware of and to protect, the special features of the environment we use, whether it is on a natural river, the sea or on a man-made canal/course.

Canoe England recognises that whilst canoeing may not have an environmental impact, the actions of the canoeist may have an impact on the environment and acknowledges responsibility to take reasonable measures to safeguard the environment for both the present and future generations.

canoeists on all environmental issues relating to their activities.

Canoe England will promote through its environmental publications, including 'You, Your Canoe and the Environment', courses and other activities appropriate behaviour and respect for the environment.

Sites owned by Canoe England will be actively managed as exemplars of good practice.

Canoe England's environmental policy will be a statement of our commitment to help reduce the impact of our activities on the environment. The policy will be supported by an action plan.

To this end we have developed an environmental section www.canoe-england.org.uk/about/environmental-policy/ where the full environmental policy and actions will be placed and have recently updated the 'You, Your Canoe and the Environment' publication. The new version is available on the website at: www.canoe-england.org.uk/access-and-environment/environment/you-your-canoe-and-the-environment/.

The inclusion of a section on the marine environment is partly to reflect the increased emphasis being placed on this vulnerable ecological system by the government and partly due to the increased profile that the use of the coast is being given within Canoe England.

Seal launching is an activity enjoyed by many canoeists, but it can also be very

damaging to sensitive bank structures and in shallow water the bed of the watercourse, as soon as the vegetation is stripped from the bank, or the bed is disturbed then erosion starts and we know the rest.

We are all aware that care of the environment is of increasing importance, Canoeists are by the very nature of our sport closely engaged with nature and would be appalled if we thought we were doing anything that would cause harm to the places that we hold most dear.

Canoe England advocates that all canoeists should:

- Aim to create minimal impact on the environment.
- Remove and dispose of appropriately any rubbish they find, so they leave no trace of their passing.
- Respect the needs of people who live and work there.
- Consider and respect the needs of future generations.



Canoe England is improving its own environmental performance through improved working practices and will provide assistance and advice to all

“Seal launching is an activity enjoyed by many canoeists, but it can also be very damaging to sensitive bank structures and in shallow water the bed of the watercourse”



Canoe FOCUS

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Above: Gary Sweatland at Boscombe Pier in Bournemouth.



Above: Andy Maddock, Markleeberg, Germany.



Above: Elliot Corke, Black Horse Broad, Norfolk.

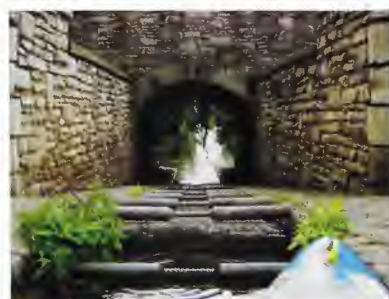


Above: Steve Lomas, River Vee in the Vendee, France



Above: Alex Nicol, new boats at Frome CC.

Below: Paul Ryder, River Thames



Above: Kath Pigdon, Fidden Farm Campsite on the Ross of Mull.



Above: Andy Hamilton, Newhaven Harbour.



Above: Mike Ransom, Adriatic Sea, Croatia.



Above: Stuart Cuthbertson, Loch Ken.

Below: Steven Pett, Kennet and Avon Canal.



Above: Andrew Hansford, upper Thames.



Above: Ben Rybka, North Bay Scarborough.

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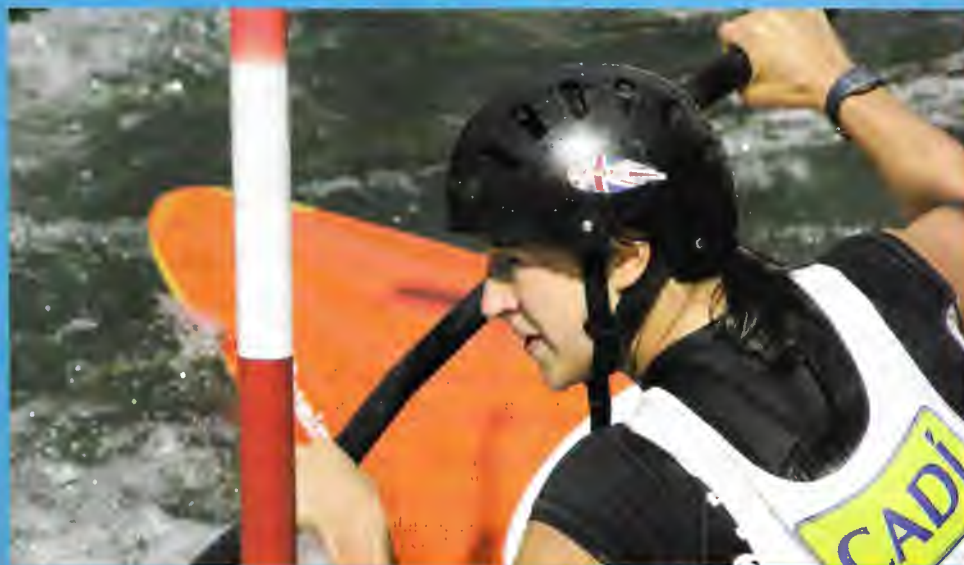
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LIZZIE POWERS TO SLALOM WORLD CHAMPIONSHIPS MEDALS

Lizzie Neave, Lucozade Sport academy athlete, has had a busy and successful 2009 canoe slalom season, collecting two team and one individual medals at major championships. We caught up with her to find out what her highlights have been and what she has planned for the off season.

Lizzie has made the final in five international races this season, including the Senior European, European U23 and World Championships. She celebrated winning team K1W Gold in both the European Championships and World Championships along with Laura Blakeman and Louise Donnington and also finished the season with a Bronze in the individual racing against top class opposition at the World Championships in La Seu, Spain.



Lizzie, how do you feel about winning a medal in the World Championships?
I am absolutely delighted to win my first individual medal at a senior major championships, this has really finished off a good season and championships.

What are the other highlights of your season?

Winning a medal in front of lots of friends and family at the European Championships was a great start to the season. I was happy with my individual placing which was my first senior final and all of the GB team raced really well, winning a few medals!

Lucozade Sport have launched a new range of nutritional products this year, which of the products have you been using and which is your favourite?

The Lucozade Sport product range now covers all my nutritional needs, which is great. They also taste good, especially the recovery bar which is tasty after a long hard session. They are also convenient to take away when I am travelling.

How have you incorporated the new products into your training/competition nutritional plan?

I use the recovery bars between session and the Pro Muscle Protein Powder after intense gym sessions.

Looking forward to the off-season what is important in your training and your diet?

In the off season I'll focus on building up my strength and power in the gym and on the water I'll do a lot of fitness and technique sessions. In terms of nutrition; consuming the right amount of protein around my training sessions is important as well as maintaining a balanced diet and also always ensuring I am properly hydrated during sessions on the water.

What are your aims for next season?

Next season I hope to continue placing well in finals in the World Cups and Championships and hopefully keep improving my world ranking ahead of 2012!



Off Season Nutrition Tips

Summer is over and with it the canoe season, like Lizzie if your training focus is now on developing strength and power, here is some vital information on protein intake from the sport scientists at Lucozade Sport.

- Current recommendations suggest that adults taking part in regular exercise should consume 1.2-1.7kg protein per kilogram of bodyweight - 84-119g for a 70kg individual. Good sources of protein are chicken, fish, meat and dairy sources.
- If your aim is to build strength and power, it is important to combine your resistance training with the correct nutrition. Protein is important as the key nutritional building block of muscles.
- Consuming 20g of whey protein combined with carbohydrate as soon as possible following training has been shown to promote muscle protein synthesis for increase lean muscle mass and strength.

For more sports science advice go to www.lucozade.com/sport/science

Lucozade Sport supports Lizzie Neave as part of the Lucozade Sport athlete academy, she is supported with products and sports nutrition advice in the lead up to 2012.

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